O A P L

OXFORD AMERICAN PAIN LIBRARY









Menstrual Migraine

Edited by SUSAN HUTCHINSON B. LEE PETERLIN

EXECUTIVE SERIES EDITOR RUSSELL K. PORTENOY

Menstrual Migraine

This material is not intended to be, and should not be considered, a substitute for medical or other professional advice. Treatment for the conditions described in this material is highly dependent on the individual circumstances. While this material is designed to offer accurate information with respect to the subject matter covered and to be current as of the time it was written, research and knowledge about medical and health issues is constantly evolving, and dose schedules for medications are being revised continually, with new side effects recognized and accounted for regularly. Readers must therefore always check the product information and clinical procedures with the most up-to-date published product information and data sheets provided by the manufacturers and the most recent codes of conduct and safety regulation. Oxford University Press and the authors make no representations or warranties to readers, express or implied, as to the accuracy or completeness of this material, including without limitation that they make no representations or warranties as to the accuracy or efficacy of the drug dosages mentioned in the material. The authors and the publishers do not accept, and expressly disclaim, any responsibility for any liability, loss, or risk that may be claimed or incurred as a consequence of the use and/or application of any of the contents of this material.



Menstrual Migraine

Edited by

Susan Hutchinson, MD

Director and Founder, Headache Center Orange County Migraine & Headache Center UC-Irvine Medical Center Irvine, CA

B. Lee Peterlin, DO

Director, Drexel University College of Medicine Headache Clinic Assistant Professor, Department of Neurology Drexel University College of Medicine Philadelphia, PA

Executive Series Editor

Russell K. Portenoy, MD

Chairman of Pain Medicine & Palliative Care Beth Israel Medical Center New York, NY





OXFORD

Oxford University Press, Inc., publishes works that further Oxford University's objective of excellence in research, scholarship, and education.

Oxford New York

Auckland Cape Town Dar es Salaam Hong Kong Karachi Kuala Lumpur Madrid Melbourne Mexico City Nairobi New Delhi Shanghai Taipei Toronto

With offices in

Argentina Austria Brazil Chile Czech Republic France Greece Guatemala Hungary Italy Japan Poland Portugal Singapore South Korea Switzerland Thailand Turkey Ukraine Vietnam

Copyright © 2008 by Oxford University Press, Inc.

Published by Oxford University Press, Inc. 198 Madison Avenue, New York, New York 10016

www.oup.com

Oxford is a registered trademark of Oxford University Press

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of Oxford University Press.

Library of Congress Cataloging-in-Publication Data

Menstrual migraine / edited by Susan Hutchinson, B. Lee Peterlin. p.; cm. — (Oxford American pain library) Includes bibliographical references. ISBN-13: 978-0-19-536805-5 (standard ed.: alk. paper)

1. Menstrual cycle. 2. Migraine.

[DNLM: 1. Menstrual Cycle. 2. Migraine Disorders—etiology. 3. Menstruation. 4. Migraine Disorders—complications. 5. Migraine Disorders—drug therapy. 6. Premenstrual Syndrome—complications. WL 344 M548 2008] I. Hutchinson, Susan, 1956—II. Peterlin, B. Lee. III. Series. RG161.M475 2008

618.1'72—dc22 2007042684

9 8 7 6 5 4 3 2 1 Printed in China on acid-free paper

Acknowledgments

We would like to personally thank the outstanding authors for their excellent and significant contributions to this handbook. Special thanks also go to the hard-working efforts and constant encouragement of Yvonne Honigsberg and Tracy O'Hara of Oxford University Press. Finally, we thank you, the reader, for taking the time to learn more about this common and disabling condition. Together, we can help improve the quality of life of millions of women in this country who suffer from menstrually related migraine.



Contributors

Heather D. Adkins, MD

Nashville Neuroscience Group, P.C. Nashville, TN

Sheena K. Aurora, MD

Co-director, Swedish Headache Center Seattle, WA

Jan Lewis Brandes, MD

Assistant Clinical Professor, Neurology Vanderbilt University School of Medicine Nashville, TN

Dawn Buse, PhD

Director of Psychology, Montefiore Headache Center Assistant Professor, Department of Neurology Albert Einstein College of Medicine New York, NY

Joan Golub, MD

Clinicol Instructor,
OB/GYN and Reproductive
Endocrinology
Brigham and Women's Hospital
Boston, MA

Susan Hutchinson, MD

Director and Founder, Headache Center Orange County Migraine & Headache Center UC-Irvine Medical Center Irvine, CA

E. Anne Macgregor, MD

Director of Clinical Research The City of London Migraine Clinic London, UK

Stephanie Nahas, MD

Instructor of Neurology, Jefferson Headache Center Jefferson Medical School Philadelphia, PA

B. Lee Peterlin, DO

Director, Drexel University College of Medicine Headache Clinic Assistant Professor, Department of Neurology Drexel University College of Medicine

Ann I. Scher, PhD

Philadelphia, PA

Uniformed Services University of the Health Sciences
Department of Preventive Medicine and Biometrics
Bethesda, MD



Contents

1	Introduction Susan Hutchinson and B. Lee Peterlin	1
2	The epidemiology of migraine and the influence of sex hormones B. Lee Peterlin and Ann I. Scher	3
3	Migraine pathophysiology: Past to present Sheena K. Aurora	13
4	Tips and pearls for the diagnosis of migraine and menstrually related migraine Stephanie Nahas and B. Lee Peterlin	23
5	Comorbidities in migraine Jan Lewis Brandes and Heather D. Adkins	33
6	Pharmacotherapy E. Anne Macgregor	45
7	Hormonal therapy and menstrual migraine: The estrogen controversy Joan Golub and Susan Hutchinson	51
8	Nonpharmacological interventions for the management of menstrually related migraine Dawn C. Buse	61
9	Conclusion Susan Hutchinson and B. Lee Peterlin	71

Appendix A: ICHD-II migraine criteria 73

Appendix B: Headache diaries and calendars 76

Appendix C: HIT-6 and MIDAS Questionnaire 81

Appendix D: PHQ-Depression Scale 84

Appendix E: Additional resources for patients and physicians 85

