

How to Prevent Future Headaches

There are several things that can help to prevent future headaches. Here are recommended supplements and vitamins, prescription medications, procedures and other alternatives that you can explore on your own or with a physician.

Start Here

Supplemental Vitamins

Some vitamins can help to treat headaches. If you are pregnant or may become pregnant, you should talk to your doctor before starting these.

Magnesium

- Using magnesium oxide or citrate (400-600 mg daily, taken with food).
- Can specifically help with menstrual headaches.

Coenzyme Q10 (CoQ10)

- Doses of 300-400 mg daily can help to reduce headache frequency.
- This medication is NOT safe if you are taking warfarin (Coumadin).

Riboflavin (Vitamin B2)

- Doses of 400 mg daily can help reduce headache frequency.

Melatonin

- Start with 3mg two hours before going to bed. If you experience cluster headaches, higher doses (up to 15mg) are preferred.

Prescription Medications

If you have 4+ days with headaches per month, then taking a daily prescription preventative medicine could be a big help. Most of these medicines were initially used for other reasons and later found to also help headaches. Headache treatment is personalized to each patient, so your doctor can help you identify which one might be best for you.

Blood Pressure Medications

- These include: propranolol, metoprolol, and candesartan.
- If you have high blood pressure, or are already on a blood pressure medicine, then using one of these could be a good choice.

Seizure Medications

- These include Topamax and Valproic Acid.

Mood Stabilizing Medications

- These include: Nortripyline, Amitripyline, and Venlafaxine.
- If you also have depression or anxiety of other pain, then using one of these can be a good choice. Nortripyline and Amitripyline can also help with sleep.

Calcitonin G-related peptide (CGRP) Antagonist

- These medications are a newer option that blocks a circulating protein that's known to initiate pain signals during a headache.
- When it's used to prevent future headaches, it is taken every other day. Many insurance companies require authorization for use.

Procedures

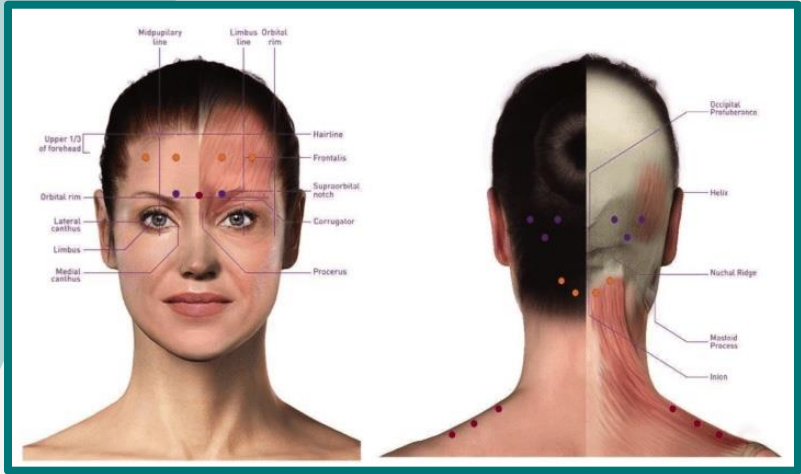
Some procedures can also help headaches.

Botox Injections

- For patients with >16 headaches a month that did not improve with medicines, botox (onabotulinum toxin) injections should be considered.
- Injections are administered to the face, neck, and shoulders can help mitigate your headache pain. This procedure is repeated every 3 months.
- Most insurance companies won't cover this procedure unless three of the medicines have been tried.

Calcitonin G-related peptide (CGRP) Antibody Monthly Injections

- CGRP injections are newer options used to prevent headaches.
- Patients are taught to inject the medicine at home.
- Common examples: Aimovig (Erenumab), Ajovy (Fremanezumab), Emgality (Galcanezumab)



Botox Injections Sites

Devices

If you're looking for additional aids to help stop your headaches that don't involve medication, a device might be for you. A device can be used in conjunction with headache medication.

Migraine Treatment Device

- Cefaly and HeadacheTerm 2 are devices FDA approved for migraine treatment
- Both devices are non-invasive, non-pharmacologic (drug-free) methods for treating headaches and do not require a prescription.
- These devices introduce precise electric impulses from the user's forehead to stimulate and desensitize nerves that reduce the migraine signals transmitted.
- The devices use an adhesive to temporarily stick to your forehead and deliver a sensation that is often described as a massage.
- Both devices will automatically shutoff after timed treatment sessions.
- These devices are to be used while you are experiencing headache to relieve your current symptoms and on a daily basis for to prevent future headaches.



Migraine Treatment Device