



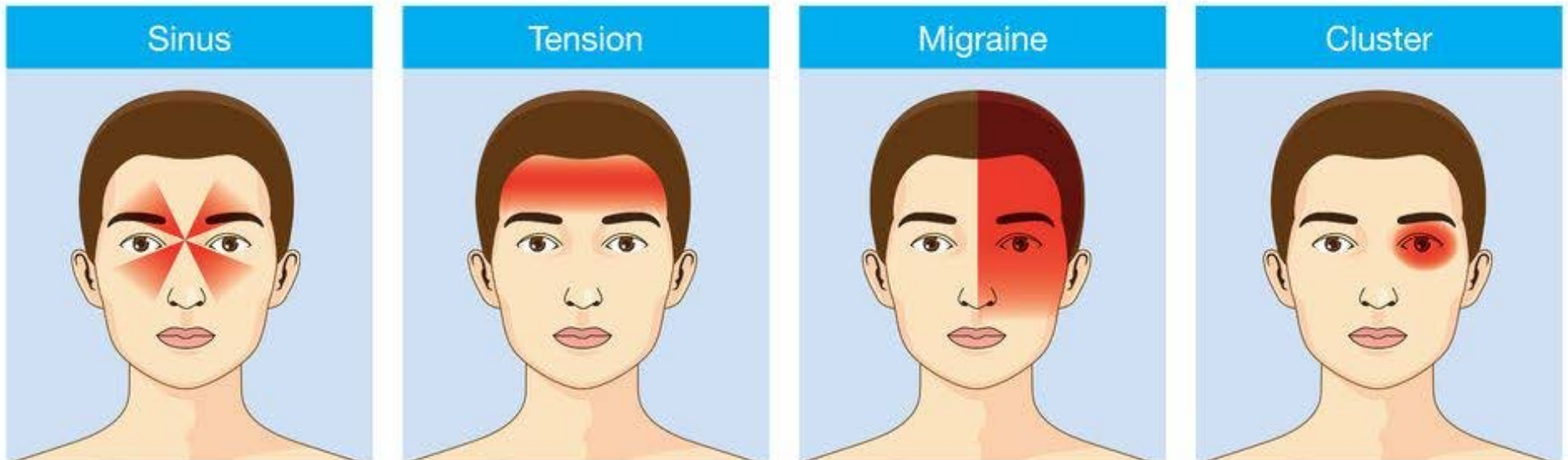
**CCNC Opioid SPARC ECHO**  
*Challenging Headache Syndromes:  
Cluster Headaches and Refractory Migraines*

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So many headaches...  
So little time...

## Headache Type



# Cluster Headaches-Is This Where the Slang Term Cluster\*\*\*\* Originates?

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*It wakes me from a deep sleep. The agony is all-encompassing. It feels like having a white-hot screwdriver thrust through my eyeball and left there. The screwdriver is then wired up to an electric current and the voltage is continually increased.*

*My sinus feels like it has been washed out with acid, my temple is swollen and hot, the area under my cheek burns, my upper jaw feels like I have a toothache in every tooth. Even the roof of my mouth is sore.*

*Most of the pain is focused on my eyeball: as well as the screwdriver, it feels like there is a red-hot metal ball, the size of a golf ball, directly behind it, pushing it out of the socket.*

# One of the Most Painful Conditions



# Epidemiology of Cluster and Migraine

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## Cluster

- Quite rare-lifetime 0.12% of people (2-3 of 2000)
- In a year 0.05% of people (1 of 2000)
- 80% of cluster sufferers are men

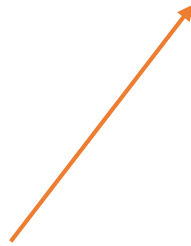
## Migraine

- Quite common-12% of the population (240 of 2000)
- In a year, of 2000 women, 340 will have a migraine.
- In a year, of 2000 men, 120 will have a migraine

# Treating Cluster Headache

## Acute Headache Symptoms

- 100% Oxygen
- Triptans (sumatriptan and zolmitriptan)



CENTRAL NERVOUS SYSTEM	
ANTI-MIGRAINE AGENTS	
Quantity limits apply to all triptans	
Preferred	Non-Preferred
rizatriptan ODT (generic for Maxalt MLT®)	almotriptan tablet (generic for Axert®)
rizatriptan tablet (generic for Maxalt®)	Alsuma® Auto-Injection
sumatriptan nasal spray/tablet/vial (generic for Imitrex®)	Amerge® Tablet
	Axert® Tablet
	Cambia® Powder Packet
	eletriptan (generic for Relpax® Tablet)
	frovatriptan tablet (generic for Frova®)
	Frova® Tablet
	Imitrex® Cartridge/Nasal Spray/Pen/Tablet/Vial
	Maxalt® Tablet/MLT Tablet
	Migranow® Kit
	naratriptan tablet (generic for Amerge®)
	Onzetra™ Xsail™ Nasal Powder
	Relpax® Tablet
	sumatriptan injection kit/refill/syringe (generic for Imitrex®)
	sumatriptan/naproxen (generic for Treximet® Tablet)
	Sumavel® DosePro® Syringe
	Treximet® Tablet
	Zembrace® SymTouch®
	zolmitriptan ODT/tablet (generic for Zomig®)
	Zomig® Nasal Spray/Tablet/ZMT® Tablet

# Stopping a Cluster

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- Verapamil first line
- Short burst of steroids acts more quickly
- Greater occipital nerve block may be helpful
- Topiramate and lithium may also be helpful and can be combined with verapamil
- Taper after acute flare up has ended
- Very slow taper for patients with chronic cluster after headaches are controlled

New data-Emgality (galcanezumab) has FDA indication. Modestly helpful, well tolerated.



