



PREVENTS MIGRAINE DAYS AND KEEPS THEM AWAY OVER TIME

QULIPTA™ is a pill that significantly reduced monthly migraine days across 12 weeks in clinical studies

EXPLORE THE POSSIBILITY AT [QULIPTA.COM](https://www.abbvie.com/qulipta)

LEARN MORE ABOUT HOW YOU MAY SAVE. TEXT ENROLL TO 785478

WHAT IS QULIPTA™?

QULIPTA (atogepant) is a prescription medicine used for the preventive treatment of episodic migraine in adults.

IMPORTANT SAFETY INFORMATION

Before taking QULIPTA, tell your healthcare provider about all your medical conditions, including if you:

- Have kidney problems or are on dialysis
- Have liver problems
- Are pregnant or plan to become pregnant. It is not known if QULIPTA will harm your unborn baby
- Are breastfeeding or plan to breastfeed. It is not known if QULIPTA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby while taking QULIPTA

Please see the Brief Summary of the full Patient Information on the following page.

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Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. QULIPTA may affect the way other medicines work, and other medicines may affect how QULIPTA works. Your healthcare provider may need to change the dose of QULIPTA when taken with certain other medicines.

The most common side effects of QULIPTA are nausea, constipation, and fatigue. These are not all the possible side effects of QULIPTA.

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.

If you are having difficulty paying for your medicine, AbbVie may be able to help.

Visit [AbbVie.com/myAbbVieAssist](https://www.abbvie.com/myAbbVieAssist) to learn more.

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QULIPTA™ (kew-LIP-tah) (atogepant) tablets, for oral use

CONSUMER BRIEF SUMMARY
Consult Package Insert for
Full Prescribing Information

Patient Information

Read the Patient Information that comes with QULIPTA before you start taking it and each time you get a refill. There may be new information. This brief summary is not comprehensive and does not take the place of talking with your doctor about your medical condition or treatment. For a copy of the full Prescribing Information visit www.QULIPTA.com.

What is QULIPTA?

QULIPTA is a prescription medicine used for the preventive treatment of episodic migraine in adults. It is not known if QULIPTA is safe and effective in children.

Before you take QULIPTA tell your healthcare provider about all of your medical conditions, including if you:

- have kidney problems or are on dialysis.
- have liver problems.
- are pregnant or plan to become pregnant. It is not known if QULIPTA will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if QULIPTA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby while taking QULIPTA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. QULIPTA may affect the way other medicines work, and other medicines may affect how QULIPTA works. Your healthcare provider may need to change the dose of QULIPTA when taken with certain other medicines.

Especially tell your healthcare provider if you take any of the following, as your healthcare provider may need to change the dose of QULIPTA:

• ketoconazole or itraconazole	• rifampin	• St. John's wort
• cyclosporine	• carbamazepine	• efavirenz
• clarithromycin	• phenytoin	• etravirine

Keep a list of medicines you take to show to your healthcare provider or pharmacist when you get a new medicine.

How should I take QULIPTA?

- Take QULIPTA by mouth 1 time each day with or without food.
- Take QULIPTA exactly as your healthcare provider tells you to take it.

What are the possible side effects of QULIPTA?

The most common side effects of QULIPTA include: nausea, constipation, and fatigue.

These are not all of the possible side effects of QULIPTA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store QULIPTA?

- Store QULIPTA at room temperature between 68°F to 77°F (20°C to 25°C).

Keep QULIPTA and all medicines out of the reach of children.

General information about the safe and effective use of QULIPTA.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use QULIPTA for a condition for which it was not prescribed. Do not give QULIPTA to other people, even if they have the same symptoms you have. It may harm them. You can ask your pharmacist or healthcare provider for information about QULIPTA that is written for health professionals.

What are the ingredients in QULIPTA?

Active ingredient: atogepant

Inactive ingredients: colloidal silicon dioxide, croscarmellose sodium, mannitol, microcrystalline cellulose, polyvinylpyrrolidone vinyl acetate copolymer, sodium chloride, sodium stearyl fumarate, and vitamin E polyethylene glycol succinate.

Manufactured by:

Forest Laboratories Ireland Ltd.
Dublin, Ireland

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If you are having difficulty paying for your medicine, AbbVie may be able to help. Visit AbbVie.com/myAbbVieAssist to learn more.

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Migraine Myth of the Month

Elimination of migraine triggers is highly effective in reducing migraine burden

Well, yes...but also no. Often helpful, definitely. But “highly effective”, not so much.

The majority of migraineurs (over 90% in many studies) report that their migraine episodes may be precipitated by “triggers”. The triggers most commonly cited by migraine patients are physical or emotional stress, menses, exposure to bright or flickering light, certain odors and, more and more, prolonged computer screen time. Sleep deprivation or “oversleeping”, fasting or skipping meals, weather changes and ingestion of alcohol (especially red wine or other aromatic

alcohol-containing beverages) also are frequently reported as triggers.

No matter the country, specific region of a country, culture, gender, race or ethnicity, migraineurs invariably rank “stress” as their most common trigger. In a previous [issue](#) we focused on the importance of assessing and reducing one’s level of stress so as to minimize migraine burden, but with the curveballs life continually throws our way the reduction of stress - let alone its elimination - can be a tough slog. Chucking it all to live and play on a beautiful beach well may reduce both stress and

associated migraine, but reality intrudes. No harm in fantasizing, but some regular aerobic exercise and time spent using an app devoted to relaxation techniques/meditation may have to substitute for that golden beach.

And menses is a tough one as well. Almost 75% of actively cycling female migraineurs report aggravation of their migraine by menses. In some cases this can be at least partially alleviated by eliminating menses via a hormone-secreting IUD, active use of an oral contraceptive throughout the month or other techniques. Scheduled use of magnesium or certain migraine medications more commonly used for acute headache treatment during the high risk portion of one’s menstrual cycle also may help. All well and good, but relatively few female have “pure” menstrual migraine. Most have headaches at other times of the monthly cycle as well.

Attempting to reduce computer screen time is no easy task in a working world that often seems dedicated to promoting just the opposite. Filtering shades for the screen or certain lenses for the user sometimes offer relief, but for many that just isn’t enough. Not surprising. Bad luck





for migraineurs, the occipital lobes, the portion of the brain whose function is to receive and process visual information received via the retinas and optic nerves, are inherently hypersensitive in those with migraine. Short of living in the dark, this can be a tough trigger to eliminate or even reduce significantly.

Without question, stress reduction, regular aerobic exercise, good sleep hygiene, and taking regular breaks from the computer screen can help reduce migraine burden... but don't consider yourself unusual or deficient if you are doing all of these things and more but still suffer from

frequent migraine episodes. Just as no single migraine medication is universally effective for all migraineurs, an exhaustive search for and elimination of triggers is rarely "the answer" for reaching the Promised Land of "headache-free or nearly so". Holistic may be an overused adjective, but for migraine that is not well-controlled it makes good sense to work with your healthcare provider to develop a holistic management strategy that is both realistic and likely to be effective.

In closing, let's harken back to some general caveats from an article about migraine triggers published in a [previous](#) issue:

1. No single entity, however "classic", (e.g., red wine) acts as a trigger in all migraineurs.
2. In the individual migraineur, rarely does an identified trigger always provoke an attack.
3. Simultaneous exposure to two or more triggers may be required to provoke an attack (e.g., red wine ingested during menses).
4. In a given migraineur, what serves as a trigger may also serve as a treatment (e.g., caffeine). **VI**