



## spotlight on health

### Acetaminophen: Effective Against Migraines

(NAPS)—A recent study published in the American Medical Association's *Archives of Internal Medicine* showed acetaminophen, the medicine in Tylenol, is effective in treating the pain, sensitivity to light, and sensitivity to sound caused by migraine.

"Many people already use acetaminophen for their migraines," said study lead author Richard B. Lipton, M.D., Professor of Neurology at the Albert Einstein College of Medicine and Chief Science Officer at Innovative Medical Research. "This study demonstrates that acetaminophen is an effective treatment for migraine sufferers who are not usually disabled by their headaches."

In a double-blind, placebo-controlled study conducted over five months, 147 patients were treated with 1,000 mg of acetaminophen (two Extra Strength Tylenol tablets) and 142 patients were treated with placebo. Subjects met the International Headache Society diagnostic criteria for migraine (with or without aura) and were in good general health. Headache pain had to be moderate or severe at the time of treatment. Subjects who required bed rest for more than 50 percent of their migraine attacks or experienced vomiting with more than 20 percent of their migraine attacks were excluded from the study.

"This research demonstrates that for a large, well-defined subgroup of migraine sufferers,



**Migraine sufferers may now have another safe, effective treatment option: acetaminophen.**

acetaminophen, a non-prescription pain reliever with an excellent safety profile, can effectively treat the pain and associated symptoms of migraine," said study co-author Jeffrey Baggish, M.D., of Innovative Medical Research.

"Because migraine varies in severity from person to person, individual migraine sufferers differ in their treatment needs," explained Dr. Lipton. "Acetaminophen is an effective first-line treatment for people who do not usually experience temporary disability with their migraines. If acetaminophen does not work, or if it just dulls the pain, migraine sufferers should see a doctor to discuss treatment options."

For the complete article, go to <http://archinte.ama-assn.org>.