

Migraine headaches cannot be cured. But you can get greater relief and control of your headaches with a headache management plan. A good headache management plan has two parts: the treatment you get from your doctor and the steps you take for yourself.

Treatment plans may vary, depending on the frequency of your headaches, their causes, and whether the benefits of certain treatments outweigh the risks. Treatment plans may include lifestyle changes and medications as well as non-drug therapy.

Medicines To Treat Migraine

Acute Medicines

Once a migraine has started, these medicines are taken to relieve the pain and related symptoms. For best results, headache experts recommend treating at the first sign of pain.

Migraine-specific prescription medicines work to treat the pain of migraine, as well as other symptoms of migraine, such as nausea, vomiting, and sensitivity to light or sound.

Pain relievers such as over-the-counter or prescription medicines help treat pain.

Medicines To Prevent Migraines

Prophylactic Medicines

These prescription medicines are taken to reduce the number and severity of migraine attacks. These medicines may be useful when migraines occur frequently each month.

- Unlike acute medicines, preventive medicines are taken every day, even when there is no headache.
- Although they will not prevent all headaches, these medicines often help decrease the number of headaches and may make them less severe.

Always Take Medicines Appropriately

- Take your medicine as directed by your doctor – take your acute medicine at the first sign of pain.
- Never increase the amount of medicine you are taking without consulting your doctor. Don't take it more often than your doctor directed.
- If your medicine does not seem to be working when taken as directed, call your doctor.
- Call your doctor if you notice persistent or unusual side effects.
- Preventive medicines take some time to begin working. Don't stop taking your medicine without first talking with your doctor.
- Tell your doctor if you are pregnant, become pregnant, or are planning to become pregnant.

Learn More About Migraine

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American Council for Headache Education

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