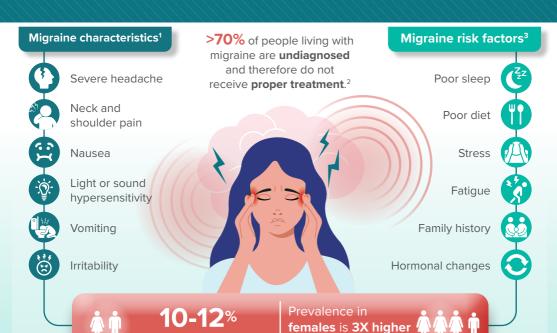
UNDERSTANDING MIGRAINES: YOUR QUICK GUIDE



How can we diagnose migraine?

than in males4

a) Screen for migraine using a Migraine Screen Questionnaire (MS-Q)*4

		Yes
	Do you have frequent or intense headaches?	+1
Ŏ	Do your headaches usually last >4 hours?	+1
00	Do you usually suffer from nausea when you have a headache?	+1
-`ૄ `	Does light or noise bother you when you have a headache?	+1
†	Does a headache limit any of your physical or intellectual activities?	+1

TOTAL

Physicians are advised to **tally the total number of positive responses (Yes)**, and each affirmative response counts as 1 point.



Suspicion of migraine is established at ≥4 points

Prevalence rate



No suspicion of migraine is established at <4 points

Migraine without aura

Migraine with aura*

- ≥5 attacks + all of the following
- ≥2 attacks + all of the following
- Headaches lasting 4-72 hours (untreated or unsuccessfully treated)
- ≥1 of the fully reversible aura symptoms:
- Headaches with ≥1 features below:
- Visual Brainstem

Nausea and/or vomiting

 Sensory Retinal

- · Photophobia and phonophobia
- Motor Speech and/or language
- Headaches with >2 features below:
- >3 of the features below:

Unilateral location

 ≥1 aura symptoms spreads gradually over ≥5 mins

≥2 aura symptoms occur in succession

 Each aura symptoms lasts 5-60 minutes

Pulsating quality

- ≥1 aura symptom is unilateral
- Moderate or severe pain intensity
- ≥1 aura symptoms is positive
- Aggravation by or causing avoidance or routine physical activity
- The aura symptom is accompanied or followed within 60 mins by headache

Probable migraine without aura if only 3 of 4 criteria is met

Probable migraine without aura if only 2 of 3 criteria is met

Not better accounted for by anotherICHD-3 diagnosis

Not better accounted for by another ICHD-3 diagnosis

*Migraine aura refers to sensory symptoms (neurological, gastrointestinal and autonomic) which may manifest before or during a migraine episode.

Chronic Migraine

≥15 days/month for

Headaches on:

>3 months

Had ≥ 5 attacks with/without Aura Migraine with Aura (2) & (3) / without Aura (3) & (4)



Migraine relieved by triptan or ergot derivative For ≥8 days/month for >3 months

Not better accounted for by another ICHD-3 diagnosis

What are the treatment options?

Acute treatment8,9

Preventative treatment^{8,9}

• The aim is to reverse/stop the progression of a headache.

- The aim is to reduce the frequency and severity of migraine attacks.
- Treatment approach must be stratified and treated as soon as possible for early pain relief.
- Treatment must be taken continuously even in an absence of a headache, and should be individualised based on different factors.†



*Factors consist of patient preference, expectations, side effects, co-morbidities, contraception and risk-benefit ratios.7

ICHD-3, International Classification of Headache Disorder-3.

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