In general, there's plenty of treatments available to people with migraine of any age, and I think that seeking care and advocating for yourself and being knowledgeable about it is key to getting better.

Because migraine is just so common, we still see plenty of people where we diagnose it at an older age, and certainly there's different treatment considerations in people of such an age. The fundamental principles are the same...

Migraine and tension-type headaches are the most common headache types in older individuals.

Because migraine is so common in the general population, it's still seen frequently in people older than 50, although it's not usually a new diagnosis later in life. If it does appear in the later years, it needs evaluation to make sure it's not something more dangerous.

The symptoms of migraine can and often do change with age.

Studies have shown that people with episodic migraine tend to have a “quieting” of symptoms with age, while people with chronic migraine do not tend to have a remission of symptoms with age.

Older medications like triptans still seem to be safe among older people with migraine, however, cardiovascular health must be considered, along with other conditions that come with age.

If a new aura happens without headache, or other visual or speech disturbances suddenly occur, seek immediate evaluation.

Be wary of drug interactions between migraine medications and medications used to treat other conditions common in older people.

TREATMENTS CITED

Amitriptyline
Beta blockers
Botulinum toxin
CGRP blockers
Duloxetine
Gabapentin
Lasmiditan
Nerve blocks
Neurostimulation devices

Nortriptyline
Rimegepant
Topiramate
Triptans
Ubrogepant
Zolmitriptan
Zonisamide

PRACTICAL STEPS

Consider some of the new treatment options that are available, especially if other health conditions that come with aging have become a new concern.

Continue to be diligent about lifestyle management and avoiding migraine triggers, regardless of age. Focus on quality sleep, exercise, stress management, and a healthy diet.

If a new aura happens without headache, or other visual or speech disturbances suddenly occur, seek immediate evaluation.

Be wary of drug interactions between migraine medications and medications used to treat other conditions common in older people.