Migraine A-Z

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Disclosure

- Nothing to disclose

Learning Objectives

- Identify the pathophysiology of migraine headache
- Describe the various forms of migraine headache
- Differentiate the various migraine headache treatment alternative
Epidemiology

- In adults 18-65 YOA throughout the world, 50% to 75% globally have had a headache at least once over the last year.
- In the USA, >30 M people have 1 or more migraine headaches/year
  - 18% of women and 6% of men.
- Migraine accounts for 64% of severe headaches in women and 43% in men.
- Approximately 75% of all people who experience migraine are women.
  - 1 in 6 American women has migraine.


Epidemiology (cont’d)

- Incidence of migraine with aura peaks in boys at about 5 YOA, and in girls about 12-13 YOA.
  - Incidence of migraine without aura peaks in boys at age 10-11, in girls at age 14-17.
- Prior to puberty, both prevalence and incidence of migraine are higher in boys than girls.
  - After 12 YOA, prevalence increases in both men and women, peaking at 30-40 YOA.
- Female to male ratio increases from 2:5:1 at puberty to 3:5:1 at 40 YOA.


Epidemiology (cont’d)

- Decreased attack severity and frequency after menopause in 2/3 of women.
- Onset post 50 YOA is rare, but can begin after 60.

ICHD III Beta

- This talk has been changed to use the terminology of the International Classification of Headache Disorders, 3rd Edition (ICHD III) Beta, published in Cephalalgia in 2013 and should receive final approval end of 2016 or early 2017
- Many nosological and other changes
- There are 4 primary headaches: migraine, cluster headache, hemicrania continua, and tension-type headache
- There are an additional 10 other primary headaches
- Particularly when considering a “probable migraine” headache, one must be more concerned about possible secondary headaches

Red Flags for Secondary Headache

- Using the SSNOOPP mnemonic for red flags
  - Systemic symptoms (weight loss or fever)
  - Secondary risk factors (underlying disease: cancer, HIV, autoimmune disease)
  - Neurological symptoms or abnormal signs (confusion, impaired alertness or consciousness, focal exam)
  - Onset: sudden, abrupt, or split second (first, worst)
  - Older age onset (new-onset and progressive headache, esp. at age >50 [giant cell arteritis, cancer])
  - Pattern change (first headache or different, change from routine headache)
  - Previous headache history (attack frequency, severity or clinical features)

Migraine Classification

1. Migraine
   1.1 Migraine without aura
   1.2 Migraine with aura
      1.2.1 Migraine with typical aura
         1.2.1.1 Typical aura with headache
         1.2.1.2 Typical aura without headache
      1.2.2 Migraine with brainstem aura
Migraine Classification (cont’d)

1.2.3 Hemiplegic migraine
   1.2.3.1 Familial hemiplegic migraine (FHM)
     1.2.3.1.1 Familial hemiplegic migraine type 1 (FHM1)
     1.2.3.1.2 Familial hemiplegic migraine type 2 (FHM2)
     1.2.3.1.3 Familial hemiplegic migraine type 3 (FHM3)
     1.2.3.1.4 Familial hemiplegic migraine, other loci
   1.2.3.2 Sporadic hemiplegic migraine
   1.2.4 Retinal migraine
1.3 Chronic migraine

Migraine Classification (cont’d)

1.4 Complications of migraine
   1.4.1 Status migrainosus
   1.4.2 Persistent aura without infarction
   1.4.3 Migrainous infarction
   1.4.4 Migraine aura-triggered seizure
1.5 Probable migraine
   1.5.1 Probable migraine without aura
   1.5.2 Probable migraine with aura

Migraine Classification (cont’d)

1.6 Episodic syndromes that may be associated with migraine
   1.6.1 Recurrent gastrointestinal disturbance
     1.6.1.1 Cyclic vomiting syndrome
     1.6.1.2 Abdominal migraine
   1.6.2 Benign paroxysmal vertigo
   1.6.3 Benign paroxysmal torticollis
**ICHDI III 1.1 Migraine Without Aura**

A. At least five attacks fulfilling criteria B–D

B. Headache attacks lasting 4–72 hours (untreated or unsuccessfully treated)

C. Headache has at least two of the following four characteristics:
   1. unilateral location
   2. pulsating quality
   3. moderate or severe pain intensity
   4. aggravation by or causing avoidance of routine physical activity (e.g. walking or climbing stairs)

D. During headache at least one of the following:
   1. nausea and/or vomiting
   2. photophobia and phonophobia

E. Not better accounted for by another ICHD-3 diagnosis

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**Diagnosing Migraine WO Aura**

- Associations:
  - Menstrual trigger
  - Red wine trigger
  - Weather trigger
  - Stress trigger

- Location, Location, Location!
  - Bilateral in at least 40% of migraine
  - Cervical pain is common in migraine

- Response to triptans and ergots not diagnostic of migraine

- Many migraine patients have either a family history or “headaches” or personal histories of motion sickness, esp. in childhood, or both

- Tepper SJ, Tepper DE; Cleveland Clinical Manual, HA Therapy, 2014

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**Diagnosing Migraine WO Aura (cont’d)**

- Migraine effects daily abilities (increased pain on activity: climbing stairs, etc.)

