<Health system logo>

Migraine Management Plan

This patient support guide provides information on how migraines are diagnosed and treated. It also includes a migraine diary and treatment plan to help manage your condition. It's important to work with your health care provider (HCP) to develop a treatment plan to **help minimize your migraine symptoms so you can maximize your life**.

Understanding Migraine

The Difference Between Headaches and Migraines

Migraines are very different from a headache. A **headache** is pain or an ache in your head.[1] **Migraine attacks** can cause severe throbbing pain or a pulsing sensation and can include other symptoms like extreme sensitivity to light and sound, nausea (feeling like you are going to be sick), and vomiting, in addition to head pain.[2]



Diagnosing Migraine

Migraine diagnosis will depend on your HCP reviewing your personal and medical history, migraine symptoms, and conducting a physical examination to rule out other causes for the headaches.[2]

Your HCP may ask the following questions[3]*:

1. Has a **headache** limited your activities for **a day or more** in the last 3 months?
2. Are you **nauseated or sick to your stomach** when you have a **headache**?
3. Does **light bother** you when you have a **headache**?

*The ID Migraine™ Screener can help identify undiagnosed patients who report having headaches.

Migraine attacks can be severe and often include other symptoms in addition to head pain.[2] It's important to share information about your migraine symptoms with your HCP.

<Pfizer>

Migraine Symptoms

A migraine can cause severe throbbing pain or a pulsing sensation on one or both sides of the head. It can last for hours or days and may cause extreme sensitivity to light and sound, as well as nausea (feeling like you are going to be sick) and vomiting. People with migraine can experience many different symptoms, which often happen within **4 phases of a migraine attack**.[2]

STAGE 1
PRODROME
Preheadache



This stage can start as early as 48 hours before an attack[2]

Symptoms can include:
- Food cravings
- Neck stiffness
- Mood changes
- Frequent yawning

STAGE 2
AURA
Right before the attack



Some people experience an aura phase, which can happen 10 to 30 minutes before a migraine attack. This might also happen in the headache stage[2,4]

Examples include:
- Seeing bright or flashing lights
- Feeling tingling or numbness in the body or face

STAGE 3
HEADACHE
Attack



This stage often lasts from several hours to up to 3 days. Migraine attacks can start on one side of the head and gradually extend to the other side[2]

- Throbbing or pulsing pain
- Increased light, noise, and odor sensitivity
- Nausea and vomiting

STAGE 4
POSTDROME
Postheadache



After the headache, symptoms can last up to 2 days[2]

- Fatigue[5]
- Joyful mood[2]
- Depressed mood[5]
- Mental fog[2]

Not all patients will experience these phases, and symptoms will vary for each person.[2]

Managing Migraine

There are several migraine treatment options that are aimed at reducing pain and associated symptoms and/or future attacks.[6] In addition, there are lifestyle changes you can make to help manage migraine.[7]

The American Headache Society defines 2 groups of medications to manage migraine—**acute** and **preventive**.[6] Many people with migraine can use both types of treatment options.



Acute Treatment

Acute treatment is taken during a migraine attack.[2]

These medications aim to[6]:
- Provide fast and consistent freedom from pain and associated symptoms
- Restore the ability to function with minimal side effects

Preventive Treatment

Preventive treatment is taken regularly to reduce the severity or frequency of migraines.[2]

These medications aim to[6]:
- Lower the severity, frequency, and disability of migraine attacks
- Restore the ability to function, and minimize the impact of migraine on daily life

Lifestyle Management

Talk to your HCP about lifestyle changes you can make. These can reduce triggers and help manage migraine.[7]

S	E	E	D	S
SLEEP	EXERCISE	EAT	DIARY	STRESS
Keep a regular bedtime and consistent sleep time	Try to get 30 to 50 minutes of exercise 3 to 5 days a week	Eat regular meals throughout the day, and stay hydrated	Keep a headache diary to find patterns, and share it with your HCP	Try mindfulness exercises and breathing techniques to relax

Stay connected with your HCP when taking medications, including any over-the-counter medications, to manage your migraine.

- Take your medications as directed to maximize their usefulness
- Be careful when using a medication over a long period of time to treat headaches – sometimes it can trigger a medication-overuse headache or rebound headache[2]
- Reach out to your HCP if any directions are unclear or if you have any concerns

My Migraine Diary

Tracking Your Migraines

Record the details of each migraine attack below to help you and your HCP discuss your migraine history and assess how well your medications are working.



Month(s)

Rating scale

Severity of symptoms: **1**=Mild, **2**=Moderate, or **3**=Severe
How well treatment worked: **1**=I felt much better, **2**=I felt a little better, or **3**=No change, I felt the same

Date	Severity	Length	Treatment/ management	How well treatment worked	Other/notes
MM/DD/YY	(rate 1-3)	(time)	(medication, dose)	(rate 1-3)	(eg, triggers, symptoms, missed activities)

It's important to track what happened in the 6 to 8 hours before a migraine attack. Using a migraine diary can make tracking these details easier.

My Treatment Plan

Talk with your HCP to develop a migraine treatment plan that meets your needs. Keep track of your medications below, and discuss a follow-up plan when starting a new treatment.

