



## The importance of preventive treatment in migraine

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### Introduction

In migraine, the preventive approach seeks to reduce the frequency, duration and intensity of attacks by 50%, through the use of medication or changes in lifestyle habits. The Center for the Study of Headaches and Cranial Algias (NECEFAC) was present at the event held at the Federal University of Paraná (UFPR) - Toledo Campus, together with the Toledo Medical Association (AMT) and the Academic Leagues of Neurology, Pediatrics, Gynecology and Obstetrics, with the proposal to establish the drug topiramate as prophylaxis for migraine in the Unified Health System (SUS), as well as to discuss headaches among medical specialties at the 2nd National Headache Symposium.

### Objectives

Encourage the democratization of knowledge and broaden the dissemination and development of solid proposals through scientific events; highlight the socio-economic impacts of migraine and emphasize the urgency of establishing headaches and cranial algias in the context of chronic non-communicable diseases.

### Methodology

A scientific event brought together doctors from different specialties and public managers to discuss headaches and propose the inclusion of the drug topiramate for the treatment of migraines. Research in the literature was also used to corroborate this use, as well as the impacts on the patient's quality of life and its socio-economic effects.

### Results

Chronic Non-Communicable Diseases (CNCDs) are often related to modifiable risk factors and the application of preventive therapies is of paramount importance to mitigate the negative impacts on quality of life and the progression of these diseases. According to the International Classification of Headache Disorders (ICHD), migraine is a primary headache characterized by recurrent episodes of pulsating or throbbing pain, unilateral, of moderate to severe intensity, lasting from 4 to 72 hours, and may be accompanied by transient neurological symptoms known as aura, which include visual and/or sensory alterations. Also noteworthy is the prevalence of headaches in different age groups and their relationship with productivity. It was shown that 53.2% of the economically active population in Brazil lost an average of 16.8 days of work per year due to headaches, with indirect costs amounting to nearly R\$67.6 billion per year. Prophylactic approaches to migraine involve avoiding triggers by changing lifestyle habits and therapy with tricyclic antidepressants,  $\beta$ -blockers and topiramate. Topiramate emerged as a treatment for generalized tonic-clonic epileptic seizures. However, due to its action at various sites, its indication as a migraine prophylaxis in adults is described in the package leaflet, showing good acceptance and efficacy in studies and clinical practice. In addition, it is on the 2022 National List of Essential Medicines (RENAME), available free of charge from the SUS. The purpose of the discussions at the 2nd National Headache Symposium, held on June 16, 2023, at the UFPR Campus Toledo, was to raise awareness among doctors, students and public managers about the need to include topiramate as a prophylactic medication for migraine. The event resulted in a request (n° 110/2023), approved at the Toledo City Council session, which was sent to the Ministry of Health.

### Conclusion

Considering the data on the number of people who could benefit from preventive treatment for headaches, together with the fact that the prevalence of this condition causes damage and the proposal to promote and implement effective public policies by the Plan to Combat CNCDs, it is extremely important to include migraine as a chronic non-communicable disease and to adopt topiramate as prophylaxis.

**Keywords:** Migrânea; Profilaxia; Topiramato.