

Contact Us Toll Free at 1.866.208.3430

## Headache Management

### Education

Headache associated with the use of injectable medication for Multiple Sclerosis treatment is very common following the injection. Headache is associated with the many “flu-like” symptoms patients may experience while on MS therapy as well as fever, malaise, fatigue and chills. Symptoms of headache associated with the “flu-like” symptoms appear 2-8 hours after injection and may last up to 24 hours after the injection.

### Helpful Tips for Headache Management

- Using non-drug therapy is important in the management of headache as well as the use of drug therapy.
- Try using cool packs on your forehead, drink ice-cold liquids and avoid hot liquids and hot foods as a non-drug therapy for headaches in temperature-sensitive patients.
- It is also important to make sure you are getting adequate amounts of sleep.

### Treatment Options

- Over-the-counter pain relievers such as ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) are helpful in the relief of headaches caused by injectable MS medications. It is important not to start these medications without talking to your doctor or pharmacist for directions of use first.
- If these medications and non-drug recommendations do not seem to control your headache, it is important to contact your doctor for other options to manage your headache. Other medications that have been successful are a class of drugs called triptans. These medications include Imitrex®, Maxalt®, Zomig®, etc. Besides these medications, Midrin®, Migranal® and medications that include an ingredient called butalbital have also been successful.
- Only you and your doctor can decide what medication is best for you.

**For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.**

#### References:

1. Frohman E, Phillips T, Kokel K, Pelt JV, O'Leary S, Gross S et al. Disease-modifying therapy in multiple sclerosis: strategies for optimizing management. *The Neurologist*. 2002; 2:227-236.
2. Crayton H, Heyman RA, Rossman HS. A multimodal approach to managing the symptoms of multiple sclerosis. *Neurology* 2004; 63 (suppl 5): S12-S18.