



MIGRAINE
TREATMENT CENTERS OF AMERICA

Chronic migraine pain takes a toll
on the human spirit.

— WE CAN HELP. —

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MIGRAINE TREATMENT COMPARISON

This is a quick summary of common migraine treatments, and is not exhaustive. Please consult your physician to determine the most appropriate treatment for you.

Treatment	Example	How It Works	Duration	Potential Benefits	Potential Risks
Pain Reliever Medication	Ibuprofen (Advil®), Acetaminophen (Tylenol®), Indomethacin	Prevents an enzyme, blocking the pain signal	Hours	Prevents minor migraine pain	May cause gastrointestinal irritation, reduce blood clotting
Triptan Medication	Sumatriptan (Imitrex®), Eletriptan (Relpax®)	Narrows dilated blood vessels	Hours	Relieves pain, nausea and sensitivity to light	Nausea, dizziness and muscle weakness
Ergotamine and Caffeine	Migergot®, Cafergot®	Narrows dilated blood vessels	Hours	Relieves pain like Triptans, to a lesser extent	Nausea, dizziness, sleeplessness, lack of blood flow
Opiates	Codeine	Mimicks natural endorphins, blocking pain signals	Hours	Relieves pain	Habit-forming, dizziness, drowsiness
Cardiovascular Medication	Propranolol (Inderal La®), Verapamil (Calan®), Lisinopril (Zestril®)	Unknown	Must be taken regularly for months	Reduces the frequency and intensity of headaches, auras	Dizziness, drowsiness, light-headed feeling
Antidepressant Medication	Amitriptyline, Nortiptyline (Pamelor®), Venlafaxine (Effexor®)	Affects level of serotonin in the brain, blocking pain signals	Must be taken regularly for months	Reduces the frequency and intensity of headaches	Weight gain, fatigue, constipation, dry mouth
Anti-Seizure Medication	Valproate (Depacon®), Topiramate (Topamax®), Lamotrigine	Calms overexcited nerve cells, blocking pain signals	Must be taken regularly for months	Reduces the frequency and intensity of headaches	Dizziness, nausea, diarrhea, cramps, hair loss, depression
Injections	Botulinum A toxin (Botox®), Epidural Steroid Injection	Blocks release of chemical that causes muscles to contract	Months	Reduces the frequency and intensity of headaches	Anxiety, back pain, hollowed temples, drooping eyelid, itching
Implanted Neurostimulator	Omega® Procedure	Stimulates nerves, blocking pain signals	Years	Relieves most or all migraine pain; adjustable, reversible	Infection at site of surgery, need for corrective surgery
Plastic Surgery	Forehead, temples or back of head	Removes targeted nerves and/or muscle	Years	Relieves most or all migraine pain	Infection at site of surgery, reduction in facial movement

THE MIGRAINE DISABILITY ASSESSMENT TEST

The MIDAS (Migraine Disability Assessment) questionnaire was put together to help you measure the impact your headaches have on your life. The information on this questionnaire is also helpful for your primary care provider to determine the level of pain and disability caused by your headaches and to find the best treatment for you.

Instructions

Please answer the following questions about ALL of the headaches you have had over the last 3 months. Select your answer in the box next to each question. Select zero if you did not have the activity in the last 3 months. Please take the completed form to your healthcare professional.

1	On how many days in the last 3 months did you miss work or school because of your headaches?	<input type="text"/>	days
2	How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (Do not include days you counted in question 1 where you missed work or school)	<input type="text"/>	days
3	On how many days in the last 3 months did you not do household work because of your headaches?	<input type="text"/>	days
4	How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work)	<input type="text"/>	days
5	On how many days in the last 3 months did you miss family, social or leisure activities because of your headaches?	<input type="text"/>	days
TOTAL			<input type="text"/> days

MIDAS Scoring. Total the number of days in questions 1-5:

0-5	Little or No Disability	11-20	Moderate Disability
6-10	Mild Disability	21+	Severe Disability

If Your MIDAS Score is 6 or more, please discuss this with your doctor.

What your physician will need to know about your headache:

A	On how many days in the last 3 months did you have a headache? (If a headache lasted more than 1 day, count each day)	<input type="text"/>	days
B	On a scale of 0-10, on average how painful were these headaches? (Where 0 = no pain at all, and 10 = pain as bad as it can be)	<input type="text"/>	pain

MIDAS SCORE INTERPRETATION

The MIDAS (Migraine Disability Assessment) score is classified into four grades of severity that predict the patient's treatment needs. See the table below for MIDAS grade definitions, corresponding MIDAS scores and recommendations:

MIDAS Score	MIDAS Grade	Definition	Recommendations
0-5	I	Minimal or infrequent disability	MIDAS Grade I usually indicates low medical need. Simple, over-the-counter analgesics may be effective in the acute treatment of these patients. However, the impact of even a few lost days on the lifestyle of these patients should be assessed. Also, some patients with a MIDAS Grade I, such as those with infrequent, but severe migraine, may benefit from first-line treatment with specific migraine therapies (e.g. triptans). MIDAS Grade I patients who have failed to achieve effective relief with simple analgesics should also be considered for triptan therapy.
6-10	II	Mild or infrequent disability	MIDAS Grade II usually indicates moderate medical need. The patients may require an acute prescription medication. Some MIDAS Grade II patients may also qualify for first-line triptan medication if their headaches are severe. For example, a score of 10 could mean that a patient is missing ten days of school or paid work, so the headaches could be causing severe disruption in their lives. MIDAS Grade II patients should also qualify for first-line triptan medication if they have failed on simple analgesics.
11-20	III	Moderate disability	MIDAS Grade III/IV indicates a high medical need. These patients are experiencing significant disability and their migraine attacks are having a severe impact on their lives. Specific acute therapy, such as a triptan, is usually the most appropriate therapy for these patients, providing they are suitable recipients. Prophylactic treatment should also be considered. Please note that a very high MIDAS score could also indicate a high frequency of non-migraine headache, and these patients should be managed accordingly.
21+	IV	Severe disability	