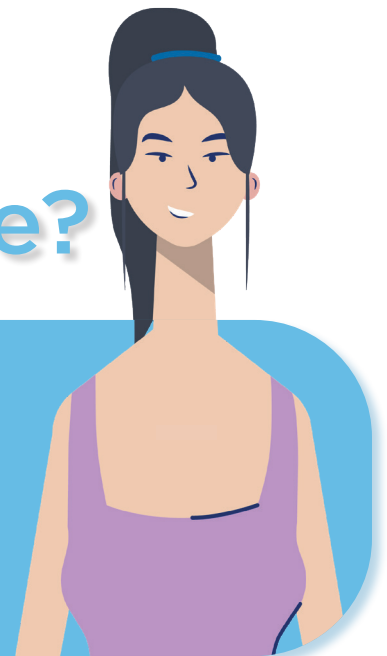


Is Migraine Preventive Medication Right for Me?



Save or print this question guide to use at your next appointment with your doctor to see if migraine preventive medication is right for you.

01

What other things can I do on my own to help prevent attacks? Are things like sleep, diet, hydration, exercise, or stress management helpful?

02

I have four or more migraine attacks per month that significantly impact my daily ability to function. Am I on the right management plan?

03

What makes an acute medication successful? Are there other options I should try, or should I be on preventive medication?

04

What types of preventive medications are available and which ones may be appropriate for me?

05

Should I see a neurologist to talk about my migraine management?

06

If I start a preventive medication, can you give me a plan so I know when to take the medication and when to take my acute/rescue medications?

07

What if I'm already on a preventive medication and it isn't working for me? Have I been taking it long enough? Am I on the best dosage for me? Are there other options?



If you don't currently have a doctor who you are seeing to treat your migraine disorder, please scan the QR code to visit the ANZ Headache Society, where you can access a directory of neurologists and doctors who specialise in migraine.

Kindly supported by:



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