- “Sinus headache” is a nonspecific symptom
  - Does triptan/ergot stop headache?
  - Migraine is variable in both inter- and intrapatient over time
    - Severity of migraine can be moderate, it can be nonthrobbing, no nausea or aura

- Meningitis and subarachnoid hemorrhage can transiently respond to migraine medications
**Probably Migraine—With/Without Aura**

- Diagnosis secondary (in the ICHD-III) for migraine missing one criterion
- ICHD-III diagnosis is to be the one based on the highest complete set of criteria
- If a “probable” diagnosis is made, the clinician should be more likely to look for a secondary headache (may be “sinister” in nature!)

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**ICHDI 1.2 Migraine With Aura**

1.2 Migraine with aura
   1.2.1 Migraine with typical aura
      1.2.1.1 Typical aura with headache
      1.2.1.2 Typical aura without headache
   1.2.2 Migraine with brainstem aura
   1.2.3 Hemiplegic migraine
      1.2.3.1 Familial hemiplegic migraine (FHM)
         1.2.3.1.1 Familial hemiplegic migraine type 1 (FHM1)

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**ICHDI 1.2 Migraine With Aura (cont’d)**

1.2.3.2 Sporadic hemiplegic migraine
1.2.4 Retinal migraine
IHS Criteria for Migraine Without Aura (2013)

- Migraine without aura (about 75%-80% of migraine) is formally diagnosed:
- Migraine with typical aura—approx. 15-20%

Migraine With Aura

- ICHD III definition of aura:
  - “Recurrent attacks, lasting minutes of unilateral fully reversible visual, sensory or other central nervous system symptoms that usually develop gradually and are usually followed by headache and associated migraine symptoms”
- Auras now considered visual, sensory, speech and/or language, motor, brainstem, or retinal
  - The first three types of aura are “typical”
  - Motor aura is “hemiplegic”
  - Basilar-type migraine is now “brainstem aura”
  - Migrainous monocular visual change is “retinal”

ICHD III 1.2.1 Migraine With Typical Aura

A. At least two attacks fulfilling criteria B and C
B. Aura consisting of visual, sensory and/or speech/language symptoms, each fully reversible, but no motor, brainstem, or retinal symptoms
C. At least two of the following four characteristics:
   1. At least one aura symptom spreads gradually over ≥5 minutes, and/or two or more symptoms occur in succession
   2. Each individual aura symptom lasts 5-60 minutes
   3. At least one aura symptom is unilateral
   4. The aura is accompanied, or followed within 60 minutes, by headache
D. Not better accounted for by another ICHD-III diagnosis, and transient ischemic attack has been excluded
Typical Aura

- Typical aura
- Visual aura is 5-60 minutes long and not monocular, the diagnosis is typical aura without headache – homonymous in nature
  - Can be positive or negative – hemianopsia and/or disturbances of visual perception that are not typical of aura
    - Liberal vision
    - Kaliakia
    - Chessboard vision
    - Illusory splitting
    - Metamorphopsia
    - Micropsia/macropsia (Alice in Wonderland Syndromes)
  - They are predominantly unilateral, involving the same half of the visual field or sometimes central vision
    - They often present as fortification spectra (zig-zag lines)

Typical Aura (cont’d)

- Sensory symptoms can include paresthesias on one side of the body
- Numbness may be the single symptom or occur after paresthesias
- The hand is most often affected, followed by the face
  - The leg and trunk less frequently
- Paresthesias going up the hand, occasionally to the elbow and then to the perioral region of the mouth are called “cheiro-oral” migraine

Typical Aura (cont’d)

- Speech symptoms include paraphasic errors
  - Impaired language production
  - Errors of comprehension are less common
Typical Aura (cont’d)

- Other types of cortical symptoms may be seen during the aura phase and may include (in part):
  - Spatial and geographical disorientation
  - Déjà vu, jamais vu
  - Acalculia
  - Aphasia
  - Automatisms
  - Extreme anxiety
  - Gastroenteral hallucinations
  - Transient global amnesia
  - Depersonalization
  - Olfactory hallucinations
  - And more

Now Missing in Action

- Acephylic migraine: new typical aura without headache
- "Complicated migraine" and "complex migraine" now outdated, imprecise, and unacceptable terms not used in ICHD-III
- Typical aura without headache has been named:
  - "Ocular migraine"
  - Acephylic migraine
  - Late-life migraine accompaniments
  - Prolonged aura
- None of these four terms are to be used any longer

Migraine Aura—More!

