



Importance of Early Intervention in Acute Migraine



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While both men and women suffer from migraine, women are three times more likely to experience migraines than men. Globally, one in eight suffer from Migraine.

"From the patient's perspective, an acute attack is a pain that starts somewhere in the head and neck area and progresses, usually predominates on one side of the head, and it tends to have a pulsing quality, almost like a beating heart. There's also many associated symptoms such as nausea, vomiting. Patients can become very sensitive to light, sound."

Acute treatment aims to reverse, or at least stop, the progression of a migraine that has started.

"I always give the analogy of a fire in the kitchen. So if they came in and they saw a fire burning, what would they do? They'd react very quickly, and they would try to put out that fire as quickly as possible to minimize the damage. This is the exact same approach they should have with their migraines. So they need to take their abortive medication very rapidly, at the first signs of their migraine. And then repeat the dose approximately two hours later if they have any residual symptoms." ~Dr. Heather Pim

Many people believe that the nausea and vomiting that often accompany migraine attacks may be caused by gastric stasis

"Gastric stasis is a phenomenon that we see in migraine sufferers, especially when they have nausea. Important for migraine sufferers as it will help them choose their medications. Patients that have predominant nausea, we know they have important gastric stasis, and therefore we'll choose medications such as injectables, or liquids that will be better absorbed."

Not all non-steroidal, anti-inflammatory medications are equal in fast symptom relief. Cambia (diclofenac potassium) a liquid medication, works the fastest and that's why it's been approved by Health Canada as one of the main treatments for migraine.

"I think the most important message that I could leave for migraine sufferers today is the importance of being implicated in their care. It's very important to get involved with your care, understand migraine and work with your physician to achieve the best results."

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