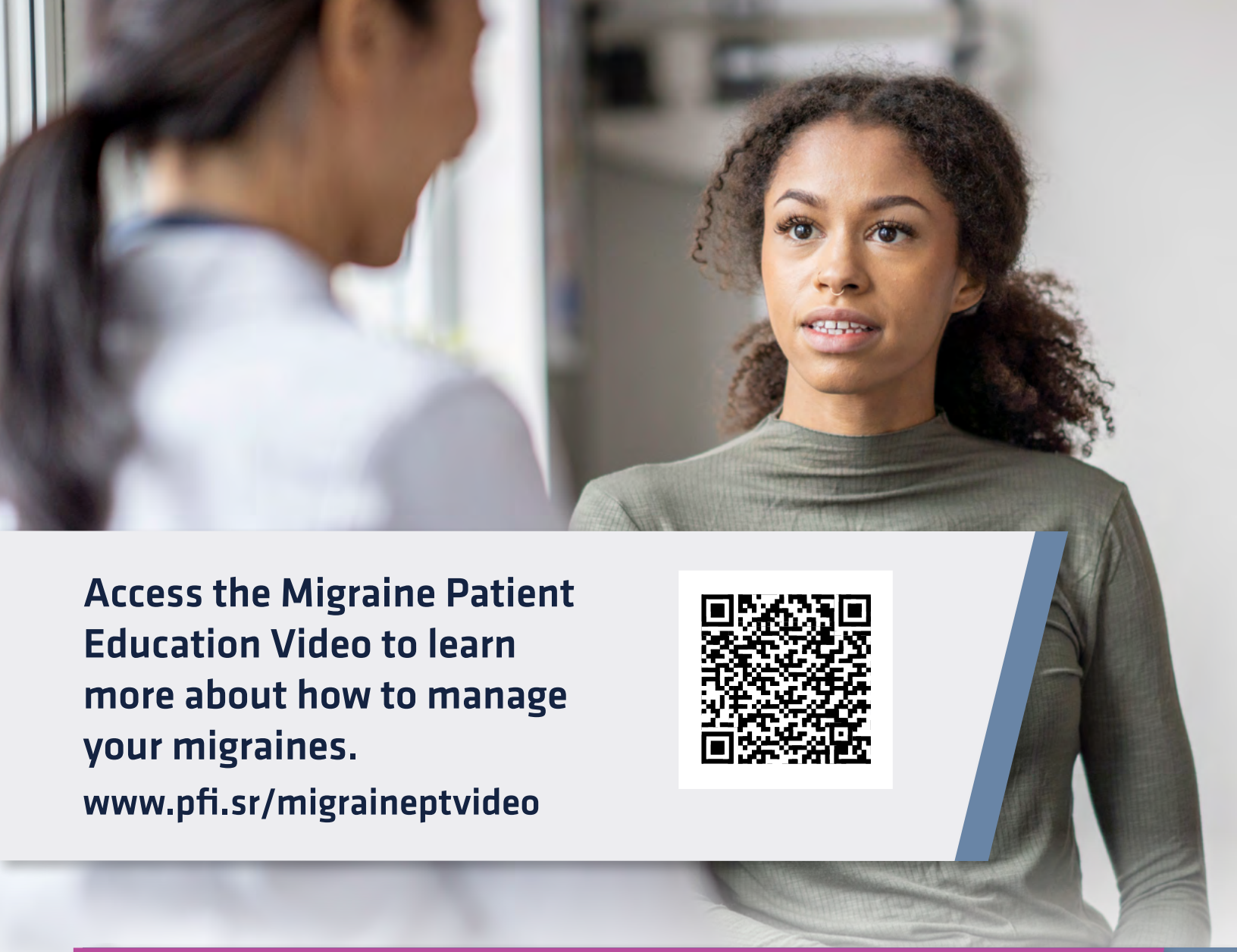
Acute Treatment		
Medicine	**Dose**	**Instructions**

Preventive Treatment		

Lifestyle Management		
Sleep	**Nutrition**	**Physical Activity**

Other:

Follow-up instructions:



Access the Migraine Patient Education Video to learn more about how to manage your migraines.

www.pfi.sr/migraineptvideo

Stay connected with your HCP during migraine treatment. Follow up based on your communication plan to discuss any questions or concerns you may have during treatment.

References: 1. Symptoms: headache. Mayo Clinic. Updated June 3, 2020. Accessed December 12, 2023. https://www.mayoclinic.org/symptoms/headache/basics/definition/sym-20050800 **2.** Migraine: symptoms & causes. Mayo Clinic. Updated July 7, 2023. Accessed November 29, 2023. https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201 **3.** Lipton RB, Dodick D, Sadovsky R, et al. A self-administered screener for migraine in primary care: the ID Migraine validation study. *Neurology*. 2003;61(3):375-382. doi:10.1212/01.wnl.0000078940.53438.83 **4.** Migraine. Office on Women's Health. Updated February 22, 2021. Accessed November 29, 2023. https://www.womenshealth.gov/a-z-topics/migraine **5.** 1. Migraine. IHS Classification ICHD-3. Accessed November 29, 2023. https://ichd-3.org/1-migraine/ **6.** Ailani J, Burch RC, Robbins MS; Board of Directors of the American Headache Society. The American Headache Society Consensus Statement: update on integrating new migraine treatments into clinical practice. *Headache.* 2021;61(7):1021-1039. doi:10.1111/head.14153 **7.** Lifestyle changes for migraine management. American Migraine Foundation. May 6, 2021. Accessed November 29, 2023. https://americanmigrainefoundation.org/resource-library/lifestyle-changes-for-migraine/

PP-NNT-USA-2846 © 2023 Pfizer Inc. All rights reserved. December 2023

< Pfizer >