Talk To Your Doctor About Migraine Prevention

(NAPS)—A migraine headache can be debilitating and sometimes last like a runaway freight train, but did you know that in some cases it’s preventable? Unfortunately, migraine prevention therapy is severely underutilized. Nearly 40 percent of people who suffer from migraine could benefit from preventive treatment, but only a small percentage receive this type of therapy.

Migraine prevention is just a conversation away. Here’s some information about migraine and preventive treatment options to help you start a dialogue with your doctor.

What causes migraine and can it be prevented?
Just put your face on a headache, but contrary to popular belief, migraine is not just a bad headache.1 In fact, the World Health Organization places migraine as one of the 10 most disabling illnesses on the planet.2 Doctors prefer to use the term headache, not migraine, what causes migraine headaches, but they think there is a lack of understanding of both migraine and other factors including3

- Physical and environmental elements.
- Emotional stress (one of the most common migraine triggers); consuming salty, fatty, high-protein foods and alcohol; caffeine; skipping meals; sensory overload; changes in sleep pattern; physical

WHAT IMPORTANT SAFETY INFORMATION SHOULD I KNOW?

Quador® XR should not be used in patients with metabolic disorders who are also taking a medication called metformin (e.g., Glucophage®).

Quador XR can cause serious side effects, including:
- Serious eye problems, which may include blurred or sudden decrease in vision, eye pain and redness or a blockage of fluid that may cause increased pressure in the eye (such as optic neuritis and/or papilledema [swelling of the optic disk]). If left untreated, this can lead to permanent vision loss.
- Decreased sweating and fever. People, especially children, should be watched for signs of decreased sweating and fever, especially in hot temperatures. Some people may need to be hospitalized for this condition.
- Increased blood levels of the blood (metabolic) acids.
- This may or may not cause symptoms. Symptoms may include feeling tired, decreased appetite, confusion, and impaired mental function. If left untreated, metabolic acidosis can cause heart or lung damage in children, kidney damage, acidosis, and may cause brain damage in children.
- High blood levels of the blood can affect mental activity (giving the appearance of a loss of mental alertness and cause tiredness or weakness. This can also happen when Quador XR is taken with a medicine called valproic acid (e.g., Depakene® and Depakote®).
- Liver abnormalities.
- High blood pressure may occur if you are taking Quador XR and may cause a drop in pressure in your legs.
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- Skin rash or facial swelling.
- Effects on thinking and alertness. Quador XR may affect how you think, and cause confusion, problems with concentration, attention, memory, or speech. Quador XR may cause depression or mood changes.
- Dizziness or loss of consciousness.
- Call your healthcare provider right away if you have any of the above symptoms.

Like other antihypertensive drugs, Quador XR may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Before taking Quador XR, talk to your healthcare provider if you have or have had, depression, mood problems, or suicidal thoughts or behavior. Call a healthcare provider if you have thoughts about suicide or dying, even those that are not apparent or obvious. If you have had a head injury, or had a stroke or if you think you may have experienced a head injury, you may be more likely to develop depression or suicidal thoughts or behavior.

Quador XR can cause harm to your unborn baby. All women of childbearing age should talk to their healthcare provider about possible alternative treatments. If you take Quador XR during pregnancy, your baby may have a higher risk for depression-related birth defects (closed lip and cleft palate). These defects can be seen at birth. Call your healthcare provider if you are pregnant. Also, if you take Quador XR during pregnancy, your baby may be more likely than usual to be born with a birth defect.

Quador XR can cause kidney problems and kidney stones, which can occur in adults and older children. If you have kidney problems that are caused by body fat and fluid retention, or if you have had kidney problems in any other way, you should talk to your healthcare provider about the risks and benefits of taking Quador XR.

Before taking Quador XR, tell your healthcare provider about all of your medical conditions, including:
- If you have had, depression, mood problems, or suicidal thoughts or behavior.
- If you have or have had, kidney problems, kidney stones, or a history of kidney stones, or if you are having a kidney problem, or you have had kidney problems in any other way, you should talk to your healthcare provider about the risks and benefits of taking Quador XR.
- If you have had, depression, mood problems, or suicidal thoughts or behavior.
- If you have or have had, kidney problems, kidney stones, or a history of kidney stones, or if you are having a kidney problem, or you have had kidney problems in any other way, you should talk to your healthcare provider about the risks and benefits of taking Quador XR.

Do not stop taking Quador XR without talking to a healthcare provider. If you stop or stop taking less than you need, you may have a higher risk for depression-related birth defects (closed lip and cleft palate). These defects can be seen at birth. Call your healthcare provider if you are pregnant. Also, if you take Quador XR during pregnancy, your baby may be more likely than usual to be born with a birth defect.

If you do not drink alcohol while taking Quador XR, Quador XR and alcohol can cause serious side effects such as severe sleepiness and dizziness and an increase in symptoms.

Do not drive a car, swim, climb, or operate heavy machinery until you know how Quador XR affects you. Quador XR can slow your thinking and motor skills, and may affect vision. Even when taking Quador XR, some patients with epilepsy will continue to have unpredictable seizures.

WHAT IS QUADOR XR?

Quador XR (topiramate) Extended-Release Capsules is a prescription medication used

- To prevent migraines in adults and adolescents 12 years and older.
- In the event of tablets in adults and adolescents 12 years and older.
- With other medicines to treat certain types of seizures in adults and adolescents 12 years and older.

This is the most important information to know about Quador XR, but there may be more information, talk to your healthcare provider before taking Quador XR. You can find more information at the following website or call 1-800-765-0750. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Quador is a registered trademark of Upjohn/Pharmacia Laboratories, LLC. All other trademarks are the property of their respective owners.


