

Migraineur

For those who strive to live well despite migraine



**THE NEW
“DESIGNER DRUGS”
FOR MIGRAINE**

Upsides and Downsides

**MIGRAINE
TREATMENT OF
THE MONTH**

Atogepant (Qulipta)

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



Migraineur

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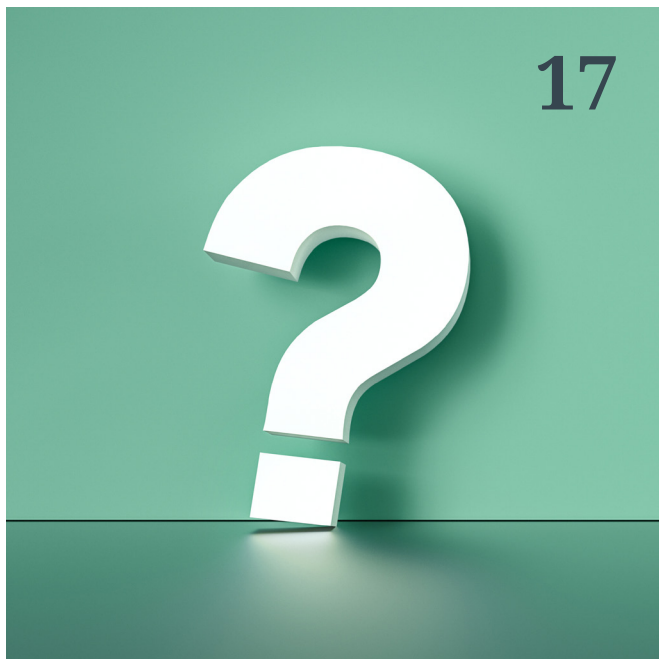
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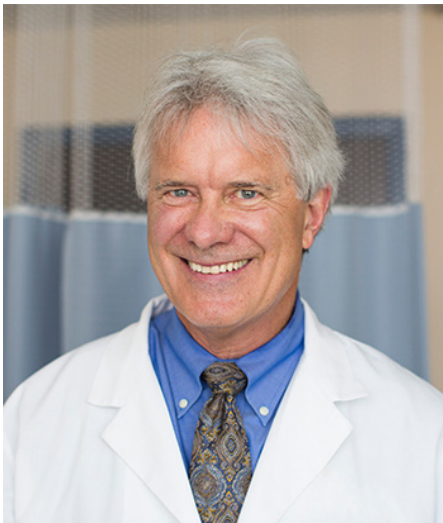
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Editor's Note

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



In a perfect world every new treatment for migraine would become available immediately to patients, without the need for prior authorization (PA) from an insurer and a little or no out-of-pocket cost. Patients would present to their providers for evaluation of migraine, and those whose headache burden required it would leave with a treatment strategy likely to include one of the new "designer drugs" indicated for migraine prevention. Treatment could commence that same day.

In the world we currently inhabit, however, things are not so simple. Inevitably, for a patient to successfully fill a prescription for any of the new designer drugs for migraine prevention or acute

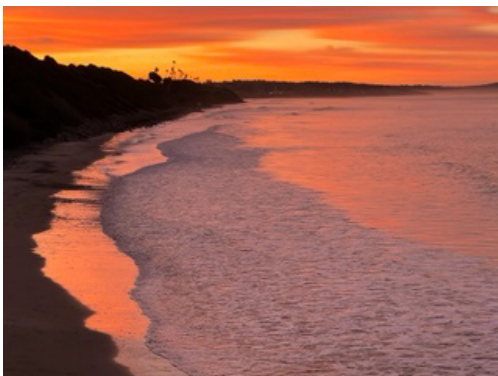
migraine treatment will require a PA, and to obtain a PA may require the patient to first try and fail multiple other older and less expensive alternatives.

Once that hurdle has been cleared, there remains the question of how to choose for, say, suppression of chronic migraine which of the six evidence-based options now available ... with a seventh likely soon to join the crowd.

What are the "old" alternatives that patients must first try, and how do they compare with the new kids on the block? How to choose amongst the newbies? These are important questions we will begin to address in this issue.

John F. Rothrock

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Shoreline sunrise
Encinitas, California
{courtesy of Jack Schim, MD}

As always, we welcome all interested parties to Migraineur magazine and invite you to become an electronic subscriber. It will cost you nothing, and by subscribing you will receive an email notification as soon as a new issue is out and posted on our open-access website as well as access to blogs and special announcements. To subscribe, simply go to our website (migraineurmagazine.com), find "Subscribe", type in your name, email address and zipcode and then hit "Submit".

IMPORTANT SAFETY INFORMATION (continued)

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.**

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

The dose of BOTOX® 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® 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®.

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® can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX® 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® with certain other 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 received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as Myobloc®, Dysport®, or Xeomin® in the past (tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX® include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your 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 or call 1-800-FDA-1088.

Please refer to the Summary of Information about BOTOX® on the following page.

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BOTOX[®]
onabotulinumtoxinA injection
CHRONIC MIGRAINE

BOTOX[®] prevents headaches in adults with Chronic Migraine: 15 or more headache days a month, each lasting 4 hours or more. BOTOX[®] is not approved for 14 or fewer headache days a month.

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

It's time to think differently about how you treat your Chronic Migraine.

It's time to talk to your doctor about BOTOX[®] and ask if samples are available.[†]

BOTOX[®] for Chronic Migraine?

is it time to get started?



in a survey,

92%

of current BOTOX[®] users wish they'd talked to their doctor and started treatment sooner!*

and

97%

of current BOTOX[®] users plan to keep using it!*



By participating in the BOTOX[®] Savings Program, you acknowledge and agree to the full Terms & Conditions set out at BOTOXSavingsProgram.com/TermsandConditions. Patients enrolled in Medicare, Medicaid, TRICARE, or any other government-reimbursed healthcare program are not eligible. Other restrictions and maximum limits apply.

text SAVE to 27747[‡]

you may pay

\$ 0

BOTOXChronicMigraine.com

*2020 BOTOX[®] Chronic Migraine Patient Market Research BOTOX[®] Current Users (n=71).
[†]Only a doctor can determine if BOTOX[®] is right for you. Sample availability may vary by provider or location.

[‡]See Privacy & Terms: <http://bit.ly/2RvxiWr>. Message & data rates may apply. Message frequency may vary. Text HELP for help or STOP to end.

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 and 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 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, and trouble swallowing

Please see additional Important Safety Information about BOTOX[®] on the adjacent page.

 **Allergan**
an AbbVie company

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, and 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 receive BOTOX®?

Do not receive 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; drooping eyebrows; 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 other 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, vitamins and herbal supplements you take; 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 for full Product Information.

You may report side effects to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

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