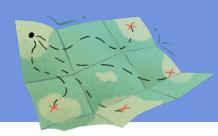


# Migraine.com

### My Migraine Treatment Roadmap



### **Current Migraine Treatment Options**

PREVENTIVE  Treatments to prevent future migraine attacks	ABORTIVES  Treatments to stop my migraine attack once it's started	RESCUE  Treatments for managing symptoms when preventives and/or abortives do not work
Beta-blockers and blood pressure medications	<u>Triptans</u>	Anti-nausea medications
<u>Anticonvulsants</u>	DHE and ergotamine	Pain medications
<u>Antidepressants</u>	CGRP gepants	Muscle relaxers
Botox	<u>Ditans</u>	Acetaminophen and NSAIDs
CGRP antibodies	Non-invasive devices	
Non-invasive devices		

#### I have tried these medications

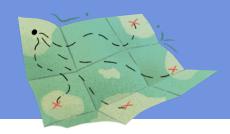
List your medications below:	Did it work?			
	Always	Sometimes	Never	Notes

Additional notes:



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### **My Migraine Treatment Roadmap**



#### I have tried these alternative treatments

(examples: acupressure, acupuncture, biofeedback, supplements, herbal teas, etc.)

List your alternative treatments below:	Did it work?			
	Always	Sometimes	Never	Notes
Additional notes:				

## Print and take this sheet to your doctor to discuss the best next steps for you.

Migraine.com reminds you to never start, stop, or change any medication without the advice of your healthcare professional.