

# GLOSSARY

## Medical

- **Abortive (or acute) therapy** — A treatment used to stop a migraine attack while it is occurring
- **ACE (angiotensin-converting enzyme) inhibitors** — Medications originally developed to lower blood pressure that may also reduce frequency or severity of migraine attacks
- **Acetaminophen** — An over-the-counter drug that treats fever, aches, and pains, and may be helpful in treating a migraine attack
- **Analgesics** — Drugs designed to reduce inflammation and pain that may also reduce the severity of a migraine attack
- **Angiotensin II receptor blockers** — Medications originally designed to lower blood pressure that may also reduce frequency or severity of migraine attacks
- **Antidepressants** — Medications originally developed to treat depression that may also reduce frequency or severity of migraine attacks
- **Antiepileptic drugs** — Medications originally designed to control seizures that may also reduce frequency or severity of migraine attacks
- **Aura** — Sensory disturbances (e.g., blind spots, vision changes, tingling in hands or face, trouble with speech and reading) that often occur before a headache
- **Behavioral treatment** — An umbrella term for various types of therapies that treat mental health symptoms or disorders. Behavioral therapies seek to address behaviors that may be maintaining or aggravating mental health symptoms.
- **Beta blockers** — Medications originally developed to treat chest pain (angina) and irregular heartbeats (arrhythmia) that may also reduce frequency or severity of migraine attacks
- **Biofeedback** — A technique used to bring awareness to the body's functions. Sensors help patients receive information about their body (e.g., muscle tension) that they can use to consciously make subtle changes (e.g., relaxing muscles).
- **Burden of disease** — The health, social, political, environmental and economic effects that a disease and its associated disability exert upon an individual and society
- **Butterbur (petasites)** — An extract made from the roots or rhizome of this plant may reduce the frequency of migraine attacks. Raw butterbur plant contains chemicals called pyrrolizidine alkaloids, which can cause liver damage and can result in serious illness, so only butterbur products that are certified as PA-free should be used.
- **Calcitonin gene-related peptide (CGRP)** — Protein that causes inflammation in the brain and a biological target for new migraine therapies
- **Chronic migraine** — Characterized by having more headache days than not (i.e., 15 or more headache days every month for at least three months)
- **Coenzyme Q10 (ubiquinone)** — A supplement that may reduce the frequency of migraine attacks
- **Cognitive behavioral therapy (CBT)** — A type of behavioral treatment that has been demonstrated to be effective for a range of mental health symptoms as well as for addressing symptoms of chronic pain. The goal of CBT is to bring awareness to patterns of thinking or behaviors that provoke or intensify feeling of distress, in order to ultimately promote positive behavior change.
- **Comorbid condition** — A health problem that exists simultaneously with another condition
- **Ditan** — 5-HT<sub>1F</sub> receptor agonist, used for acute treatment of migraines. Similar to triptans without cardiovascular issues that have limited the use of triptans in certain groups of patients.
- **Episodic migraine** — Characterized by having less than 15 headache days every month. High frequency: 9–14 headache days per month. Low frequency: 0–8 headache days per month
- **Ergot alkaloids** — Medications that may reduce the severity of a migraine attack (e.g., dihydroergotamine, ergotamine)
- **Feverfew** — A plant-derived therapy that may reduce the frequency of migraine attacks

- **First-line treatment** — A medication or treatment that should be taken at the onset of symptoms to reduce the severity of a migraine attack
- **Gepant** — Calcitonin gene-related peptide (CGRP) receptor antagonist used for acute treatment of migraines.
- **Menstrual migraine** — Migraine attacks (without aura) that occur within two days before or after the start of a woman's period. Menstrually-related migraine can occur at other times of the menstrual cycle.
- **Migraine attack** — Characterized by moderate to severe head pain, lasting 4–72 hours (if left untreated), and often accompanied by symptoms such as nausea, vomiting, dizziness, aura, sensitivity to light and sound, and pain in the face and neck
- **Migraine disease** — A chronic neurological disease in which a person has had at least five migraine attacks
- **Migraine trigger** — Some change, event, lifestyle factor, or environmental influence that precedes a migraine attack
- **Monoclonal antibodies (mAbs)** — A new class of drugs that target the calcitonin gene-related peptide and the CGRP receptor to prevent migraine attacks
- **Neurostimulators** — Devices that use electrical stimulation to alter nerve activity in order to reduce neurological symptoms
- **Nonsteroidal anti-inflammatory drugs (NSAIDs)** — Medications that may be effective at treating migraine attacks (e.g., aspirin, ibuprofen, naproxen)
- **Nutraceutical treatment** — Use of nutritional supplements to prevent migraine attacks (e.g., herbs, vitamins)
- **OnabotulinumtoxinA (botulinum toxin)** — An injected medication that may prevent migraine attacks
- **Preventive therapy** — A treatment that when used on a regular basis may prevent migraine attacks
- **Relaxation** — A process to decrease the effects of stress on your mind and body. Guided relaxation allows you the assistance of a trained professional (either in person or via audio or video recording) in slowing down the sympathetic nervous system, which is responsible for producing the stress response.
- **Second-line treatment** — A medication or treatment that can be used as a backup option if the first-line treatment fails to provide relief from a migraine attack

