

FOR THOSE WHO CHOOSE TO LIVE WELL DESPITE MIGRAINE

# **Migraineur**

MAGAZINE

Issue 03 | Spring 2018



## **When Migraine Turns Chronic**

**Also Featuring**

**Migraine and  
Your Love Life**

**Migraine Aura**

**First MD Visit**

## Urgent, Specialized Headache Care for Kids: **TRUST THE EXPERTS**

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- Headache infusions



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## SPECIAL FEATURES

- 3 The Sexual Side of Migraine
- 5 Endless Headache: the Whats, Hows and Whys of Chronic Migraine
- 9 Aura: Migraine's Odd Companion
- 12 Your First Visit to the Doctor: Maximizing the Benefit



## REGULAR FEATURES

- 1 A Note From the Editor
- 15 Doctor on Call
- 16 Managing Your Migraine:
  - Tip of the Month
  - Treatment of the Month
  - Myth of the Month



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## NEXT ISSUE

- Migraine Supplements: Do They Work?
- Menstrual Migraine
- The CGRP Antagonists: Magic Bullets for Migraine Therapy?

# A NOTE FROM THE THE EDITOR



...plenty of practical advice relevant to the reader's needs...



For over 12 years I served as editor-in-chief of *Headache*, the journal of the American Headache Society. While there was much to enjoy in the experience, it always nagged at me that the journal - intended primarily for physicians subspecializing in headache - reached an audience of only a few thousand. I wanted to produce a different kind of journal, a "direct to consumer" publication intended specifically for the millions of individuals who must cope with migraine. A journal

intended to educate, entertain and - most of all - empower.

Thus *Migraineur*, a unique resource for those who seek "to live well despite migraine". Written by medical professionals with extensive backgrounds in clinical work, research and education involving migraine, our informational content goes well beyond what typically is offered via headache websites and other health magazines. In doing so, however, we make a particular effort to ensure our articles offer plenty of practical advice relevant to the reader's needs.

Complementing the quarterly issues of this magazine is the *Migraineur* website: [www.migraineurmagazine.com](http://www.migraineurmagazine.com). The website offers free electronic access to all of our issues, links to patient resources as varied as a simple headache diary, migraine questionnaire and the Female Sexual Function Index, and additional information for those who wish to "dig deeper", beyond what is presented in the magazine itself. Please visit our website at your leisure, and feel free to contact the editorial office with your comments and suggestions.

*John F. Rothrock, MD*

Editor in Chief

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ON THE  
COVER

The Cape of Good  
Hope, The Republic  
of South Africa

Cynthia Andress, mother, author  
and *migraineur*, enjoys the view  
at the Cape.

## Migraineur

### Editors' Profile

Dr. Rothrock received his medical degree from the University of Virginia and completed his internship and residency training in Neurology at the University of Arizona.

In 1983 he joined the Neurosciences faculty at the University of California, San Diego (UCSD), where he established and directed the UCSD Stroke Center and, subsequently, the UCSD Headache Center. He and his UCSD colleagues assisted in the development of such medications as injectable sumatriptan (Imitrex) for acute migraine treatment and divalproex sodium (Depakote) and topiramate (Topamax) for migraine prophylaxis.

From 2006 to 2012 he served as professor, vice chair and medical director of Neurology at the University of Alabama/Birmingham (UAB). At UAB, Dr. Rothrock continued his clinical research in the area of migraine, assisting in the development of onabotulinumtoxinA (Botox) as a treatment for chronic migraine.

Since July 2015 he has served as professor and vice chair for the department of Neurology at the George Washington University School of Medicine. With his colleagues locally, nationally and internationally he is working to develop new treatments for migraine and other headache disorders.

Dr. Rothrock has been listed in America's Top Doctors and Best Doctors in America in each of the past 15 years. He has been cited in *Men's Health* and *Women's Health* magazines as one of the 20 top neurologists in America.

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