- Typical aura symptoms, like before, are occur sequentially, with each lasting 5-60 minutes
- This overall duration in the past could have suggested a prolonged aura, but now is simply "typical aura"
- There is a diagnosis of persistent aura without infarction: an aura lasting ≥ 1 week without neuroimaging giving confirmation to a stroke
- In a person with a previous history of typical aura and with the persistent aura being the same as the previous typical aura
- Migraine with unusual aura is diagnosed either as a typical aura with successively symptoms or as migraine with brainstem aura or hemiplegic migraine
  - The term migraine with brainstem aura replaced the terms basilar migraine, basilar-vertebral migraine, and Bickerstaff’s migraine in ICHD-III
- Again, neither brainstem migraine or hemiplegic migraine can be diagnosed unless the patient has a typical aura component
ICHD III Diagnostic Criteria for Migraine With Brainstem Aura

A. At least two attacks fulfilling criteria B-D
B. Aura consisting of visual, sensory and/or speech/language symptoms, each fully reversible, but no motor or retinal symptoms
C. At least two of the following brainstem symptoms:
   1. dysarthria
   2. vertigo
   3. tinnitus
   4. hypoacusis
   5. diplopia
   6. ataxia
   7. decreased level of consciousness

D. At least two of the following four characteristics:
   1. at least one aura symptom spreads gradually over ≥ 5 minutes, and/or two or more symptoms occur in succession
   2. each individual aura symptom lasts 5-60 minutes
   3. at least one aura symptom is unilateral
   4. the aura is accompanied, or followed within 60 minutes, by headache
E. Not better accounted for by another ICHD-III diagnosis, and transient ischemic attack has been excluded

Migraine With Brainstem Aura

- Migraine with brainstem aura is always, by definition, accompanied by a "typical aura"
  - It is also associated with an attack that included an aura with at least two brainstem or posterior fossa symptoms
  - There can be no motor weakness
  - The duration of each aura is 5-60 minutes
  - Headache may occur during the aura or following the aura within an hour

- Typical aura and brainstem aura never include weakness
  - If weakness is seen, it is considered a hemiplegic migraine or not a migraine at all

Robertson CE, Migraine with Brainstem Aura. UPTODATE, 2015
ICHD III Beta Diagnostic Criteria for Familial Hemiplegic Migraine

A. At least two attacks fulfilling criteria B and C

B. Aura consisting of both of the following:
   1. fully reversible motor weakness
   2. fully reversible visual, sensory and/or speech/language symptoms

C. At least two of the following four characteristics:

1. at least one aura symptom spreads gradually over 5 minutes, and/or two or more symptoms occur in succession
2. each individual non-motor aura symptom lasts 5–60 minutes, and motor symptoms last <72 hours
3. at least one aura symptom is unilateral
4. the aura is accompanied, or followed within 60 minutes, by headache

D. Not better accounted for by another ICHD-3 diagnosis, and transient ischemic attack and stroke

Hemiplegic Migraine

- As with brainstem aura, a hemiplegic migraine patient must have at least 2 attacks with typical aura as well as motor weakness.
- The typical aura will last, as usual, 5-60 minutes
- The motor weakness can last <72 hours, with no residual
- Familial hemiplegic migraine indicates that the patient must have at least one first- or second-degree relative to obtain the diagnosis
- ICHD-III lists 3 known and validated gene mutations triggering hemiplegic migraine (CACNA1A [FHM-1]; ATPA [FHM-2]; SCN1A [FHM-3])
- All gene mutations induce excess glutamate in the synapse, which increases neuronal excitability postsynaptically, probably by activating NMDA glutamate receptors
- Robertson CS. Hemiplegic Migraine. UpToDate, 2015
ICHD III Beta Diagnostic Criteria for Retinal Migraine

A. At least two attacks fulfilling criteria B and C

B. Aura consisting of fully reversible monocular positive
and/or negative visual phenomena (e.g. scintillations,
scotoma or blindness) confirmed during
an attack by either or both of the following:
1. clinical visual field examination
2. the patient’s drawing (made after clear instruction)
of a monocular field defect

Retinal Migraine

• Was called ophthalmic and ocular migraine—No more!
• Retinal migraine, per the ICHD-III, is defined as “repeated attacks of monocular visual
disturbance, including scintillations, scotoma or blindness, associated with migraine
headache”
• This monocular activity may be secondary to neuronal activation in the retina or to
vascular changes
• Monocular positive or negative visual changes are required to make the diagnosis, and
they must meet the criteria for migraine aura with clinical confirmation
Complications of Migraine

- Per the ICHD-III:
  - Status migrainosus (>72 hours)
  - Persistent aura without infarction
  - Migrainous infarction (CVA must occur in a patient with a previously established aura, and in the same distribution of that aura)
  - Migraine aura-triggered seizure (migralepsy) (seizure occurs during or within one hour after a migraine aura)

Menstrual Migraine—ICHD-3 Beta appendix definitions

- 2 forms, both as migraine without aura
  - Menstrually related migraine without aura: headaches occur on days -2 to +3 of menstruation in more than 2/3 of menstrual cycles and also at other times of the cycle
  - Pure menstrual migraine: attacks occur exclusively on days -2 to +3 of menstruation in at least 2/3 of the menstrual cycles and at no other time of the cycle

Periodic/Episodic Syndromes

- Episodic syndromes that may be associated with migraine, was called childhood period syndromes that are commonly precursors of migraine
  - Recurrent gastrointestinal disturbance
  - Cyclic vomiting syndrome
  - Abdominal migraine
  - Benign paroxysmal vertigo
**ICHD III 1.3 Diagnostic Criteria for Chronic Migraine**

A. Headache (tension-type-like and/or migraine-like) on ≥15 days per month for >3 months and fulfilling criteria B and C

B. Occurring in a patient who has had at least five attacks fulfilling criteria B-D for 1.1 Migraine without aura and/or criteria B and C for 1.2 Migraine with aura

