

# NO-EXCUSES-ON-GAME-DAY MIGRAINE MEDICINE

MY 9:12 AM

**UBRELVY CAN QUICKLY STOP MIGRAINE IN ITS TRACKS.**

*When I took UBRELVY for the first time, I forgot I even had a migraine.*  
—Serena Williams

One dose of UBRELVY works fast. In clinical studies, many people had pain relief and some even had pain freedom within 2 hours. Unlike older medicines, UBRELVY directly blocks CGRP protein, which is believed to be a cause of migraine.

UBRELVY. The migraine medicine for anytime, anywhere migraine strikes, without worrying if it's too late to take it or where you happen to be.\*

\*People took UBRELVY within 4 hours of a migraine attack.



Eligible patients may pay as little as \$0 a month†

**ASK YOUR HEALTHCARE PROVIDER ABOUT UBRELVY.**

LEARN MORE AT [UBRELVY.COM](https://www.ubrelvy.com).

## What is UBRELVY® (ubrogepant)?

UBRELVY is a prescription medicine used for the acute treatment of migraine attacks with or without aura in adults. UBRELVY is not used to prevent migraine headaches.

## IMPORTANT SAFETY INFORMATION

### Who should not take UBRELVY (ubrogepant)?

Do not take UBRELVY if you are taking medicines known as strong CYP3A4 inhibitors, such as ketoconazole, clarithromycin, itraconazole.

### What should I tell my healthcare provider before taking UBRELVY?

Tell your healthcare provider about all your medical conditions, including if you:

- Have liver problems
- Have kidney problems
- Are pregnant or plan to become pregnant
- Are breastfeeding or plan to breastfeed

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter

medicines, vitamins, and herbal supplements. Your healthcare provider can tell you if it is safe to take UBRELVY with other medicines.

### What are the most common side effects of UBRELVY?

The most common side effects are nausea (4%) and sleepiness (3%). These are not all of the possible side effects of UBRELVY.

You may report side effects to the FDA at 1-800-FDA-1088.

Please see full Patient Information on the following page.

†Patient out-of-pocket costs may vary. Terms and Conditions apply. This offer is only valid for commercially insured patients. Offer not valid for patients enrolled in Medicare, Medicaid, or other federal or state healthcare programs. Please see full Program Terms, Conditions, and Eligibility Criteria at [UBRELVY.com](https://www.ubrelvy.com).

**UBRELVY**<sup>®</sup>  
(ubrogepant) tablets

**THE ANYTIME, ANYWHERE  
MIGRAINE MEDICINE**

# Migraine Myth of the Month

**If you experience a change in the character or frequency of your migraine headaches, seek medical attention immediately.**

We have walked around this long cherished myth in previous issues of Migraineur, and perhaps now is a good time to tackle that myth head-on.

It is decidedly unusual for migraine headache to be stereotyped, with the individual migraineur experiencing precisely the same type and degree of symptoms with each migraine episode. Just as a migraineur evolves in so many other ways biologically as the years progress, so does his/her migraine. Even discounting the influence of aging or of the given

individual's genetic blueprint, internal and external events occurring along the way may result in a reduction or increase in migraine burden. The change in sex hormone receptor sensitivity that occurs during the first trimester of pregnancy is a frequent (but not invariable) aggravator of migraine, and in women menopause frequently (but not always) results in a reduction in headache burden. From nation to nation, race to race, and culture to culture, migraineurs invariably rank stress at the top of those factors which aggravate their migraine.

Patients often report that along with migraine they experience "eight other types of headache". Most often, what they are confirming is that the clinical manifestations

of migraine range along a spectrum that varies from episodes involving no associated headache whatsoever (aura only) to episodes of "classic" migraine characterized by pounding, incapacitating head pain with associated nausea, vomiting and light/sound sensitivity...and everything in between, including headaches that sound identical to those experienced by individuals with "pure" [tension type headache](#).

Rarely does a change in headache character or frequency indicate the existence or development of a more ominous neurologic disorder such as brain tumor, brain aneurysm or meningitis. This is not to say that migraineurs are immune these and other disorders which may produce headache, but it's true that the migraineur's experience of change in headache character or frequency most often results from a change in his/her migraine itself. If that change is for the worse, by all means seek medical attention. But do so more for assistance in treating your headache disorder than for embarking upon an extensive diagnostic evaluation typically destined to achieve nothing of value. **17**

