

# Migraine Treatment



Non-Pharmacological

# **Treatment Options**

- Headache diary
  - Identify patterns/triggers
- · Increasing hydration
- Regular sleep
- Regular exercise
- Cognitive behavioral therapy
- Biofeedback
- Wearable devices

# Avoid

- Medication Overuse Headache (MOH)
  - Caused by taking over the counter analgesic medications ≥ 3 times/ week
  - Try to limit use of these medications to < 2-3 times/week

# Supplements

- Supplements that have been shown to reduce migraines
  - Magnesium
  - Riboflavin
  - Melatonin
  - CoQ10
  - Butterbur no longer recommended

# **Management Of Migraine**

R Bogdan

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