C. On ≥8 days per month for >3 months, fulfilling any of the following:
   1. criteria C and D for 1.1 Migraine without aura
   2. criteria B and C for 1.2 Migraine with aura
   3. believed by the patient to be migraine at onset and relieved by a triptan or ergot derivative

D. Not better accounted for by another ICHD-III diagnosis

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**ICHD-3 Diagnostic Criteria for MOH**

A. Headache occurring on >/-15 days per month in a patient with a pre-existing headache disorder

B. Regular overuse for >3 months of one or more drugs that can be taken for acute and/or symptomatic treatment of headache

C. Not better accounted for by another ICHD-3 diagnosis

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**Chronic Migraine and MOH**

- Contradiction in definition, as some define development of chronic migraine by the intake of analgesic or vasoconstrictor medications
- Overuse of symptomatic medication is considered one of the most important risk factors for migraine progression:
  - Opiates: critical dose of exposure is around 8 days per month, in men>women
  - Barbiturates: critical dose of exposure is around 5 days per months, in women>men
  - Triptans: migraine progression seen in patients with high frequency of migraine at baseline (10-14 days/month)^1

^1: Bigal, Neurology, 2008
Chronic Migraine and MOH (cont’d)

- Effect of NSAIDs varied with headache frequency, induced migraine progression in patients with a high baseline frequency of headaches¹
- It was noted that medications containing barbiturates or opioids are associated with a 2-fold increased risk for progression to transformed migraine
- In patients with episodic migraine, the annual incidence of transformed migraine was 2.5%

¹ Bigal, Neurology, 2008

Chronic Migraine and MOH (cont’d)

- Treating chronic migraine: Diener suggested counseling followed by topiramate or onabotulinumtoxinA, and then admission to a detoxification program if necessary¹
  --He felt that counseling would be sufficient in 50% of patients
- Jay notes treatment with the Raskin protocol in an interdisciplinary headache center is appropriate²

¹ Diener, 53rd Annual Scientific Meeting, AHS, 2011
² Jay, HEADACHE HANDBOOK, CRC Press, 1999

Migraine Variants—NO MORE!!!

- Acephalgic migraine
- Hemiplegic migraine
- Basilar migraine (Bickerstaff’s)
- Childhood periodic syndromes
- Retinal migraine (ophthalmic, ocular)
- Ophthalmoplegic migraine
- Complicated migraine
- Migrategy
- Acute confusional migraine (transient global amnesia)
- Vertiginous migraine
Not in the IHS Information

- Children who experience physical and emotional abuse or neglect are more likely to have migraines and headaches as adults
  - “Dose response relationship between abuse and headache”
  - Growing evidence that genes are involved in either increased vulnerability or resilience in response to early stressful experiences

1. Buse, 4th Annual Headache Cooperative of the Pacific, 2011;

Migraine With Aura

Migraine—A Multisymptom Complex
ICHD III 1.2 Migraine With Aura

1.2 Migraine with aura
  1.2.1 Migraine with typical aura
    1.2.1.1 Typical aura with headache
    1.2.1.2 Typical aura without headache
  1.2.2 Migraine with brainstem aura
  1.2.3 Hemiplegic migraine
    1.2.3.1 Familial hemiplegic migraine (FHM)
      1.2.3.1.1 Familial hemiplegic migraine type 1 (FHM1)
  
  1.2.3.2 Sporadic hemiplegic migraine
  1.2.4 Retinal migraine

ICHD III 1.2 Migraine With Aura (cont’d)

1.2.3.1.2 Familial hemiplegic migraine type (FHM2)
  1.2.3.1.3 Familial hemiplegic migraine type 3 (FHM3)
  1.2.3.1.4 Familial hemiplegic migraine, other loci
  1.2.3.2 Sporadic hemiplegic migraine
  1.2.4 Retinal migraine

Migraine With Aura

- ICHD III Definition of aura:
  - “Recurrent attacks, lasting minutes of unilateral fully reversible visual, sensory or other central nervous system symptoms that usually develop gradually and are usually followed by headache and associated migraine symptoms”

- Auras now considered visual, sensory, speech and/or language, motor, brainstem or retinal.
  - The first three types of aura are “typical”
    - Motor aura is “hemiplegic”
    - Basilar-type migraine is now “brainstem aura”
    - Migrainous monocular visual change is “retinal”
Different Clinical Features of Migraine With vs Without Aura

- Different patterns of inheritance
- Different occurrence relative to menstrual cycle
- Higher incidence of allodynia in patients with aura


Migraine With Aura Has Greater Association With:

- Stroke
- Patent foramen ovale
- Cardiovascular disease in women
- Depression
- Anxiety, panic, phobias, suicidal ideation


However….

