PREVENTING MIGRAINE ATTACKS
Preventive therapies are taken on a regular basis and aim to reduce the frequency of migraine attacks.

LIFESTYLE INTERVENTIONS
(To the best of your ability)

- Exercise regularly
- Get consistent, quality sleep
- Eat a healthy diet
- Stay hydrated
- Manage stress

MEDICATIONS

- ACE inhibitors
- Angiotensin II receptor blockers
- Antidepressants
- Antiepileptic drugs
- Beta blockers
- Anti-calcitonin gene-related peptide (CGRP) monoclonal antibodies (mAbs)
- OnabotulinumtoxinA (for chronic migraine only)

NONINVASIVE NEUROSTIMULATORS

- Single-pulse transcranial magnetic stimulation
- Transcutaneous supraorbital neurostimulation

BEHAVIORAL THERAPIES

- Biofeedback
- Cognitive behavioral therapy
- Relaxation training (e.g., meditation, guided visual imagery, progressive muscle relaxation)

NUTRACEUTICAL TREATMENTS

- Butterbur—pyrrolizidine alkaloids-free (petasites)
- Coenzyme Q10 (ubiquinone)
- Feverfew
- Magnesium
- Vitamin B2 (riboflavin)

Options described in this toolkit are taken from guidelines developed by the American Academy of Neurology and the American Headache Society as well as frequently reported anecdotal evidence from patients. Please talk to your health care provider for more information.
If you are still in extreme pain after trying your first- and second-line interventions, you may consider seeking treatment in an urgent care setting.