

MEDICAL EDUCATION

SPEAKERS NETWORK

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JUNE HEALTH AWARENESS FEATURED TOPIC

Update on Headaches and Migraines

What is the problem?

Migraine is the 6th most disabling illness globally, impairing everyday work and function for most sufferers. One in four U.S. households includes someone with migraine headaches. Migraine is most common between the ages of 18 and 44 and affects three-times as many women as men, most likely due to hormones. The vast majority don't seek medical care, so over 50% of migraine patients remain undiagnosed, unaware of current effective treatments. There are key questions to ask patients regarding headache history. Education of patients regarding modifying lifestyle behavior and discussion of treatments for both acute headache and headache prevention is critical. Healthcare professionals need to be up to date on the currently available therapies for migraine headaches.

Learning Objectives:

- Utilize specific questions when obtaining a headache history
- Evaluate and utilize the wide array of pill, nasal, and injection acute migraine therapies
- Identify various headache prophylaxis options, including new CGRP inhibitors

How do we know this is a problem?

<https://www.themigraineinstitute.com/migraine-overview/prevalence-of-migraines/>

<https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page>

<https://jamanetwork.com/journals/jama/fullarticle/2787727>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7413335/>

If your medical staff needs an update on headaches and migraines, consider contacting our office to schedule faculty for this and other topics at 877-505-4777 or info@speakersnetwork.com.