

*For those who strive to live well despite migraine.*

# Migraineur

## More than Just a Headache

THE FOUR PHASES OF  
A MIGRAINE ATTACK

### REGIONAL HEADACHE

ARE CHRONIC  
TENSION HEADACHES  
EPIDEMIC IN DC?

### MIGRAINE PREVENTION

A TRIAL AND  
ERROR PROCESS

### NOT YOUR AVERAGE DOC

HEADACHE DOCTOR,  
MULTI-MEDIA ARTIST  
& AVID SURFER

# 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.



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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](http://childrensnational.org)







# Migraineur

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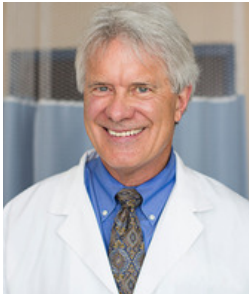
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Cover image courtesy of NathanLe Photography, featuring model Elaine Hua.

# Editor's Note

Migraineur's editor, Dr. John Rothrock, is professor and vice chair of neurology at the George Washington University School of Medicine.



For those readers who have had the pleasure of sampling southern Louisiana cuisine in the bars, restaurants and gumbo shops of New Orleans, the term lagniappe may be a familiar one. That 13th barbecued shrimp when the menu indicated a dozen? The dab of crawfish etouffee never ordered yet preceding your main course? The extra beignet on your plate at the Cafe du Monde? Each is a lagniappe: "A little something extra".

Starting with this issue, **Migraineur** will offer a series of *lagniappes*. These "extras" may or may not relate directly to migraine or even to headache generally, but even when that linkage is missing, I hope the reader may find the *lagniappe* interesting, entertaining or both. If so, this will serve the primary purpose of the magazine: to entertain as well as educate...and to do so in a manner that encourages migraineurs who are striving to "live well (and fully) despite migraine."

For our inaugural *lagniappe*, I succumbed to spring fever and took the liberty of including an essay that describes a spring break vacation I took with my family some years ago. That experience may particularly resonate with parents who have found it...challenging at times to fill in this "break" with activities that appeal to all parties involved.

Read the full article at:

[migraineurmagazine.com/migraineur/spring-lagniappe](http://migraineurmagazine.com/migraineur/spring-lagniappe)

*John F. Rothrock, MD*

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## IMPORTANT SAFETY INFORMATION (Continued)

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX<sup>®</sup> has been used at the recommended dose to treat chronic migraine.

BOTOX<sup>®</sup> may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX<sup>®</sup>. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

**Do not receive BOTOX<sup>®</sup> if you:** are allergic to any of its ingredients (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc<sup>®</sup> (rimabotulinumtoxinB), Dysport<sup>®</sup> (abobotulinumtoxinA), or Xeomin<sup>®</sup> (incobotulinumtoxinA); have a skin infection at the planned injection site.

**The dose of BOTOX<sup>®</sup> is not the same as, or comparable to, another botulinum toxin product.**

**Serious and/or immediate allergic reactions have been reported**, including itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you experience symptoms; further injection of BOTOX<sup>®</sup> should be discontinued.

**Tell your doctor about all your muscle or nerve conditions** such as ALS or Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX<sup>®</sup>.

**Tell your doctor about all your medical conditions, including if you:** have or have had bleeding problems; have plans to have surgery; had surgery on your face; weakness of forehead muscles; trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX<sup>®</sup> can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX<sup>®</sup> passes into breast milk).

**Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using BOTOX<sup>®</sup> with certain medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you received BOTOX<sup>®</sup> in the past.**

Tell your doctor if you received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as Myobloc<sup>®</sup>, Dysport<sup>®</sup>, or Xeomin<sup>®</sup> in the past (tell your doctor exactly which product you received); have recently received an antibiotic injection; take muscle relaxants; take allergy or cold medicines; take sleep medicine; take aspirin-like products or blood thinners.

**Other side effects of BOTOX<sup>®</sup> include:** dry mouth, discomfort or pain at injection site, tiredness, headache, neck pain, eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of eyelids, dry eyes; and drooping eyebrows.

For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please refer to the Summary of Information about BOTOX<sup>®</sup> on the following page.

**BOTOX<sup>®</sup>**  
onabotulinumtoxinA injection

Find us on 



# PREVENT HEADACHES AND MIGRAINES FROM EVEN STARTING

## STAND UP TO CHRONIC MIGRAINE

BOTOX® prevents on average 8 to 9 headache days and migraine/probable migraine days a month (vs 6 to 7 for placebo).

