



# Migraine Treatment



## Non-Pharmacological

### Treatment Options

- Headache diary
  - Identify patterns/triggers
- Increasing hydration
- Regular sleep
- Regular exercise
- Cognitive behavioral therapy
- Biofeedback
- Wearable devices

### Avoid

- Medication Overuse Headache (MOH)
  - Caused by taking over the counter analgesic medications  $\geq 3$  times/week
  - Try to limit use of these medications to  $< 2-3$  times/week

### Supplements

- Supplements that have been shown to reduce migraines
  - Magnesium
  - Riboflavin
  - Melatonin
  - CoQ10
  - Butterbur no longer recommended

# The Management Of Headache

**S Nieto**



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