



## Ways to Prevent Migraines: A Literature Review

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**Categoria:** Tratamento Preventivo da Enxaqueca

### Introduction

migraine is a primary headache of high prevalence and strong intensity, compromising routine and causing several disorders. It is known that recurrent episodes of this headache can be functionally disabling and impair the individual's quality of life. Therefore, after treatment of acute migraine, all patients must be evaluated for the need for preventive therapy, aiming to reduce the frequency, severity and duration of headache attacks. Furthermore, prophylaxis can increase responsiveness to acute therapy and improve quality of life. However, prophylactic treatment is not curative and most patients will still require abortive medications on some occasions. Thus, the implementation of healthy habits and medication administration can contribute to improving patients' lives.

### Objective

literature review seeking to compile and update various forms of migraine prophylaxis.

### Methodology

literature review using the MEDLINE and EMBASE databases, with the following descriptors: migraine disorders, migraine prevention, preventive headache treatment and their combinations. Original articles published in Portuguese, English and Spanish between 2017 and 2023 were included, with themes relevant to the object of study, with 8 studies being selected to compose this review.

### Results

migraine prevention should include a combination of pharmacological and non-pharmacological measures; Natural supplements, vitamins or minerals and lifestyle changes. It is important to maintain an active routine, with exercise, as during these activities endorphins and serotonin are produced, which block pain stimuli in the brain, also helping to reduce symptoms of anxiety and depression, conditions that can worsen migraines. . Furthermore, getting quality sleep every night and adequate nutrition are essential, considering that a lack of restful sleep and an unbalanced diet culminate in migraine attacks. Furthermore, reducing stress and using a migraine diary have been shown to be effective in preventing attacks. When it comes to drug therapies, different classes of drugs are used, such as lipophilic beta blockers, anticonvulsants, anti-calcitonin gene-related peptides (CGRP), antidepressants, natural supplements, neuromodulation devices and neurotoxins. Often, the doses used for migraines are different compared to the original intended purpose, making it necessary to be careful when prescribing these medications. Regarding nutritional supplements, vitamin and mineral complexes are generally well tolerated by most patients, although the evidence of effectiveness, in many cases, is not yet robust. Riboflavin, magnesium, and MIG-99 (feverfew) are likely effective.

### Conclusion

A preventative strategy focuses on reducing the frequency, severity, or intensity of symptoms and improving responsiveness to acute medications when needed. The benefits of a successful migraine prevention plan include reducing the level of disability, reducing overuse of acute treatments, and improving the patient's quality of life. Despite many studies on the subject, there is still no ideal medication for migraine prophylaxis, requiring a case-by-case assessment, seeking a better therapeutic response with a minimum of undesirable side effects. In these cases, prescribing supplements can be an interesting option as they are well-tolerated medications with few restrictions, even for geriatric age groups.

**Keywords:** Migraine Disorders; Headache Disorders, Primary; migraine prevention.