- **Single-pulse transcranial magnetic stimulation** — A self-administered device that produces magnetic pulses at the back of the head, which may reduce the frequency or severity of migraine attacks
- **Steroids** — Medications that may reduce the severity of migraine attacks
- **Stigma** — A socially and culturally embedded process through which individuals (such as people who have migraine) experience stereotyping, devaluation, and discrimination. Stigma potentially impacts quality of life, behavior, and life chances.
- **Transcutaneous supraorbital neurostimulation** — A self-administered device that uses electrodes on the forehead to stimulate supraorbital nerves, which may reduce the frequency or severity of migraine attacks
- **Triptans** — Medications that can treat acute migraine attacks
- **Vagus nerve stimulation** — A self-administered device that delivers electrical stimulation to the vagus nerve, which may reduce the severity of migraine attacks

### Non-Medical

- **Appeal** — A patient request that the decision to partially or fully deny a benefit or payment be reviewed by their health insurer
- **Claim** — A patient or health care provider request that a benefit or reimbursement be given by the health insurer for a covered health care service or item
- **Case manager** — A health care professional who is responsible for evaluating a patient's needs and identifying the most effective, efficient, and feasible ways of helping them based on the available resources. This role may vary in different settings.  
**Example:** A health insurance case manager may focus on anticipating a patient's future needs and proactively addressing them.
- **Coinsurance** — The percent of payment for a covered service that the patient pays after the deductible is met each benefit period. Copays may also still apply.  
**Example:** Your health insurer will pay 75% of your medical bill. The remaining 25% must be paid by you. This 25% is considered your coinsurance.

- **Copayment (copay)** — The fixed amount that a patient pays to their health care provider when they receive a service. The amount may vary based on the type of service received and on the insurance plan.  
**Example:** You visit your primary care provider for a routine check-up. Your insurance plan requires a \$15 copay for this service, which you pay up front to your health care provider.
- **Deductible** — The amount that the patient pays during the coverage period (usually one year) before the health insurer will pay for all health care services  
**Example:** Your plan requires an annual \$1,000 deductible. You will be expected to pay for the first \$1,000 of costs toward your health care services. After you reach \$1,000, your health insurer will pay for the rest of your health care services that year.
- **Experimental or investigational** — A class of medical procedures, treatments, drugs, and devices that are not currently the standard of care and/or are not approved by the FDA, but may benefit patients
- **Explanation of benefits** — A statement sent from a health insurer to a patient that explains what portion of expenses are the insurer's responsibility and what portion of expenses are the patient's responsibility for a certain claim
- **Formulary** — A list of prescription drugs covered by a prescription drug plan or another insurance plan
- **Health insurance** — A type of insurance coverage that pays for medical expenses incurred by the insured person. Health insurance can either reimburse the insured person for expenses or pay the health care provider directly.
- **Maximum out-of-pocket (MOOP) limit** — The maximum amount set by the federal government that an individual or family may be required to pay during the plan year for all in-network and covered health care services

- **Medically necessary** — Health care services, procedures, equipment, or supplies that meet the standards of medicine and are required for the prevention, diagnosis, or treatment of a patient's health issue  
**Example:** An MRI needed to diagnose a shoulder injury is a medically necessary procedure and is the standard of care.
- **Out-of-pocket (OPP) cost** — The cost that the patient is required to pay, which may differ by plan but is restricted by a set maximum out-of-pocket (MOOP) cost
- **Preauthorization** — Also known as precertification, prior approval, or prior authorization, this is a non-binding distinction of medically necessary services, equipment, treatments, or drugs by the health insurer. Depending on the insurance plan, preauthorization may be required before certain health care services are received, except in the case of an emergency.
- **Premium** — Payments made by the patient to a health insurer to ensure that their plan maintains coverage of health care expenses
- **Referral** — A written order from a primary care provider that some health insurance plans may require before a patient can receive care from a specialist
- **Step therapy** — An approach in managed medical care intended to control the costs and risks posed by prescription drugs. The practice begins medication for a medical condition with the most cost-effective drug therapy and progresses to other more costly or risky therapies only if necessary.