# Who Needs Migraine Prophylaxis?

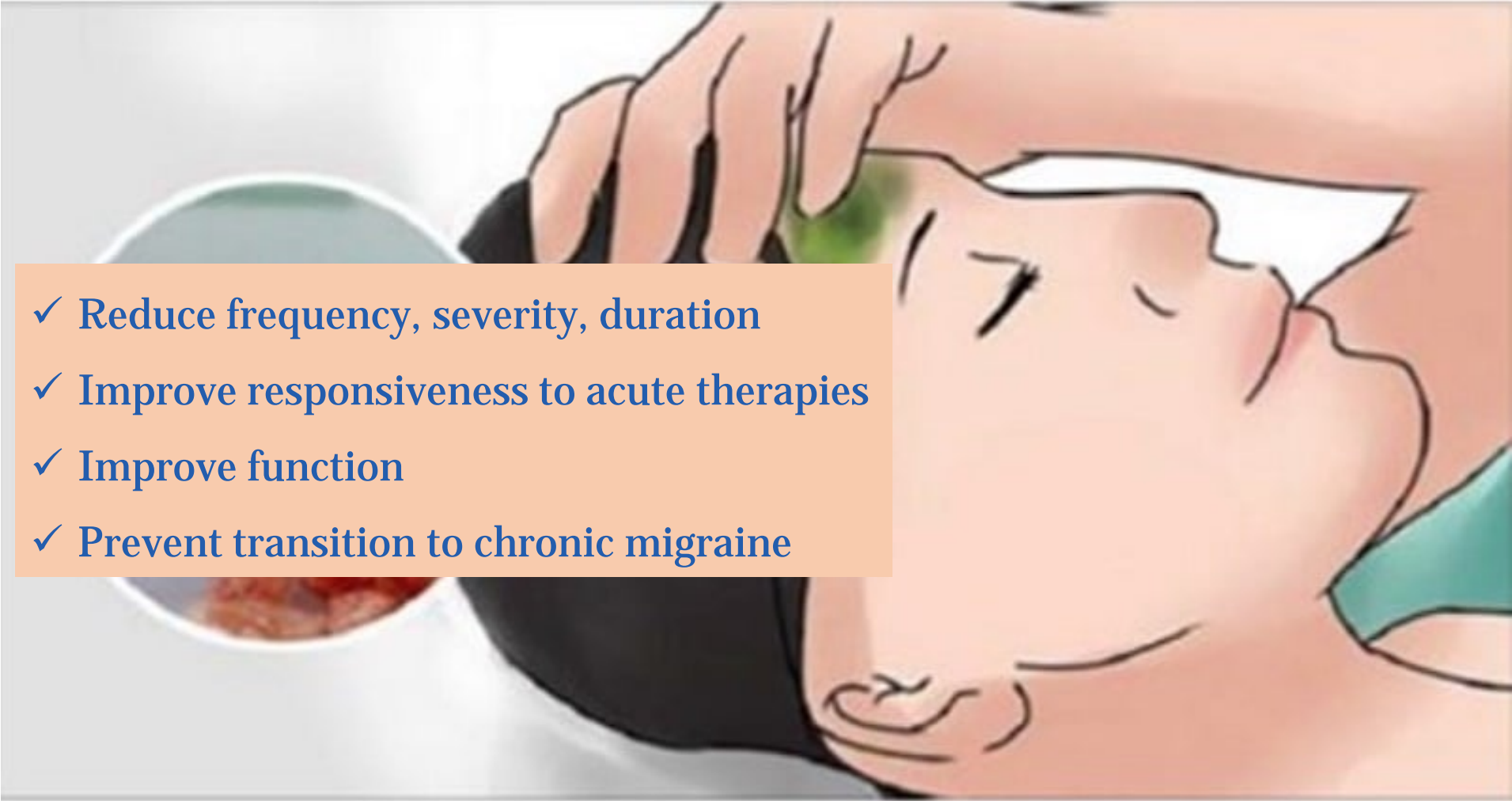
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- Frequent or long-lasting migraines
- Interfere with activity
- Contraindication, side effects, or inadequate response to acute therapies
- Risk of medication overuse headache
- More serious syndromes-hemiplegic migraine, migraine with brainstem aura, Hx migrainous infarction



# Goals of Migraine Prophylaxis

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- An illustration of a person's face in profile, showing their hand clutching their forehead in pain. The person's eyes are closed, and their expression is one of discomfort. The background is a soft, light blue gradient.
- ✓ Reduce frequency, severity, duration
  - ✓ Improve responsiveness to acute therapies
  - ✓ Improve function
  - ✓ Prevent transition to chronic migraine

# Migraine Prophylaxis



## Menu

- Beta blockers
- CCB's
- TCA's (amitriptyline)
- Topiramate
- Valproate
- CGRP antagonists
  
- Butterbur, CoQ10
- Feverfew, Riboflavin

# What is a CGRP Antagonist?

Monoclonal antibody therapy blocking calcitonin gene-related peptide given by sq injection.

Medicaid requires trial and failure of 2 established prophylactic therapies

ANTI-MIGRAINE AGENTS CGRP Blockers/Modulators	
Clinical criteria apply to all drugs in this class	
Preferred	Non-Preferred
Aimovig™	Ajovy™
Emgality®	

**Erenumab (Aimovig)** - In RCT with 900 adults

8.3 → 4.8 vs. 8.3 → 6.5

**Galcanzumab (Emgality)**

In low frequency migraine

5.8 → 4.3 vs 5.8 → 5.2

High frequency migraine

11 → 5.5 vs 11 → 7.5