- Very few migraine with aura patients have aura with 100% of their attacks
- Many patients classified as having migraine without aura have had 1 or 2 episodes with typical aura
- Clinical symptoms may not meet definition of aura (eg, cognitive symptoms, timing relative to headache)
Phases of Migraine
Migraines Are More Than Just Pain

- Premonitory symptoms (prodrome)—autonomic
- Aura
- Headache
- Resolution
- Postdrome
  - Not every attack has or every patient has all phases

Migraine Phases

- Postdrome, many patients experience "hang-over" type symptoms: cognitive difficulties, dizziness, fatigue, and concern that the headache may recur
- The postdrome may last 24-48 hours

Postdrome
Pathophysiology

- 1944 Leão: theory of cortical spreading depression (CSD) (J Neurophys)
  - Well defined wave of neuronal excitation in the cortical gray matter spreading from site of origin at ave. 4 mm/min (2-6 mm/min)
  - Ensuing cellular depolarization causes the primary cortical phenomenon (aura phase)
    - Basis is release of potassium or glutamate from neural tissue, which depolarizes adjacent tissue, which releases more neurotransmitters, propagating the CSD

Pathophysiology (cont’d)

- PET scans show moderately reduced blood flow during a migrainous aura, but the spreading algemia does not correspond to specific vascular territories
  - The flow is reduced secondary to reduction in metabolism
  - CSD presumably induces clinical manifestation of migraine aura, the spreading algemia can be clinically silent (migraine without aura: CSD may not be involved in migraine without aura)


Pathophysiology (cont’d)

- Activation of the trigeminovascular system from CSD stimulates nociceptive neurons on dural blood vessels to release plasma proteins and algic substances including CGRP, SP, VIP, and NKA
  - This yields a sterile inflammatory state accompanied by continued vasodilation, increasing pain
  - Initial cortical hyperperfusion in CSD is partly mediated by release of trigeminal and parasympathetic neurotransmitters from perivascular nerve fibers, while delayed meningeal blood flow increase is mediated by a trigeminal-parasympathetic brainstem connection
  - Altered descending modulation in the brainstem may contribute to the headache phase of migraine, leading to a loss of inhibition or enhanced facilitation, resulting in trigeminovascular neuron hyperexcitability

Molecular Mechanisms of CSD

- CSD up regulates genes: those encoding cyclo-oxygenase 2 (COX-2), tumor necrosis factor alpha and interleukin-1beta, gelanin, and metalloproteinases
- Activation of metalloproteinase causes leakage of the BBB, allowing potassium, nitric oxide, adenosine, and other products released by CSD to reach and sensitize the dural perivascular trigeminal afferent endings\(^1\)
- Increased activity of matrix metalloproteinase-2 (MMP-2) is found in migraineurs\(^2\)

\(^1\) Richter et al, Schmertz. 2008

Diagnosis

- Prodrome vs aura
  - Prodrome
    - Euphoria, depression, fatigue, hypomania, food cravings, dizziness, cognitive slowing, or asthenia
    - Occurs in 60%-70% of migraine patients
  - Aura
    - Visual changes, loss of vision, hallucinations, numbness, tingling, weakness, or confusion
    - Occurs in 20%-30% of migraine patients

Pathophysiology

- Aura
  - Cortical spreading depression
  - Initially decreased and then increased blood flow
  - May be related to initiation of migraine

Image courtesy of http://migraine.co.nz/
Migraine Aura

- 15%-20% of migraineurs have aura, with the classical "slow march" of symptoms seen in migraine with aura (MWA)
  - A patient may experience several distinct auras in a row, one after the other
  - The symptoms can be spectacular and frightening
- Initial hypoperfusion followed by oligemia spreads from the occipital cortex at a rate of 2-6 mm/min
- PET study of spontaneous migraine demonstrated a spreading bilateral oligemia, establishing the phenomenon exists in migraine patients
- Headache usually begins while cerebral blood flow is diminished
- Note: the HA begins when blood flow is still reduced, making it unlikely that at least initially vasodilatation is the cause of pain


Migraine Aura is Neuronal

- Hadjikhani et al recorded induced and spontaneous migraine aura
  - They concluded that migraine aura is not evoked by ischemia, but by aberrant firing of neurons and related cellular elements characteristic of cortical spreading depression (CSD)
  - During the visual aura, vascular changes follow changes in neuronal activity
    - In these patients, the neurophysiological events of the aura, be it visual or sensory, also result from activation of the trigeminal/cervical nociceptive neurons
  - Shown in the last slide: aura-related changes are first evident in the extra-striate cortex
    - The spread of the aura begins and is most systematic in the representation of the lower visual field and becomes less regular as it progresses into the representation of the upper visual field

Hadjikhani N et al, Proc Natl Acad Sci USA 2001
Activation of Primary Afferent Neurons May Be Associated With Aura-Related Events in the Cortex

Migraine Aura

- The trigeminal nerve innervates the meninges
  - Events intrinsic to the cerebral cortex are capable of affecting the pain-sensitive dural vascular structures
- Bolay et al found that, in animals, there is a connection between CSD and activation of trigeminal nerve afferents
  - Activation of V evokes a series of meningeal and brainstem events that appear to be consistent with that seen during a migraine
  - Triggering CSD leads to a long-lasting blood flow increase within the middle meningeal artery
  - This increase in blood flow is dependent on both trigeminal and parasympathetic activation
  - At the same time, plasma protein leakage occurs in the dura—the first study to demonstrate that vasodilatation during headache is possibly linked to a series of neurometabolic events, including pain transmission by the trigeminal nerve


Issues With Classical Cortical Spreading Depression in Migraine

- Classic EEG findings of cortical spreading have not been observed in migraine patients
- Most patients do not have the profound neurological impairment one would expect with classical CSD
- Migraine may involve cortical waves that are related to, but not identical to, CSD observed in animal models
- Different types of cortical waves may involve distinct cellular mechanisms
Vascular Events in Cortical Arterioles With CSD

- Initial dilation
  - Conducted with intrinsic velocity ahead of CSD
- Subsequent constriction
- Eventual dilation or sustained constriction—may depend on metabolic state

Vascular cells release diffusible messengers that may influence activity of neighboring neurons and glial cells.

