Unmet Needs and the Evolving Landscape in Acute Treatment of Migraine: Primary Care Professionals on the Front Line
Live CME-Certified Program ● New Jersey Academy of Family Medicine ● April 17, 2021

PROGRAM DESCRIPTION
Despite the disability and socioeconomic burden associated with migraine, underdiagnosis and undertreatment remain significant problems in clinical practice, and effective treatment can be elusive. Triptans— the longtime cornerstone of acute treatment—are ineffective, poorly tolerated, or contradicted in many patients, leading to low rates of use and high rates of discontinuation, with recent data suggesting that less than one-fourth of patients currently use prescription medication for acute migraine relief. Poor or inadequate acute migraine treatment can result in progression from episodic to chronic migraine or medication overuse headache.

While new approaches to migraine prophylaxis have understandably generated great excitement, equally important developments in acute migraine treatment have also emerged recently. Growing understanding of migraine pathophysiology has spurred the development of novel targeted therapies, including 5-HT1F receptor agonists and calcitonin gene-related peptide receptor agonists, drug classes that are free of the cardiovascular contraindications of older migraine medications. Triptans, too, have evolved, with delivery modifications that can improve bioavailability, speed of onset, and tolerability.

Family physicians and other primary care providers on the frontline of migraine care need to learn about the role that new and emerging treatments can play in optimizing clinical care for patients with migraine.

FACULTY CO-CHAIRS
Susan Hutchinson, MD
Director
Orange County Migraine & Headache Center
Irvine, CA

Stewart J. Tepper, MD, FAHS
Professor of Neurology
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Hanover, NH

LEARNING OBJECTIVES
After participating in this activity, learners should be better able to:

• Appreciate the prevalence of migraine in a primary care setting
• Utilize established criteria to make differential diagnoses for migraine headache and to distinguish episodic from chronic migraine
• Assess the evidence regarding the potential benefits and risks of emerging acute migraine treatments

INTENDED AUDIENCE
Primary care physicians, nurse practitioners, and physician assistants who provide care for patients with migraine

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CONTENT AND PLANNER DISCLOSURE

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FACULTY DISCLOSURES

The faculty reported the following financial relationships or relationships to products or devices they have with commercial interests related to the content of this CME activity:


She is also on the speakers’ bureaus for Allergan, Inc., Amgen Inc., electroCore Inc., Eli Lilly and Company, Novartis Pharmaceuticals Corporation, Supernus Pharmaceuticals, Inc., and Teva Pharmaceutical Industries Ltd.


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FACULTY BIOGRAPHIES

Susan Hutchinson, MD, is board certified in family medicine and has a subspecialty in headache. She is the founder and Director of the Orange County Migraine & Headache Center in Irvine, California, and is also a volunteer faculty member in the Department of Family Medicine at UC-Irvine Medical Center. Dr. Hutchinson concentrates on the management of migraine and mood disorders, with a special interest in the relationship of both conditions to hormones. She is a national speaker on both migraine and depression and was awarded the National Headache Foundation Lectureship Award in February 2003 in recognition of her contribution to headache education. In addition, Dr. Hutchinson was selected as a Physician of Excellence by the Orange County Medical Association in January 2007 and is a past President of the Orange County Chapter of the California Academy of Family Physicians. She also served as Chair of the Women’s Issues Section of American Headache Society from 2005 to 2010 and is currently President of the Headache Cooperative of the Pacific. In recent years, Dr. Hutchinson has coauthored numerous journal articles and chapters on the subject of migraine and, in 2013, she wrote and published her first book to be used as a resource for female migraine sufferers.

Stewart J. Tepper, MD, FAHS, is a Professor of Neurology at the Geisel School of Medicine at Dartmouth College in Hanover, New Hampshire, and the Director of the Dartmouth Headache Center in the Department of Neurology of Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire. Dr. Tepper received his undergraduate degree in the study of the nervous system/psychobiology from Yale College in New Haven, Connecticut, and attended Cornell University Medical College in New York City. He completed his neurology residency at Harvard Medical School in Boston, Massachusetts, and has been board certified in headache medicine since 2006.

Dr. Tepper is Director of the Scottsdale Headache Symposium CME course of the American Headache Society (AHS), a role he has held since 2008. Further, he is the Corporate Liaison and serves on the Board of Directors for the AHS, and he also sits on the Board of Directors of the American Migraine Foundation. In addition, Dr. Tepper is Editor-in-Chief of the journal *Headache Currents* and Associate Editor for the journal *Headache*. To date, he has published more than 430 peer-reviewed manuscripts, editorials, and books on headache medicine.