

M.M. Wysocka-Bąkowska

Medical Center Enel-Med

The burden of migraine is well documented and shows evidence that all patients, mostly women are seriously affected and limited by migraine. In over 38% of patients, migraine attacks are hardly controlled with abortive medications, and there is need for prophylactic treatment. Most drugs recommended for abortive treatment of migraine attack and for prophylaxis of migraine are not perfect, have several limitations and contraindications. Patients are looking for a safer and more natural alternative treatment. There is long list and broad spectrum of non specific treatments of various origins, believed to be safer and more „natural” for the abortive and prophylactic treatment of migraine. The list of nutraceuticals believed to be effective is long. Recently there is large evidence for the use of neurostimulation for headache treatment. More evidence for CEFALY, stimulation of trigeminal nerve; and more different types of external stimulators. Their action seems complex, may be partly due to „intervention effect”. We should also consider very high placebo effect in migraine patients. Non pharmacologic treatment, acupuncture, Yoga, relaxation techniques, physiotherapy, psychotherapy may offer an important complementary way of migraine management. We should not neglect these options, and try to consider them, carefully discussing with each individual patient. It is especially important for high risk patients, who can not tolerate most medications such as triptans, betablockers or antiepileptic drugs, like valproic acid or topiramate, there is still need for more comparative prospective studies on large groups of patients.