Arteriolar dilation propagates ahead of parenchymal changes of CSD.

Could vascular signaling play an active role in cortical waves?

“Presumably we must consider, therefore, that, however brought about, vascular changes may precede and condition the cortical depression.”
Leão, J Neurophys. 1945
Propensity for CSD Is Increased By:

- **GENES**—Transgenic mice expressing FHM1 genes show increased propensity for CSD
- **GENDER**—Female mice have a reduced threshold for CSD
- **HORMONES**—Ovarian hormones reduce the threshold for CSD

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Medications that Inhibit Cortical Excitability Prevent Migraine With and Without Aura

- Ayata et al., Annals of Neurology 2006
  - Diverse pharmacological agents that are effective for migraine prevention suppress cortical spreading depression in rats
- Memantine for migraine prevention?
  - Identified as an inhibitor of CSD
  - Initial clinical results encouraging (Charles, et al., Journal of Headache and Pain, 2007)
- Specific neuronal, astrocytic, and vascular cortical mechanisms may represent individual distinct targets for new acute and preventive therapies
Migraine—Simplistic Definition Heard on TV (By TV Physician “Expert”!)

- Migraine is secondary to neurological inflammation of the meninges!

- BUT IT IS A GOOD BIT MORE

A Migraine Generator?

- Thought to be the trigeminal nucleus caudalis
- In animal models of migraine, a number of receptor systems mediating c-fos expression are within the trigeminal nucleus caudalis
- Intracranial, unmyelinated c- and A delta-fibers of the of the trigeminal nerve transmit pain stimuli from the meninges to the trigeminal nucleus caudalis (SP5C)
- Peripheral nerve endings surround meningeal vessels (the trigeminovascular system) and contain neuroactive neuropeptides (CGRP, SP, NKA)
- Activation of the trigeminovascular system promotes a meningeal sterile inflammatory response via the release of neuropeptides by peripheral endings
A Migraine Generator? (cont’d)

- Orthodromic conduction along trigeminovascular fibers transmits information centrally with induction of immediate early c-fos genes within postsynaptic Sp5C neurons as a marker of stimulation of the TG
- At least 10 receptors modulate c-fos expression in the Sp5C:
  - 5-HT(1B), 5-HT(1D), 5-HT(1F), 5-HT(2B), NK-1, GABA(A), NMDA, AMPA, class III metabotropic glutamate receptors and opioid mu receptors
- C-fos expression is a marker of cephalic nociception


A Migraine Generator? (cont’d)

- CGRP, in animals and humans, shows the trigeminal ganglion and the trigeminal nucleus caudalis are likely to be sites of action of CGRP in migraine1-3
- Immunohistochemical studies have detected 5-HT(1D) receptors in trigeminal sensory neurons, including peripheral projections to the dura and within the trigeminal nucleus caudalis and solitary tract while 5-HT(1B) receptors are present on smooth muscle cells in meningeal vessels
- These findings indicate that triptans (selective 5-HT(1)) agonists decrease headache by abolishing neuropeptide release in the periphery and blocking neurotransmission by acting on second-order neurons in the trigeminocervical complex

1. Lassen et al, Cephalalgia, 2002
2. Sexton et al, Neuroscience, 1986

How is Migraine Generated?

- Involves abnormal activation of trigeminocervical afferents
**Migraine Pathophysiology**

- Migraines are triggered by internal (dehydration, lack of sleep, stress) or external (smell, light, food) stimuli.
- Deep nuclei in the brainstem begin to malfunction (trigeminal nucleus and magnus raphe nucleus).
- Energy failure allows the nerves surrounding vascular structures in the brain (which are part of the trigeminal nerve) to propagate the problem and malfunction (throbbing pain).
- These malfunctioning nerves trigger thalamic dysfunction (nausea, severe pain).


