

# Identifying and Managing Chronic Migraine



with  
Werner Becker, MD, FRCPC,  
Calgary Chronic Pain Centre

A migraine is a type of headache that may begin as a dull ache and then turn into a constant, throbbing pain, sometimes felt on only one side of the head. When you have a migraine, you may be sensitive to light and sound, experience nausea and/or vomiting, and find it difficult to carry on with normal activities.<sup>1</sup>

Chronic migraine is a neurological condition that causes people to have:<sup>2,3</sup>

- ✓ 15 or more headache days per month
- ✓ Lasting 4 hours or more
- ✓ At least 8 of the headache days per month having the features of a migraine

According to Dr. Becker, “Treatment options for chronic migraine include educating the patient about lifestyle factors, which might influence their headache frequency. There are also medications which can be used.” These preventative treatments help manage the symptoms of Chronic Migraine and include oral tablets taken daily and now, an injectable treatment that can be used once every three months.

Dr. Becker stresses “It’s important that patients with chronic migraine get the correct diagnosis because if they don’t, physicians won’t try the migraine treatments and perhaps won’t try the treatments that are meant especially for chronic migraine.”

For the full program on “Identifying and Managing Chronic Migraine” with Dr. Werner Becker, visit:  
[www.HealthandFamily.ca/ChronicMigraine](http://www.HealthandFamily.ca/ChronicMigraine)





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email [info@cegedu.com](mailto:info@cegedu.com)

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1 Headache Classification Subcommittee of the International Headache Society. The International Classification of Headache Disorders: 2nd edition. Cephalalgia. 2004;24(suppl 1):9-160.

2 Headache Classification Subcommittee of the International Headache Society. The International Classification of Headache Disorders: 2nd edition. Cephalalgia. 2004;24(suppl 1):9-160.

3 Lipton RB. Chronic migraine, classification, differential diagnosis, and epidemiology. Headache. 2011;51(suppl 2):77S-83S.