



Topic

Safety Update: DHE, Triptans, Magnesium, Butterbur & More

Title & Organization

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Speaker

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KEY TAKEAWAYS

- Migraine patients sometimes receive DHE in the hospital. When a migraine attack is so severe that hospitalization is necessary, an intravenous course of DHE can break the cycle.
- Even if you have coronary artery disease or risk factors for vascular disease, triptans are remarkably safe.
- If a triptan worked but caused side effects or it took a long time to work, it's definitely worth trying not only other triptans but different forms of triptans. For example, sumatriptan comes in three forms: tablets, nasal spray, and as an injection.
- If you have depression, you are more likely to develop migraine. If you have migraine, you're more likely to experience depression, anxiety, and other issues. Many people need both an antidepressant and a triptan, and this combination is safe and effective.
- Research shows that caffeine and caffeine-containing drugs, as well as opiate analgesics, can make headaches worse by leading to medication overuse headache.

QUOTES

“Just because it's natural, it doesn't mean it's safe. Botulinum toxin is natural, but if you get poisoning with botulism, you die from that. So that's not necessarily a safe thing to do. And not every herbal supplement is safe, either. So that's why I try to stick with the ones that are proven to be safe.”

“The only supplements, including herbals, that you have to be concerned about are the ones with caffeine. And there are some that do not disclose how much caffeine they contain. So caffeine is a major, major trigger.”

“Magnesium, if you're deficient, it's life-changing. PMS in women goes away, premenstrual symptoms go away, [you] sleep better, and muscles stop cramping. It really changes your life. But only if you're deficient. If you have enough magnesium, it does nothing at all.”

TREATMENTS CITED

Acetaminophen (paracetamol)	Magnesium
Aspirin	NSAIDs
Boswellia	OnabotulinumtoxinA (Botox)
Butterbur (Petadolex)	Opioids
Celecoxib (Celebrex)	Percocet
Codeine	Rofecoxib (Vioxx)
Dihydroergotamine (DHE)	SSRIs
Excedrin	Sertraline (Zoloft)
Feverfew	Sumatriptan (Imitrex)
Fluoxetine (Prozac)	Triptans
Ibuprofen	Yoga

PRACTICAL STEPS

- Ask your healthcare provider for options in your medications and discuss both natural and traditional treatments.
- Keep a list of all the medications you are taking, and how much you're taking. Track what works, what doesn't. It's not uncommon for a medication to work better at higher doses than standard recommendations.
- If one delivery system for a medication doesn't seem to be working well, ask your provider for a different delivery system, i.e., changing to an injectable or nasal-delivery method, rather than oral.