Hypothalamic Activation in Migraine (Denuelle et al., Headache, 2007)
Migraine Headache and Allodynia

- Migraine lasts 4-72 hours in adults
- Pain can begin mild, diffuse, and become moderate to severe
- Associated symptoms—nausea, vomiting, sonophobia, and photophobia
- Begin treatment early

2. Lipton et al, Neurology, 2002

Migraine Headache and Allodynia (cont’d)

- When the migraine becomes severe, some patients may develop allodynia—cephalgic (hair hurts) and/or extracephalgic
  -- The allodynia comes soon after the onset of headache
- The chest, extremities, and back muscles may become tender
- This suggests central sensitization—a physiological state in which central neurons transmit noxious sensory signal independent of sensory signals from the periphery

1. Aurora et al, Headache, 2007

Migraine Headache and Allodynia (cont’d)

- Guy et al (Cephalalgia, 2010) found that modalities of cephalic and extracephalic cutaneous allodynia (CA) were different, with extracephalic CA being mostly thermal, while cephalic CA was mostly mechanical, suggesting different mechanisms for the two
- Whether a patient shows signs of CA is a predictor of whether or not that patient can become migraine painfree with triptan treatment
  -- Need for NSAIDs preceding triptans if CA exists

Lagniappe

- Grey matter changes (atrophy around pain pathway) may be linked to MOH
- Shannon Entropy Analysis (a mathematical diagnostic tool) is better than diffusion tensor imaging (a type of MRI that looks at how easily water moves through the brain and can assess white matter integrity) in determining the probability of postconcessional development of migraine

Lai, TH et al, Cephalalgia, 2016
Alhili, LM et al, RSNA, 2016

Lagniappe (cont’d)

- High levels of blood lipids and free fatty acids appear to be important in the triggering of migraine headaches
  - Platelet aggregability (associated with decreased serotonin and heightened prostaglandin levels is increased)
  - Leading to vasodilation
  - A high-fat diet may directly affect this process

Bi, Z et al, J Women’s Health Gend Based Med, 1999

Treatment of Migraines:
A brief history of natural and homeopathic time-honored therapies
**Treatment**

For the treatment of headache, Aretaeus recommended inducing sneezing by placing testicle of beaver powder intranasally to "bring off phlegm."

**Aretaeus AD 81?**

- For the treatment of headache, Aretaeus recommended inducing sneezing by placing testicle of beaver powder intranasally to "bring off phlegm."

**940-1010 AD**

"For the effective treatment of long-standing headache the patient may bind over his head a mole long dead and putrid."
Willis 1685

“The use of Miliepedes ought not here to be omitted, or set lightly by, in regard that their express’d Juice, distill’d Water, and also the Powder prepar’d of them, often contribute egregiously to the Cure of ancient and obstinate Head-aches.”

Other “Interesting” Headache Treatments

- Drilling a whole in the skull
- Bloodletting
- Placing a hot iron on the head
- Spinning a patient in a centrifuge

Five Principles of Migraine Management

- Treat occipital neuralgia and trigeminal nerve dysfunction
- Avoid rebound headache
- Abortive therapy
- Preventative therapy
- Lifestyle issues
Avoid Rebound Headache
(Medication Overuse Headache)

- In general if acute meds are used more than 3 days/week they will cause rebound headache
- This HA is usually a dull constant HA
- Treatment: Tough love—stop taking meds completely
- Things might get worse for two weeks but then will improve
- The worst offenders: narcotics, Excedrin®, Fioricet®, butalbital containing meds
- This may also keep headache preventive medications from working well

Rational Polytherapy

- NSAID plus triptan
- Antiemetic (metoclopramide 10 mg) plus NSAID (naproxen sodium 550 mg)
- Antiemetic plus triptan
- Antiemetic plus NSAID triptan

Treatment

- One of Jay’s Laws—
  the more treatments you have for a specific medical problem, the less likely any are very successful
Medications that May Make Migraines Worse

- Oral contraceptives
- Hormone replacement
- SSRI antidepressants
- Steroids (tapering)
- Decongestants
- Short-acting sedatives (eg, Ambien®?)
- Bone density medications (?)
- Botox

American Headache Society Evidence Assessment—The Acute Treatment of Migraine in Adults:
The American Headache Society Evidence Assessment of Migraine Pharmacotherapies
Marmura, MJ, Silberstein SD, Schwedt TJ. Headache, 2015; 55: 3-20

Level A—Medications are established as effective for acute migraine treatment based on available evidence

- Analgesic—acetaminophen 1000 mg (for non-incapacitating attacks)
- Ergots—DHE—IN 2 mg or pulmonary inhaler 1 mg
- NSAIDS—ASA-500 mg; diclofenac 50, 100 mg; ibuprofen 200, 400 mg; naproxen 500, 550 mgs
- Opioids—butorphanol nasal spray 1 mg
- Triptans—almotryptan 12.5 mg; eletryptan 20, 40, 80 mgs; frovatriptan 2.5 mg; naratriptan 1, 2.5 mg; rizatriptan 5, 10 mgs; sumatriptan: oral 25, 50, 100 mg, IN 10, 20 mg, patch 6.5 mg; SE 4, 6 mg; zolmitriptan IN 2.5, 5 mg, oral 2.5, 5 mg
- Combinations—acetaminophen/ASA/caffeine 500/500/130 mg; sumatriptan/naproxen 85/500 mg
**Level B—Medications are probably effective for acute migraine treatment based on available evidence**

- Antiemetics—chlorpromazine IV 12.5 mg; droperidol IV 2.75 mg; metoclopramide IV 10 mg; prochlorperazine IV/IM 10, PR 25 mg
- Ergots—DHE-IV, IM, SC 1 mg; ergotamine/caffeine 1/100 mg
- NSAIDs—flurbiprofen 100 mg; ketoprofen 100 mg; ketorolac IV/IM 30-60 mg
- Others—MgSO4 IV (migraine with aura) 1-2 grm; isomethaphene 65 mgs
- Combinations—codeine/acetaminophen 25/400 mg; tramadol/acetaminophen 75/650 mg

