

PATIENT MIND INC.

Reinventing how patients and clinicians absorb new science

- **Migraine is a common but serious neurological disease.**
 - Migraine is genetic and is triggered by things in your environment
 - Around 39 million suffer from migraine in the U.S.
 - You can manage your migraines with your clinicians help
 - Start tracking your migraines including:
 - Triggers.
 - Duration.
 - Treatment.
- **Treatment Options**
 - Prevention
 - Monoclonal Antibodies (FDA Approved in 2018)
 - Fremanezumab-vfrm
 - Erenumab-aooe
 - Galcanezumab-gnlm
 - Beta Blockers (FDA Approved for Migraine Prevention in 1978)
 - Anticonvulsants (FDA Approved for Migraine Prevention in 2004)
 - Antidepressants
 - Clinicians may consider an additional drug class to prevent chronic migraine
 - OnabotulinumtoxinA (FDA Approved in 2010)
 - Clinicians may also consider natural supplements to prevent migraine.
 - Acute Treatment (When an attack occurs)
 - Nonsteroidal anti-inflammatory drugs (NSAIDs)
 - Triptans
 - The combination of sumatriptan and naproxen
 - Antiemetic/dopamine receptor antagonists
 - Lifestyle
 - Healthy diet
 - Regular and adequate sleep
 - Exercise
- **Communication**
 - Practice shared decision-making: This is when you and your clinician form a plan together based on science and your preferences.
- **Adhere to the plan**
 - It is important for you to do your part once you form a migraine management plan. This includes following what is prescribed... including lifestyle changes.

Migraine

You are not alone! Get help... feel better!