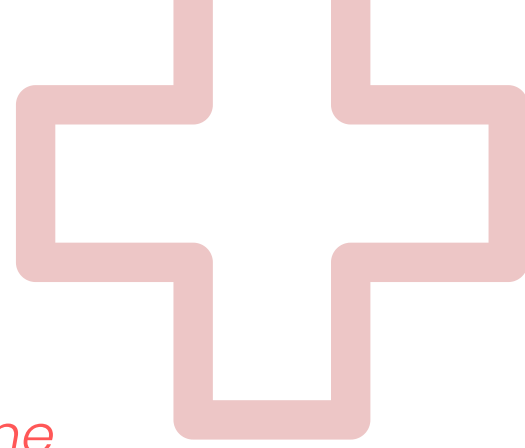




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How to Get your Pharmacist 'In Your Corner'

Pharmacists are the only healthcare providers you can consult without an appointment or a fee.

They have the knowledge, the skills, and the access to help you get the most out of your healthcare team.

Talk to your pharmacist and help them better understand your challenges and fears. They can help you in three ways:

1. Provide you with information on medications you are taking or can be taking.
2. Provide you with support on lifestyle changes & non-prescription medications that can help you.
3. Advocate for you with your physician other healthcare providers in your circle of care and even help you with your insurance company to ensure you have access to the medications you need.

How Can You Achieve a Good Relationship With Your pharmacist?

1. Make sure you have a pharmacist that can give you the time and care you need. You possibly know who the most knowledgeable pharmacist in your community is. Ask family members or friends if they know of a good pharmacist. **They should be knowledgeable, sympathetic, and kind.** A reference is a good way to also introduce your way if you are new to their pharmacy.
2. **Call ahead of time** and ask if they would have the time to talk to you about your medical condition.
3. **Compile a list of your current & previous medications** - don't forget supplements and over the counter medications
4. **If you track your symptoms**, by app or pen & paper, share the diary with them.
5. **Prepare a list of questions** ahead of time
6. On the day of the appointment, **make sure you are well hydrated, have a high protein meal ahead of your appointment** and if you are starting to have a headache, take an abortive,
7. Inform the pharmacist that you are experiencing symptoms, ask if you can **have your appointment in a dark, quiet room.** Most consult rooms in pharmacies are designed that way, don't be embarrassed to ask. Your pharmacist would appreciate it.
8. Ask if they are able to **do a meds review** for you and ask your questions at the end of the review
9. **Enlist the pharmacist to communicate with your prescriber** or health insurance provider for access and coverage of new or expensive meds.
10. **Maintain a good relationship** with the pharmacist, spread the word if you have a good experience.

What's the Relationship with Antidepressants & Migraine prevention:

Antidepressants are commonly used as migraine preventives. Amitriptyline has the best evidence for use in migraine prevention. Nortriptyline is an alternative in patients who may not tolerate amitriptyline.

The sedating effect of TCAs (tricyclic antidepressants) can be beneficial for patients with comorbid insomnia.

SNRIs (Serotonin-Norepinephrine-Reuptake-Inhibitors), including venlafaxine and duloxetine, also have evidence for efficacy in migraine and may be the most effective treatments in patients with comorbid depression and migraine.

SSRIs (Selective-Serotonin-Reuptake-Inhibitors), including fluoxetine, are ineffective for most patients.

The side effects and burdens of antidepressants can be substantial. Patients should be particularly counseled about the possibility of a withdrawal effect from SNRIs. Antidepressants are an important option for the preventive treatment of migraine. Further research on the efficacy and tolerability of SNRIs as migraine preventives is needed.

What Are the Top 3 Classes of Medications for Migraine?

For treatment: Acute & Abortive:

1. Triptans
2. NSAIDs (anti-inflammatories & acetaminophen)
3. DHE (dihydroergotamine mesylate)
4. New: Gepants (CGRP-blockers)

For prevention:

1. TCA's (tricyclic antidepressants)
2. Beta-Blockers
3. Antidepressants
4. Anti-Seizure

Other: Anti-nausea medications: important for good absorption of your medication and could abort the attack as well.

What vitamins/supplements do you recommend for migraine?

Migraine is the only condition where supplements are absolutely prescribed with

Everyone with migraine should try:

Magnesium (600mg)

- Be sure It's 600mg of **Elemental** Magnesium
- Glycinate: better for those with a sensitive stomach
- Citrate:
- Threonate: helps with brain fog

Vitamin B2 (400mg)

CoQ10 (100mg 3x/day)

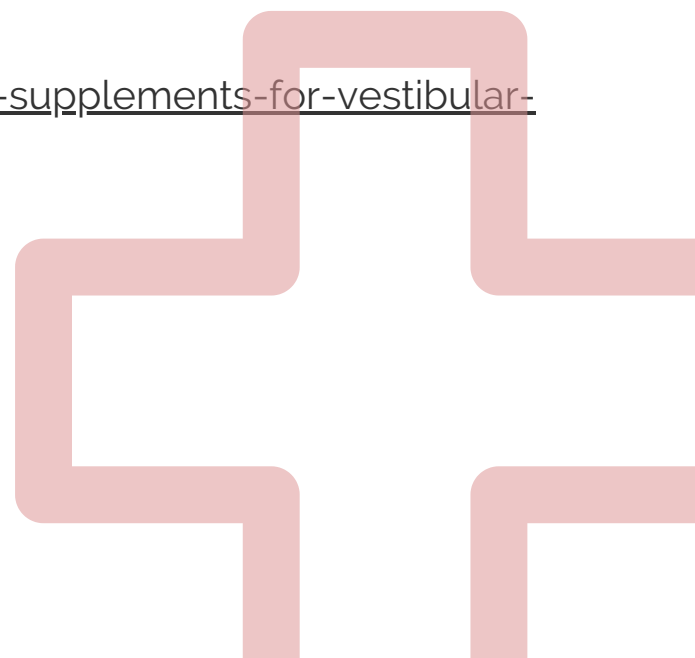
Some people can also benefit from:

Vitamin D3 (2000mg) - this is important always, but especially in winter

High Omega-3, low Omega-6: Not a supplement, but will reduce migraine attacks If added to your diet (like fatty fish).

Article about supplements for migraine:

thevertigodoctor.com/dizziness/vitamins-and-supplements-for-vestibular-migraine/



Other Non-Prescriptive Treatments:

Keep a diary/log of your symptoms, flares, and more. This will help give you a sense of control and help you to understand your migraine better.

Exercise: this will help reduce attacks, decrease anxiety, reduce weight, increase mood.

See a physio/physical therapist who UNDERSTANDS migraine. As your pharmacist, MD, or search vestibular.org/healthcare-directory, for a recommendation for proper rehabilitation help.

Sleep: improve your sleep, which can be hard but helps. (magnesium & melatonin help with sleep).

Light therapy, like the Allay or Norb light. Blue light can trigger migraine, and green light can calm migraine.

Neuromodulation: GammaCore, Cefaly, Nerivio,

SEEDS: sleep, exercise, eat, diary and stress.

Medical Disclaimer:

This advice is not meant to be a substitute for advice from a medical professional regarding diagnosis, prognosis, or treatment. Always seek advice from your physician, physical therapist, or other qualified healthcare providers with questions you may have regarding a healthcare condition. The information of this website, including but not limited to text, graphics, videos, images, and other materials are for informational purposes only. Reliance on the information presented here is solely at your own risk.