**Level C—Medications are possibly effective for acute migraine treatment based on available evidence**

- Antiepileptic—valproate IV 400-1000 mg
- Ergot—ergotamine 1-2 mg
- NSAIDs—phenazone 1000 mg
- Opioids—butorphanol IM 2 mg; codeine 30 mg; meperidine IM 75 mg; methadone IM 10 mg; tramadol IV 100 mg
- Steroid—dexamethasone IV 4-16 mg
- Others—butalbital 50 mg; lidocaine IN
- Combinations—butalbital/acetaminophen/caffeine/codeine 50/325/40/30 mg; butalbital/acetaminophen/caffeine 50/325/40 mg

**Level U—Evidence is conflicting or inadequate to support or refute the efficacy of the following medications for acute migraine**

- NSAIDs—celecoxib 400 mg
- Others—lidocaine IV; hydrocortisone IV 50 mg
Others

- Level B negative: octreotide SC 100 micrograms
- Level C negative:
  - Antiemetics—chlorpromazine IM 1 mg/kg; granisetron IV 40-80 mcg/kg
  - NSAIDs—ketorolac; tromethamine nasal spray
  - Analgesic—acetaminophen IV 1000 mg

EBM


April 2012 EBM Guidelines from APS and AAN

- Level A—medications with established efficacy (≥ 2 Class I Trials)
  - Antiepileptic drugs
    - Divalproex sodium
    - Sodium valproate
    - Topiramate
  - β-blockers
    - Metoprolol
    - Propranolol
    - Timolol
  - Triptans (MID)
    - Frovatriptan

Note: 284 articles found, 29 classified as Class I or Class II
Studies with completion rates below 80% were downgraded—several studies in the original guideline have been downgraded.
April 2012 EBM Guidelines from APS and AAN (cont’d)

- Level B—medications are probably effective (1 Class I or 2 Class II studies)
  - Antidepressants/SSRIs/SNRIs/TCA
    - Amitriptyline
    - Venlafaxine
  - β-Blockers
    - Atenolol
    - Nadolol
  - Triptans (MRM)
    - Naratriptan
    - Zolmitriptan

- Class-C—medications are possibly effective (1 Class II study)
  - ACE inhibitors
    - Lisinopril
  - Angiotensin receptor blockers
    - Conivaptan
  - α-Agostins
    - Clonidine
    - Guanfacine
  - AEDs
    - Carbamazepine

- β-Blockers
  - Nebivolol
  - Pindolol

- Antihistamines
  - Cyproheptadine
April 2012 EBM Guidelines from APS and AAN (cont’d)

- Level U—Inadequate or conflicting data to support or refute medication use
  - Carbonic anhydrase inhibitor
    - Acetazolamide
  - Antithrombotics
    - Acenocoumarol
    - Coumadin
    - Picotamide
  - Antidepressants/SSRIs/SNRIs
    - Fluoxetine
    - Fluvoxamine

- AEDs
  - Gabapentin

- TCAs
  - Protriptyline
  - β-Blockers
    - Bisoprolol
  - Ca++ Blockers
    - Lisinopril
    - Nifedipine
    - Nimodipine
    - Verapamil

- Direct vascular smooth muscle relaxants
  - Cyclandelate
April 2012 EBM Guidelines from APS and AAN (cont’d)

- Other—medications that are established as possibly or probably ineffective
  - Established as not effective
    - AED
      - Lamotrigine
  - Probably not effective
    - Clomipramine
  - Possibly not effective
    - Acebutolol
    - Clonipramine
    - Metoprolol
    - Omeprazole
    - Telmisartan

QUESTIONS???
Other Primary Headaches

4. Other primary headache disorders
   4.1 Primary cough headache
      4.1.1 Probable primary cough headache
   4.2 Primary exercise headache
      4.2.1 Probable primary exercise headache
   4.3 Primary headache associated with sexual activity
      4.3.1 Probable primary headache associated with sexual activity
   4.4 Primary thunderclap headache

Other Primary Headaches (cont’d)

4.5 Cold-stimulus headache
   4.5.1 Headache attributed to external application of a cold stimulus
   4.5.2 Headache attributed to ingestion or inhalation of a cold stimulus
   4.5.3 Probable cold-stimulus headache
      4.5.3.1 Headache probably attributed to external application of a cold stimulus
      4.5.3.2 Headache probably attributed to ingestion or inhalation of a cold stimulus

Other Primary Headaches (cont’d)

4.6 External-pressure headache
   4.6.1 External-compression headache
   4.6.2 External-traction headache
   4.6.3 Probable external-pressure headache
      4.6.3.1 Probable external-compression headache
      4.6.3.2 Probable external-traction headache
Other Primary Headaches (cont’d)

4.7 Primary stabbing headache
  4.7.1 Probable primary stabbing headache
4.8 Nummular headache
  4.8.1 Probable nummular headache
4.9 Hypnic headache
  4.9.1 Probable hypnic headache
4.10 New daily persistent headache (NDPH)
  4.10.1 Probable new daily persistent headache