

MIGRAINE PREVENTION FACT SHEET

An effective migraine treatment can reduce the frequency, severity and duration of migraines, and improve patients' ability to carry out daily activities.

The two main forms of migraine treatments are acute therapy and preventive therapy. The goal of acute treatment, which is administered after symptoms of a migraine first appear, is to reduce the severity and duration of a migraine attack.

However, individuals who experience frequent or disabling migraines may not be adequately managed by acute therapy. These individuals may benefit from daily preventive therapy to

- Reduce the frequency, severity and duration of their migraines,
- Reduce the disability associated with their migraines,
- Reduce reliance on acute medications and
- Reduce the risk of their migraines progressing to chronic daily headaches.

Although various studies suggest frequent and disabling migraines are relatively common, the majority of cases are never diagnosed, and even among those who suffer from moderate to severe migraines, fewer than half are treated with prescription medicine.

Candidates for Prevention Therapy

The decision to use prevention therapy is based on the number of migraines experienced by an individual per month. In Singapore's first large-scale clinic-based headache survey, about half of the patients experienced four or more headaches per month and met the criteria for prevention therapy, but only 36.1% of them had been assessed by their doctors to need prevention.

Patients may be candidates for prevention therapy if any of the criteria below applies.

- Migraines that recur and interfere with daily functioning,
- Frequent migraines, occurring more than four days per month,
- Acute medications are ineffective or not tolerated,
- Contraindications to acute medications and
- Patient preference.
