

FOR THOSE WHO CHOOSE TO LIVE WELL DESPITE MIGRAINE

Migraineur

MAGAZINE

Volume 4



**Therapies for
MIGRAINE
Prevention**

Also Featuring
What's New in Migraine Research
Cluster: The "Suicide Headache"

Urgent, Specialized Headache Care for Kids: TRUST THE EXPERTS

Although headaches are common in children, recurrent or frequent headaches that interfere with daily life are a concern to both parents and children.

At Children's National Health System, we care for more than 2,000 patients annually using a comprehensive and holistic approach to management, including lifestyle modification, behavioral strategies and advanced medications to alleviate your child's pain.



For urgent appointments,
call **202-476-HEAD (4323)**
from 8:30 a.m. to 4:00 p.m.
Monday through Friday to
speak with a trusted
headache expert.

The Headache Team offers the following services to their patients and families:

- Urgent headache appointments – scheduled within five business days
- Interdisciplinary headache evaluations – patients with chronic debilitating headaches have the option of seeing an interdisciplinary team of experts
- Headache infusions



111 Michigan Ave NW
Washington, DC 20010

childrensnational.org



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 specially for millions of individuals who must cope with migraine. A journal intended to

educate, entertain and –most of all- empower. Migraineur magazine 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 try to make a particular effort to ensure our articles offer plenty of practical advice relevant to the reader's needs.

Over the next 18 months we will see a succession of new migraine therapies become available for general clinical use. It is now, during this period of revolutionary progress, that it is especially important for the individual migraineur to understand this headache disorder and to become familiar with the options available for treatment. In our Fall 2017 issue we discussed the general principles which are critical to preventing migraine. In this issue, we focus upon the specific therapies already available (and soon to become available), examining the positive and negative features of each.

Nobody wants to have migraine (your editor included), but if you do have the disorder, take advantage of this unprecedented opportunity to reduce your headache burden.

John F. Rothrock, MD

Editor in Chief

edoffice@migraineurmagazine.com

ON THE
COVER

Sand Harbor,
Lake Tahoe

Migraineur Wiley Malone and his
trusty dog, McCoy, paddleboard
on Lake Tahoe.

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.

Editor-in-chief: John F. Rothrock, M.D.
Contributors: Robert Cowan, M.D. / Deborah Friedman, M.D.
Amanda Tinsley, M.D.
Managing editor: Diane Andress-Rothrock
Marketing manager: Ben Lankford
Production editor: Bradley Bawek
Design: SBA / bbawek@comcast.net
Web editor: Brionne Griffin
Printing: Minuteman Press Bethesda / mmbethesda.com
Published by: Celerity Press

SPECIAL FEATURES

- 3 The Truth About Triggers:
Let's Talk About the Weather
- 4 Therapies for Migraine Prevention:
From Famine to Feast
- 8 What's New in Migraine Research
- 10 Cluster: The "Suicide Headache"



REGULAR FEATURES

- 12 Migraine Profiles
- 14 Not your Average Headache Doctor
- 15 Doctor On Call
- 16 Managing Your Migraine:
 - Tip of the Month
 - Treatment of the Month
 - Myth of the Month



Copyright © Celerity Press, 2018. All rights reserved.

No part of this publication may be reproduced, stored in or introduced into a retrieval system or transmitted by any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of the copyright owner or his formal designate.

The views and opinions expressed in Migraineur reflect the experience and perceptions of the editors and contributors. While those views and opinions may be well-informed, this magazine is not intended to substitute for a face-to-face evaluation by a provider skilled in headache diagnosis and management. Readers are encouraged to use Migraineur as a tool that enhances their understanding of migraine and compliments whatever management plan they and their providers have developed.