

# SEE YOUR DOCTOR

## Unmasking The Mystery Of Managing Migraines

(NAPSA)—Migraine isn't "just a headache." In fact, it is listed by the National Institutes of Health as one of the four most disabling conditions in the world alongside quadriplegia, active psychosis and dementia. Migraine affects approximately 28 million Americans—approximately one in five women suffers from migraine attacks and one in every four households has a migraine sufferer.

During a migraine attack, the pain sometimes can be so intense that the sufferer is simply forced to bed. Once the headache pain begins, it can last anywhere from four to 72 hours. Many patients report missing out on social activities and are often unable to work during an attack. According to a study published in *Archives of Internal Medicine* in 1999, lost work time and impaired function caused by migraine annually costs employers about \$13 billion.

The good news is there are ways to lessen the severity and duration of a migraine. Headache experts suggest that the best strategy for managing migraine is to treat it when the pain is still mild. This approach may limit suffering.

This approach already is being used by many headache specialists, who have found with their own patients that treating migraine when the pain is mild can help the sufferer back on their feet. Unlike general pain relievers, Imitrex® (sumatriptan succinate) (sumatriptan) and others in the triptan class of drugs are designed to target migraine pain and other associated symptoms.



Migraine symptoms may include nausea, pain and sensitivity to light and sound. Imitrex treats the multiple symptoms associated with migraine and is the most widely prescribed acute migraine prescription medication in the U.S.

Imitrex is for the acute treatment of migraine attacks in adults. People with certain types of heart disease, a history of stroke or TIAs, peripheral vascular disease, Raynaud's syndrome, or blood pressure that is uncontrolled, should not receive Imitrex. Patients with risk factors for heart disease (such as high blood pressure, high cholesterol, diabetes, or who smoke) should be evaluated by a physician to determine if Imitrex is appropriate therapy. Very rarely, certain people, even some without heart disease, have had serious heart-related problems. People who are pregnant, nursing or taking medications, should talk to their doctor.

Patients who think they may have the symptoms of migraine should talk to their health care provider about appropriate diagnosis and treatment.