

YOUR GUIDE TO UNDERSTANDING MIGRAINES AND CONTROLLING THEIR ATTACKS

TABLE OF CONTENTS

1. WHAT IS A MIGRAINE?
2. RISK FACTORS AND SYMPTOMS OF MIGRAINES
3. DIAGNOSIS AND TREATMENTS
4. LIVING WITH MIGRAINES
5. GLOSSARY
6. REFERENCES



In case of any side effects of the medications, please contact the General Authority for Food and Drug on the unified number 19999.

This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or seen in the content.

PP-UNP-SAU-1268 – 47-SFDA-13

All rights reserved to Pfizer Scientific and Technical Company Ltd. © 2025

What is a Migraine?

Migraine is a severe, pulsating pain, usually on one side of the head, often accompanied by other symptoms such as nausea, vomiting, and sensitivity to light and sound.¹

Not merely a 'bad headache' but a complex condition with attacks that can last from 4 to 72 hours.²



Some cases may need to be admitted to the hospital to relieve their pain.³

EPISODIC MIGRAINE



14 or fewer headache days per month²

CHRONIC MIGRAINE



More than 15 headache days per month²

Understanding migraines is important for managing the condition and improving quality of life. Consult your physician on the ways to prevent and treatment and how to deal with the disease.

References:

1. Ferrari MD, et al. Migraine. Nat Rev Dis Primers. 2022 Jan 13;8(1):
2. Aguilar-Shea AL, et al. Migraine review for general practice. Aten Primaria. 2022;54(2):102208. doi: 10.1016/j.aprim.2021.102208
3. Burch R. Migraine and tension-type headache: diagnosis and treatment. Med Clin N Am. 2019;103(2):215-233. doi: 10.1016/j.mcna.2018.10.003

Symptoms of Migraines

The primary symptom is a throbbing or pulsating pain usually on one side of the head.¹



However, migraines can also cause nausea, vomiting, and extreme sensitivity to light, sound, and even certain smells.^{1,2}



Some people may experience visual disturbances known as an 'aura' before a migraine attack. These can include seeing flashing lights, zigzag lines, or temporary loss of vision.^{1,2}



Recognizing these symptoms is the first step managing migraines.

Risk Factors

Genetics - If a person has one parent who suffers from migraines, they will experience them too. This likelihood if both parents have migraines.⁶



Gender - Migraines are more common in adult women, who are three times as likely to experience them compared to men.⁶ Several studies suggested a higher rate in the female population.⁴



Age - Migraines are most prevalent among individuals in their 50s. The frequency notably diminishes as people reach their 60s and 70s, and they are rarely found in those 80 years of age or older.⁶



Obesity^{7,8}



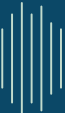
References:

4. Albalawi MF, et al. Prevalence of migraine headache in Saudi Arabia: a systematic review and meta-analysis. *Cureus*. 2023;15:e37560. doi: 10.7759/cureus.37560
5. Peres MFP, et al. Anxiety and depression symptoms and migraine: a symptom-based approach research. *J Headache Pain*. 2017;18:37. doi: 10.1186/s10194-017-0742-1.
6. MacGregor EA. Migraine. *Ann Intern Med*. 2017;166:ITC49-ITC64. doi: 10.7326/AITC201704040
7. Eigenbrodt AK, Ashina H, Khan S, et al. Diagnosis and management of migraine in ten steps. *Nat Rev Neurol*. 2021;17(8):501-514. doi: 10.1038/s41582-021-00509-5
8. Bigal ME, et al. Obesity and migraine: a population study. *Neurology*. 2006;66(4):545-550. doi: 10.1212/01.wnl.0000197218.05284.82

Diagnosis & Treatment

Diagnosing migraines involves a thorough evaluation of symptoms and medical history.⁷

Healthcare professionals assess the frequency, intensity, timing, and type of pain, along with any additional symptoms, relieving and aggravating factors, family history, and medications taken for relief.^{1,7}

 Frequency	 Intensity	 Timing
 Along with any additional symptoms	 Type of pain	 Relieving
 Aggravating Factors	 Family history	 Medication taken for relief

Imaging studies like MRI or CT scans may be used to exclude other potential causes of headaches.⁷

Once diagnosed, a tailored treatment plan is developed. Migraine treatment can be categorised into preventive and relief medications.^{1,2,7}

Preventive medications, reduce the frequency and severity of attacks. They include CGRP inhibitors, beta-blockers, and some antidepressants.¹⁻³

Relief medications, used to stop or reduce the intensity of an ongoing attack, include CGRP inhibitors, NSAIDs, and triptans.^{1,2,7}



