

Treating your migraine

Non-prescription medications

Breaking the migraine pain cycle at an early point can stop the pain from worsening. Use a non-prescription ibuprofen medication like Advil® Liqui-Gels®* for relief at the first sign of a headache so that it does not become a full-blown migraine. Because the medication in Advil Liqui-Gels is already dissolved, it works fast.

Advil Liqui-Gels is the only non-prescription ibuprofen medicine approved by Health Canada to relieve mild to moderate migraine pain, as well as the nausea and sensitivity to light and sound that often accompany migraines.

Prescription medications

Triptans are among the most common prescription migraine pain relievers. While they can be effective in relieving migraine pain, they may also cause a number of side effects.

Your doctor can advise you of the risks and prescribe a triptan that is right for you.

If you are pregnant, planning to become pregnant, or are breastfeeding, make sure to discuss all migraine medications, over-the-counter and prescription, with your doctor or pharmacist.



* Liqui-Gels® is a trademark or registered trademark of Catalent Pharma Solutions.

How can a migraine diary help?

Keeping a migraine diary can help you and your doctor pinpoint what your migraine triggers are. Use the journal below to track the circumstances that surround your migraines and share it with your doctor to help identify the best treatment options for you.

Migraine Diary

	Migraine 1	Migraine 2	Migraine 3	Migraine 4	Migraine 5	Migraine 6
Start date						
Start time						
Length of migraine						
Migraine severity 1 = mild 10 = extreme						
Aura? y = yes, n = no						
Symptoms (see list below)						
Suspected triggers (see list below)						
Medication(s) taken (see list below)						
Dosage strength (see list below)						
How long after onset of the migraine was the medication taken?						
Did the medication provide relief? y = yes, n = no						

Symptoms: 1. Nausea 2. Light sensitivity 3. Sound sensitivity 4. Other _____

List of triggers: 1. Alcohol 2. Anxiety/stress 3. Weather 4. Skipping a meal 5. Cheese 6. Chocolate 7. Menstruation/hormonal changes 8. Exercise/physical activity 9. Changes in sleep/wake time 10. Other _____

Medication(s) taken: 1. Advil Liqui-Gels 2. _____ 3. _____

Dosage strength: 1. 200 mg 2. 400 mg 3. _____

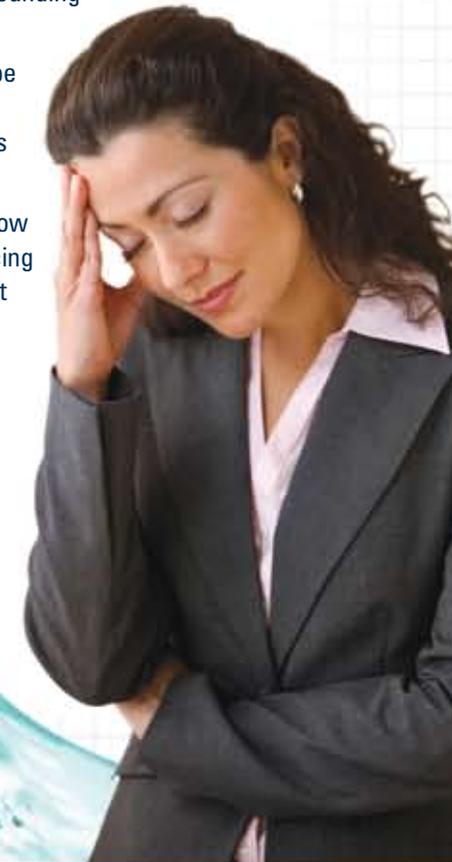
Hard facts on tough migraines

Learn more to live well

Is the stress from balancing life's demands causing your neck muscles to tighten? Do your sinuses start to throb with every change in the weather? Or, is your head often pounding with pain, for no apparent reason?

How you cope with your pain depends on the type of headache you have. And if it's a migraine, it's more than just a simple headache – and it needs to be treated differently.

Read on to find out more about migraines and how they can be treated. If you think you're experiencing migraines, be sure to speak to your doctor about treatment options that are right for you.



Migraine Diary Inside!

www.advil.ca

Advil
Take action.

What is a migraine?

A migraine is an extremely severe form of headache. There is no single “migraine profile” – the frequency and duration of migraines are different for each person. Migraines can affect any part of the head, but most people feel pain in the temples, behind one eye or one ear.

Who gets migraines?

Anyone can get a migraine but some people are more likely to be affected than others.

- Women are three times more likely than men to get migraines
- About 70% to 80% of migraine sufferers have a family history of migraines
- About 2% of children under the age of 7 and about 10% of children and adolescents up to the age of 15 get migraines; almost 25% of children and adolescents “outgrow” their migraines by the age of 25

How do you know if your headache is a migraine?

20% to 30% of migraine sufferers experience a warning (called an aura) 20 minutes to 1 hour before the actual headache starts. The aura can consist of visual disturbances (flashes of light, wavy lines, dots or blind spots), tingling in the arms or face, difficulty speaking, ringing in the ears, or changes in the way things taste, smell or feel. Migraines can also occur without an aura and are commonly referred to as “migraine without aura.”

A migraine sufferer may experience any of the following common symptoms, either singly or in combination:

- Head pain that can be worsened by physical activity and/or exercise
- Sensitivity to light or sound
- Sensitivity to temperature (feeling very warm or very cold)
- Nausea, vomiting, stomach upset, abdominal pain or diarrhea
- Loss of appetite
- Blurred vision, fatigue, dizziness or paleness

Children with migraines report the same symptoms as adults, but they are also more likely to experience non-pain symptoms such as aura, nausea, and vomiting.

What causes migraines?

Migraines are related to changes in the brain and linked to genetic factors. Chemicals released by excited brain cells send pain signals to the brainstem (the part of the brain that processes pain information), causing painful pulsations. While the science is still unclear as to why brain cells become excited in the first place, there are certain factors that are known to trigger the process.

What are the migraine triggers?

The factors that trigger a migraine in one person may have no effect on other migraine sufferers. However, there are a number of substances and conditions that consistently reappear on many people’s list of personal triggers.



Lifestyle triggers

- Emotional stress, changes in normal sleep patterns, certain medications, intense physical exertion



Hormonal triggers

- Menstruation, menopause, oral contraceptives



Dietary triggers

- Irregular meal patterns, chemicals and preservatives, alcohol, certain foods (like chocolate and aged cheese)



Environmental triggers

- Weather changes, bright lights, sunlight glare, excessive noise, unusual odours (like perfume or paint-thinner)

It is important for you to identify what your personal triggers are. Keeping a migraine diary, like the one included in this brochure, can help you track your migraines and the circumstances in which they occur.

How are migraines diagnosed?

A migraine diagnosis is usually made by your family physician. Often times, they will review your family medical history to determine if genetics is a factor. They will also discuss the symptoms and triggers that you have listed in your personal migraine diary. A physical examination may be required to rule out other causes of your symptoms. Tests such as CT scans and MRIs can be useful in confirming that there are no other causes for the headaches.

Can migraines be prevented?

Identifying your personal triggers and avoiding them as much as possible may help reduce the occurrence of migraines. Other steps you can take to reduce your chances of getting a migraine include:

- Eating on a regular schedule and not skipping meals
- Getting adequate rest – but don’t overdo it; aim for seven to nine hours of sleep a night
- Exercising regularly
- Reducing your level of stress with stress management and relaxation techniques

