



MIGRAINE WORLD SUMMIT

INTERVIEWS WITH WORLD-LEADING EXPERTS

TRANSCRIPT



**WHEN “FINE” ISN’T ENOUGH:
PARTNERING WITH YOUR DOCTOR TO ACHIEVE MORE**

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[LUNDBECK-SPONSORED TALK]



Introduction (00:05): My name is Dr. Amaal Starling, and I'm a headache medicine specialist at Mayo Clinic in Scottsdale, Arizona. Today, let's talk about, "When 'fine' isn't enough," and how to partner with your doctor to achieve more.

(00:17): I'm here today as a headache medicine specialist, but also as a migraine warrior. Not only do I care for people with migraine every day at work: I myself am a person living with migraine, and have multiple family members with migraine — including my husband and my son. Thus, advocating for people living with migraine is personal to me. It's not just my day job, but rather it's my passion. My passion is what fuels my work in advocacy. And through advocacy, that is how we can turn today's barriers into tomorrow's solutions. In efforts to advocate for people living with migraine, I serve on the board of directors for the American Headache Society, and I also chair their advocacy committee.

(01:07): I'm also a board member of the Alliance for Headache Disorders Advocacy, which is a coalition organization that advocates for federal policy changes to improve the lives of those living with migraine. I also serve as a consultant for multiple companies that work in migraine, and in medical education that are listed on this slide. I do all of this work because I know we can do better in migraine care. What I see every day in my clinic is that despite treatment advances, people with migraine often aren't doing as well as they want to be doing; as they should be doing. Sometimes when I ask my patients, "How is your migraine?" They respond, "Fine," and that is when I know I need to dig deeper because doing "fine" isn't enough. Especially for people who are caught in the cycle of high-frequency migraine attacks, and high-acute-medication use.

(02:07): To understand this group of people's needs and experiences better, The Harris Poll recently conducted the Migraine Report Card survey through a grant from Lundbeck. I partnered with The Harris Poll, with doctors Dawn Buse and Roger Cady, as well as the Coalition for Headache and Migraine Patients (CHAMP) — a patient advocacy organization — to design and interpret the findings from the survey. Today we will talk about several of the learnings from the survey along with a few insights from other research, and then we can use all of this information to talk about the importance of partnering with your doctor and practical tips on how to do this most effectively. Overall, the survey showed that despite substantial advancements in migraine treatment, many people with migraine are still not satisfied with their care and they're struggling to achieve their health goals. It also identified several opportunities that can be fulfilled through a more effective collaboration with your doctor.

(03:16): First: Doctors need to have an accurate understanding of your mental health and your overall well-being. That can be done by having a better understanding of your needs, your goals, and your specific questions about migraine. The survey also demonstrated the importance of effectiveness of migraine interventions. A goal that you and your doctor share is to reduce the impact and burden of migraine, which means to have fewer attacks, but also to have effective treatment when the attacks occur. So, two areas to focus on within this goal are to find effective ways to treat individual attacks, and then also to proactively prevent disease worsening. And this is through interventions that you can select together through shared decision-making. Now, these could be prescribed medications, or options such as biobehavioral techniques, including evidence-based cognitive behavioral therapy [CBT]. Also, remember that migraine treatments are not restricted to daily oral medications. Our toolbox has expanded to now include monthly or quarterly treatments, as well as noninvasive devices.

(04:35): We now have more options than ever before to treat migraine. So, number one: Sharing your migraine experience. The opportunities identified in the Migraine Report Card survey can



be first achieved at an individual level by establishing an effective collaboration with your doctor. A great way to bring your doctor into your own personal migraine journey is by communicating your questions, your needs, and goals during your appointments. By developing clear goals and bringing them with you to your appointment, you can build that strong foundation for a collaborative partnership. Sometimes this can be challenging and even intimidating. So what American Migraine Foundation has developed is a useful guide and some printable worksheets on their website — which is just americanmigraine.org. And remember, your goals may evolve throughout your migraine journey, so it is important to share those changing goals with your doctor at your follow-up visits.

(05:41): Now speaking of follow-up visits, your doctor needs to understand how you've been doing since your last visit. In my practice, I really like to focus on function. I do this by encouraging people to use a simple stoplight diary so that I can better understand how they've been doing in between office visits. This can be done through a traditional calendar, or on a phone application: I recommend using red, yellow, and green to indicate your daily level of function. Red means significant impairment: It means you can hardly do anything on that day; you might be spending that day at home, maybe in bed, maybe on the couch. Yellow means moderate impairment: It means you can do some things, but probably not as well as you would like to be able to do those things. Green means go, or no impairment, or mild impairment: This is a day where you're able to function at a level that is normal for you. Now, this is a quick and easy way to talk to your doctor about how you've been doing since your last visit.