Living with Migraines

Do not take too many pain relievers.⁹



Maintain a healthy lifestyle. Do regular physical activity.⁹



Reduce caffeine intake. Reduce stress and cope with it.⁹



Make sure to get enough rest. Avoid headache triggers. Make sure to make the sleeping environment comfortable by keeping devices around the bed.⁹



Some triggers to avoid may include:



Stress^{7,9,12}



Changes in sleeping patterns^{7,9,12}



Caffeine⁶



Dehydration^{9,11}



Lights¹¹



Poor diet^{6,11}



Strong smells^{9,12}



Weather changes^{9,12}



Hormonal changes^{9,12}



Medication^{7,11}
overuse

References:

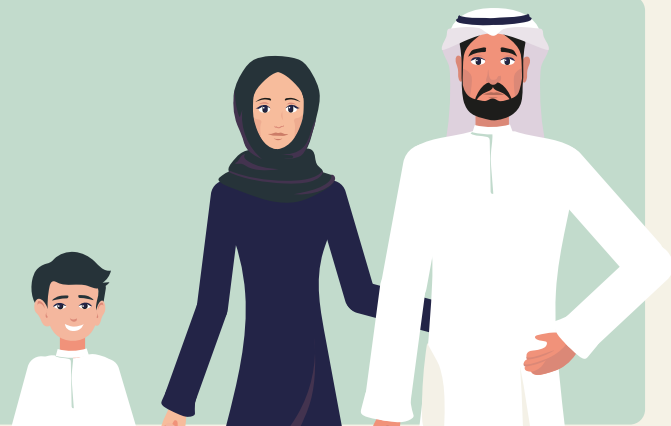
9. Ministry of Health. "Migraine" moh.gov.sa, 2023, <https://www.moh.gov.sa/en/HealthAwareness/EducationalContent/Diseases/Nervous-system/Pages/Migraine.aspx>. Accessed 02 Dec. 2024
10. Gazerani P. Migraine and diet. *Nutrients*. 2020;12(6):1658. doi: 10.3390/nu12061658
11. Agbetou M & Adoukonou T. modifications for migraine management. *Front Neurol*. 2022;13:719467. doi: <https://doi.org/10.3389/fneur.2022.719467>
12. Kelman L. The triggers or precipitants of the acute migraine attack. *Cephalalgia*. 2007;27:394-402. doi: 10.1111/j.1468-2982.2007.01303.x

Remember, you are not alone, and seeking help is always an option

Workplace: Clear communication with colleagues and supervisors about your condition can help manage work-related stress..¹³



Family: Open dialogue with family members about migraines can reduce stress and anxiety, fostering understanding and support..^{14,15}



Professional Help: Consultation with healthcare providers for personalised treatment options is essential.



References:

13. Shimizu T, et al. Disability, quality of life, productivity impairment and employer costs of migraine in the workplace. *J Headache Pain*. 2021;22(1):29
14. Seng EK, et al. When mom has migraine: an observational study of the impact of parental migraine on adolescent children. *Headache*. 2019;59(2):224-234. doi: 10.1111/head.13433
15. Buse DC, et al. Life with migraine: effects on relationships, career, and finances from the Chronic Migraine Epidemiology and Outcomes (CaMEO) Study. *Headache*. 2019;59(8):1286-1299. doi: 10.1111/head.13613

Medical Glossary



Age of onset: The age at which a person first experiences a particular condition or symptom.¹⁶



Anxiety disorders: Mental health disorders characterised by significant feelings of anxiety and fear, which may trigger migraines in some individuals.^{5,17}



Aura: A warning sign of an impending migraine, often involving visual disturbances or other sensory changes.^{2,7}



CGRP Inhibitors: Medications that target a specific protein involved in migraine attacks.¹⁸



Computed Tomography (CT) Scan: An imaging technique used to visualise the brain and rule out other causes of headaches.¹⁹



Magnetic Resonance Imaging (MRI): A medical imaging technique used to visualise detailed internal structures of the body, including the brain.



Migraine trigger: Specific factors or conditions that may initiate a migraine attack.



Nonsteroidal Anti-Inflammatory Drugs (NSAIDs): Over-the-counter medications used to reduce inflammation and pain.²⁰



Pulsating pain: A throbbing or rhythmic pain, often associated with migraines.



Sensitivity: Heightened response to stimuli, such as light or sound, often experienced during a migraine.



Triptans: A class of medications used to treat migraines by targeting specific neurotransmitters - nervous chemical messengers.