**BOTOX**  
onabotulinumtoxinA injection  
For adults with Chronic Migraine

**#1** PRESCRIBED  
BRANDED TREATMENT  
FOR CHRONIC MIGRAINE\*



For adults with Chronic Migraine, 15 or more headache days a month, each lasting 4 hours or more.

### BOTOX® is a different type of treatment for Chronic Migraine.

BOTOX® prevents headaches and migraines before they even start—unlike acute treatments you take once a headache or migraine has already begun. BOTOX® injections **take about 15 minutes** in your doctor's office.

BOTOX® is not approved for adults with migraine who have 14 or fewer headache days a month.

### Indication

BOTOX® is a prescription medicine that is injected to prevent headaches in adults with Chronic Migraine who have 15 or more days each month with headache lasting 4 or more hours each day in people 18 years or older.

It is not known whether BOTOX® is safe or effective to prevent headaches in patients with migraine who have 14 or fewer headache days each month (episodic migraine).

### IMPORTANT SAFETY INFORMATION

BOTOX® may cause serious side effects that can be life threatening. Get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX®:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.

Please see additional Important Safety Information on adjacent page.

\*Data on File.

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- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, trouble swallowing.

 **Allergan**



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## Summary of Information about BOTOX® (onabotulinumtoxinA)

### What is the most important information I should know about BOTOX®?

**BOTOX® may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX®:**

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, trouble swallowing.

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX® has been used at the recommended dose to treat Chronic Migraine.

BOTOX® may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX®. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

**BOTOX® dosing units are not the same as, or comparable to, any other botulinum toxin product.**

### What is BOTOX®?

BOTOX® is prescription medicine a medical professional injects into muscles to prevent headaches in adults with Chronic Migraine who have 15 or more days each month with headache lasting 4 or more hours each day in people 18 years and older.

It is not known whether BOTOX® is safe or effective to prevent headaches in people with migraine who have 14 or fewer headache days each month (episodic migraine).

### Who should not take BOTOX®?

Do not use BOTOX® if you are: allergic to any of the ingredients in BOTOX® such as botulinum toxin type A and human serum albumin; had an allergic reaction to another botulinum toxin product such as Myobloc® (rimabotulinumtoxinB), Dysport® (abobotulinumtoxinA), or Xeomin® (incobotulinumtoxinA); or have a skin infection at the planned injection site.

### What should I tell my doctor before treatment?

Tell your doctor about all your muscle or nerve conditions, such as amyotrophic lateral sclerosis (Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects.

Tell your doctor if you have or have had breathing problems such as asthma or emphysema; swallowing problems; bleeding issues; plan to or have had surgery; have forehead muscle weakness such as trouble raising your eyebrows; drooping eyelids; or any changes to your face.

Tell your doctor if you are pregnant, plan to become pregnant, are breastfeeding or plan to breast feed. It is not known if BOTOX® (onabotulinumtoxinA) can harm your unborn baby or if BOTOX® passes into breast milk.

### What Are Common Side Effects?

The most common side effects include neck pain; headache; migraine; slight or partial facial paralysis; eyelid drooping; bronchitis; musculoskeletal stiffness; muscular weakness; pain in 1 or more muscles, ligaments, tendons, or bones; muscle spasms; injection site pain; and high blood pressure. Other side effects have been reported including allergic reactions e.g. itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint.

These are not all of the possible side effects. Call your doctor for medical advice if you experience any side effects after treatment with BOTOX®.

### What Should I Tell My Doctor About Medicines and Vitamins I Take?

Using BOTOX® with certain medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® in the past.** Tell your doctor if you have received an injection with another botulinum toxin product in the last 4 months, such as Myobloc®, Dysport®, or Xeomin®. Be sure your doctor knows which product you received.

Tell your doctor about all prescription and over-the-counter medicines and supplements you take including: vitamins and herbal products; recent antibiotic injections; anticholinergics; muscle relaxants; allergy or cold medicine; sleep medicine; aspirin-like products; and blood thinners. **Ask your doctor if you are not sure whether your medicine is listed above.**

### To Learn More

If you would like more information, talk to your doctor and/or go to [BotoxChronicMigraine.com](http://BotoxChronicMigraine.com) for full Product Information.

You may report side effects to the FDA at [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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