

UNDERSTANDING MIGRAINES: YOUR QUICK GUIDE

Migraine characteristics¹

- Severe headache
- Neck and shoulder pain
- Nausea
- Light or sound hypersensitivity
- Vomiting
- Irritability

>70% of people living with migraine are **undiagnosed** and therefore do not receive **proper treatment**.²

Migraine risk factors³

- Poor sleep
- Poor diet
- Stress
- Fatigue
- Family history
- Hormonal changes



10-12%
Prevalence rate

Prevalence in females is **3X higher** than in males⁴



How can we diagnose migraine?

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

	Yes
Do you have frequent or intense headaches?	+1
Do your headaches usually last >4 hours?	+1
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**



No suspicion of migraine is established at **<4 points**

^{*}MS-Q has a high sensitivity (82%) and specificity (97%).

b) Diagnose migraine using International Classification of Headache Disorder (ICHD)-3^{5,6}

Migraine without aura

Migraine with aura*

- 1 **≥5 attacks + all of the following**
- 2 **Headaches lasting 4–72 hours**
(untreated or unsuccessfully treated)
- 3 **Headaches with ≥1 features below:**
 - Nausea and/or vomiting
 - Photophobia and phonophobia
- 4 **Headaches with ≥2 features below:**
 - Unilateral location
 - Pulsating quality
 - Moderate or severe pain intensity
 - Aggravation by or causing avoidance or routine physical activity

- 1 **≥2 attacks + all of the following**
- 2 **≥1 of the fully reversible aura symptoms:**
 - Visual
 - Sensory
 - Motor
 - Brainstem
 - Retinal
 - Speech and/or language
- 3 **≥3 of the features below:**
 - ≥1 aura symptoms spreads gradually over ≥5 mins
 - ≥2 aura symptoms occur in succession
 - Each aura symptoms lasts 5–60 minutes
 - ≥1 aura symptom is unilateral
 - ≥1 aura symptoms is positive
 - 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 another ICHD-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

Headaches on:
≥15 days/month for >3 months



Had ≥ 5 attacks with/without Aura



Migraine with Aura **2 & 3** / without Aura **3 & 4**
OR

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 treatment^{8,9}

- The aim is to **reverse/stop** the progression of a headache.
- Treatment approach must be **stratified** and **treated as soon as possible** for early pain relief.



Preventative treatment^{8,9}

- The aim is to reduce the **frequency and severity** of migraine attacks.
- 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.*

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

References

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