KEY TAKEAWAYS

• Increased molecular understanding of migraine is attracting new students and brain power to the field of migraine and reducing the stigma around the disease.

• Many precision migraine treatment options have come on the market in the past two years, and more are on the way.

• New treatment options include CGRP antibodies, gepants, ditans, and neuromodulation and neurostimulation devices.

• CGRP antibodies are proving to work in episodic and chronic migraine, in people who have failed other drugs, and in patients with migraine comorbidities.

• Gepants are one of the first acute treatments that do not cause medication adaptation headache, and should be approved for prevention in the next year.

• Trials are ongoing with children for CGRP-directed medications and gepants. The Nerivio device is approved for use in children.

QUOTES

“When you think about the fact that we've got seven drugs, three new targets — just in the past two years — that's unprecedented in the history of migraine.”

“One of the key attributes of the gepants is that they may be the first, really the first, acute treatment for migraine that doesn't cause medication overuse headache or rebound.”

“There are a lot of different tricks that we use in people who are not responding optimally ... Oftentimes, it requires combinations of medications or combinations of modalities.”

PRACTICAL STEPS

• Seek treatment from creative providers who will work with you on finding the right combination of medications and devices that work for you.

• When trying CGRP treatment, monitor your blood pressure for elevation, especially if you have hypertension.

• Consider neuromodulation and neurostimulation devices.

• Consider an acute medication near the end of your CGRP preventive to avoid a 'letdown' migraine.

• Stay tuned for many of the new treatments to be approved soon for children as testing and studies are completed.

TREATMENTS CITED

Atogepant
Cefaly device
CGRP antibodies
Ditans
Ear insufflation
Eptinezumab
Erenumab
Gepants
Lasmiditan
Nerivio device

Neuromodulation device
Neurostimulation device
NSAIDs
OnabotulinumtoxinA
Triptans
Vagal-nerve stimulator
Zavegepant