

WOMEN and MIGRAINE

Hormonal Changes

Make migraine more common:¹⁻³

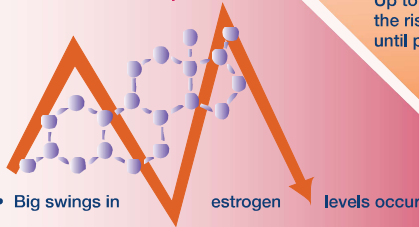
- In girls than boys after puberty
- In women than men throughout adulthood

33%



One third of women with migraine say their first attack and their first menstrual period happened around the same time.¹⁹

During Perimenopause



- Big swings in estrogen levels occur
- Attacks can get worse, especially if they tend to happen around menstruation¹⁶



- Hormone replacement therapy may reduce the frequency of attacks by addressing hormonal imbalance

During Menopause



- Two thirds of women have significantly fewer attacks¹⁷
- Hormone replacement therapy may increase the frequency of attacks¹⁸



- According to the American Academy of Pediatrics:^{13,15}
- It is safe to nurse babies when being treated for migraine
- The triptans pose no risks to infants

PUBERTY



Up to 10% of children have migraine; the risk of developing it increases until puberty.¹



MENOPAUSE

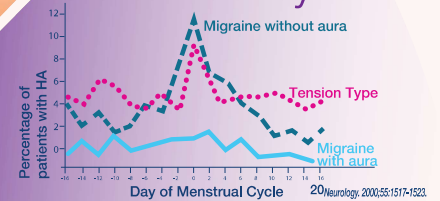
PERIMENOPAUSE

PREGNANCY



- Reduce the risk of attacks without medication:
 - Eat healthy and stay hydrated
 - Get enough exercise and sleep
 - Try meditation, yoga, or massage

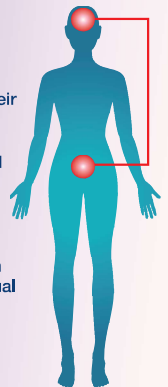
Headache and Menstrual Cycle



- Most women say their attacks are associated with their menstrual cycle³

- Attacks associated with menstruation may be harder to treat⁴⁻⁸

- The fall in estrogen during the menstrual cycle is thought to trigger attacks



stabilizing estrogen

Hormone replacement therapy and hormonal contraceptives:

- May help to prevent attacks related to menstruation
- Do not help everyone⁹



- Two thirds of women have fewer attacks, particularly in the second and third trimesters
- Some women have their first attack during pregnancy — it can be more severe or include an aura
- Some patients get worse immediately after delivery

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