Non-Medical Glossary



Dehydration: Lack of sufficient water in the body, a common migraine trigger.²¹



Diet: The kinds and amounts of food one habitually eats; certain foods may trigger migraines.²²



Migraine Diary: A record of when migraines occur, including potential triggers and symptoms, to help identify patterns.⁷

References

1. Ferrari MD, et al. "Migraine." *Nat Rev Dis Primers*. 2022 Jan 13;8(1):2
2. Aguilar-Shea, et al. "Migraine review for general practice." *Aten Primaria*. 2022;54(2):102208. doi: 10.1016/j.aprim.2021.102208
3. Burch, Rebecca. "Migraine and tension-type headache: diagnosis and treatment." *Med Clin N Am*. 2019;103(2):215-233. doi: 10.1016/j.mcna.2018.10.003
4. Albalawi MF, et al. "Prevalence of migraine headache in Saudi Arabia: a systematic review and meta-analysis." *Cureus*. 2023;15:e37560. doi: 10.7759/cureus.37560
5. Peres MFP, et al. "Anxiety and depression symptoms and migraine: a symptom-based approach research." *J Headache Pain*. 2017;18:37. doi: 10.1186/s10194-017-0742-1.
6. MacGregor EA. Migraine. *Ann Intern Med*. 2017;166:ITC49-ITC64. doi: 10.7326/AITC201704040
7. Eigenbrodt AK, et al. "Diagnosis and management of migraine in ten steps." *Nat Rev Neurol*. 2021;17(8):501-514. doi: 10.1038/s41582-021-00509-5
8. Bigal ME, Liberman JN, Lipton RB. "Obesity and migraine: a population study." *Neurology*. 2006;66(4):545-550. doi: 10.1212/01.wnl.0000197218.05284.82
9. Ministry of Health. "Migraine" [moh.gov.sa](https://www.moh.gov.sa/en/HealthAwareness/EducationalContent/Diseases/Nervous-system/Pages/Migraine.aspx), 2023, <https://www.moh.gov.sa/en/HealthAwareness/EducationalContent/Diseases/Nervous-system/Pages/Migraine.aspx>. Accessed Dec 2024
10. Gazerani P. "Migraine and diet." *Nutrients*. 2020;12(6):1658. doi: 10.3390/nu12061658
11. Agbetou M & Adounkou T. "Lifestyle modifications for migraine management." *Front Neurol*. 2022;13:719467. doi: 10.3389/fneur.2022.719467
12. Kelman L. "The triggers or precipitants of the acute migraine attack." *Cephalalgia*. 2007;27:394-402. doi: 10.1111/j.1468-2982.2007.01303.x
13. Shimizu T, et al. "Disability, quality of life, productivity impairment and employer costs of migraine in the workplace." *J Headache Pain*. 2021;22(1):29. doi: 10.1186/s10194-021-01243-5
14. Seng EK, et al. "When mom has migraine: an observational study of the impact of parental migraine on adolescent children." *Headache*. 2019;59(2):224-234. doi: 10.1111/head.13433
15. Buse DC, et al. "Life with migraine: effects on relationships, career, and finances from the Chronic Migraine Epidemiology and Outcomes (CaMEO) Study." *Headache*. 2019;59(8):1286-1299. doi: 10.1111/head.13613
16. Amador-Patarroyo MJ, et al. "How does age at onset influence the outcome of autoimmune diseases?" *Autoimmune Dis*. 2012;2012:251730. doi: 10.1155/2012/251730
17. American Psychiatric Association. "What are anxiety disorders?" *Psychiatry.org*, 2023, <https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders>. Accessed Dec 2024.
18. Schwedt TJ, et al. Acute treatment of migraine in adults. In: UpToDate, Swanson Jerry W (Ed), Wolters Kluwer. Accessed on Dec. 2024.
19. Fletcher J. "CT scan for migraine." *Medical News Today*, MediLexicon International, 2021, www.medicalnewstoday.com/articles/ct-scan-for-migraine. Accessed Dec 2024.
20. Solomon DH. NSAIDs: therapeutic use and variability of response in adults. In: UpToDate, Furst Daniel E (Ed), Wolters Kluwer. Accessed on Dec 2024.
21. Cleveland Clinic. Dehydration. <https://my.clevelandclinic.org/health/diseases/9013-dehydration>. Accessed on Dec 2024.
22. "Diet, N. (1) & Adj." *Oxford English Dictionary*, Oxford UP, September 2023, <https://doi.org/10.1093/OED/3972819492>.

In case of any side effects of the medications, please contact the General Authority for Food and Drug on the unified number 19999.

This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or seen in the content.