

FOR THOSE WHO CHOOSE TO LIVE WELL DESPITE MIGRAINE

Migraineur

MAGAZINE

Issue 01 | Winter 2016/2017



THE TRUTH ABOUT TRIGGERS

Plus

THE

GENETICS

OF MIGRAINE

TAKING

YOUR MIGRAINE

SKIING

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LETTER FROM THE EDITOR



In this and subsequent issues we will attempt to dispel the many myths that surround migraine...



Welcome to the inaugural issue of a magazine that is intended to both educate and entertain the many millions of Americans who suffer from migraine. As a physician and fellow migraineur who has treated thousands of migraine patients, conducted research in the field and assisted in the development of virtually every new treatment for headache since the emergence of sumatriptan (Imitrex) in the late '80s, I have a particular allegiance to our readership.

Migraine is a decidedly odd malady. Although rarely life-threatening, it is frequently life-altering. Migraine imposes a tremendous physical, financial and psychosocial burden upon our society, and for those afflicted it may persist, throughout most of their lives.

While common, the disorder is poorly understood both by the public and by healthcare providers, a situation that results all too often in a failure to seek medical care or medical mismanagement and consequent patient frustration when such care is sought.

In this and subsequent issues we will attempt to dispel the many myths that surround migraine, acquaint you with the tremendous strides that have been made in understanding and treating the disorder and, most important, offer some guidance as to how you, the migraineur, may enjoy life more fully and control your headache disorder more effectively.

John F. Rothrock, MD

Editor in Chief

ON THE COVER

Northstar Nordic
Park, Lake Tahoe, CA

**Diane Rothrock, cross-country
skiing enthusiast, triathlete and
migraineur, pauses on a trail
high in the Sierra Nevada.**

Migraineur

Editorial Board 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). Dr. Rothrock continued his clinical research at UAB in the area of migraine, assisting in the development of onabotulinumtoxinA (BotoxA) 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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