(06:52): And in my practice when we focus on function, we talk about how migraine affects you, and about everything that you're doing to manage it, and how that might be affecting you. This includes your medications and other interventions that you're using; it may also be helpful for you to describe symptoms that you have in between attacks. So, in this way, a stoplight diary can be used to capture the entire burden of migraine, from the attacks to symptoms in between attacks and side effects, to interventions that you were using. By partnering with your doctor using a stoplight diary, the goal is to have more and more green days — I like to call that the "green revolution."

(07:39): As a part of the burden of migraine it includes other common conditions like depression and anxiety. Mental health and migraine are closely intertwined. In the Migraine Report Card survey, anxiety and depression were the two most common nonheadache conditions. There is also evidence from other research suggesting that anxiety and depression may worsen as headache severity and frequency increases. Talking with your doctor about your mental health may enhance your care: Treating both migraine and mental health conditions is key to your overall health.

(08:17): Now let's talk about migraine treatment goals: You and your doctor decide together how to manage your migraine disease. Your plan will focus on treating individual attacks effectively when they occur, and then also reducing the overall frequency and severity of attacks. Evaluating your personal goals for treating individual attacks is important because effectively treating individual attacks is one of the ways of preventing disease-worsening. The goals that are recommended by the American Headache Society for acute treatment, or the treatment of individual attacks, are described on this slide. Your acute treatments, the ones that you're using during an attack, should work fast and consistently to relieve migraine pain and your most bothersome symptoms. They should help you continue your daily activities at home, at work, school, or wherever you might be without having to take repeat doses. Acute treatments should reduce your need for urgent care visits, and emergency department visits.



And ideally, your medications should have few or no side effects. It is also important to be aware that even over-the-counter medications can have side effects.

(09:39): Now let's talk about prevention: The goal of preventive treatment and migraine is to reduce the frequency and the severity of attacks. The American Headache Society recommends that people with migraine who are having four or more headache days per month with some disability, or even three or more headache days per month with severe disability, should be offered prevention. Unfortunately, the vast majority of people living with migraine who are candidates for prevention are not taking one. In the Migraine Report Card survey, 85% of people with high-frequency migraine and high-acute-medication use reported that they are not taking a preventive treatment.

(10:29): Let that sink in: 85% of people who should be offered prevention are not on prevention. So, despite all of these people having at least eight headache days per month and taking acute migraine medications on at least 10 days per month, only 15% said that they were on a migraine prevention at the time of the survey, or had taken one in the previous three months. So, if you are experiencing four or more headache days per month, it is highly important for you to talk to your doctor about preventive treatment options. And just remember that finding the right treatment plan can take some time. It is a journey, and close collaboration with your doctor is going to be required to find that right intervention.

(11:25): Now I get it — it is way easier to say this than for it to be done. Sometimes appointments can be an absolute blur — there's so much going on and you also might not be feeling well. So because of this, it can be helpful to review your notes from your doctor visit to better understand your current care plan, as well as prepare for your next visit. I encourage my patients to do this all the time, and I love it when they print out their notes, they highlight it, they write down their questions and comments on the side, and they bring that to their next visit so that we can review it in detail together.

(12:05): In the spring of 2021, federal policy change made this more streamlined. The [21st Century Cures Act] is a national policy that requires healthcare providers to give patients access to their health information in their electronic medical record without any delay and without any charge. So, you might have an online portal like MyChart to access your medical records, and that's where you can find and print out these notes that the doctor wrote during the last office visit. Print them out, highlight them, write your notes on the side.

(12:41): So in summary, remember doing “fine” isn't enough: You deserve more. Your migraine-care plan should be designed to meet your individual needs. The Migraine Report Card survey showed that despite advancements in care, many people with high-frequency migraine and high acute-medication use are not satisfied with their care and they're struggling to achieve their health goals. The survey findings have emphasized how important it is for doctors to understand your specific migraine journey and how migraine impacts your mental health. The findings also highlighted the importance of effective acute treatment of individual attacks and then proactive prevention of disease-worsening. Overcoming migraine happens first at an individual level through partnership with your doctor. So make sure that your doctor understands and becomes a part of your migraine journey. Be prepared at each visit to describe your experience; set those goals together that align with your individual needs. You can use the worksheet from the American Migraine Foundation, a stoplight diary, and your last office visit summary to help organize your thoughts.



(14:02): Overall, I want to empower you to develop a personalized migraine-care plan with your doctor through shared decision-making. This is essential for your success in the management of migraine. Thank you.