

# Proper diagnosis is key in managing chronic migraine

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(HealthDay)—Effective management of chronic migraine starts with proper diagnosis of this subtype of migraine, according to guidelines published in the September issue of *Pain Practice*.

Carrie Dougherty, M.D., and Stephen D. Silberstein, M.D., of Jefferson Headache Center in Philadelphia, published a review article describing the diagnosis, treatment, and management of chronic migraine.

The researchers present guidelines to caring for patients with chronic migraine. The first key is making a proper diagnosis. The second key is identifying and eliminating exacerbating factors. Because patients with [chronic headache](#) often overuse acute medications, the next key is assessing for medication overuse. The final key is continued management. The patient and physician should communicate about treatment goals.

"The patient management guidelines presented in this article should help physicians improve treatment success and proactively address common comorbidities among their patients with [chronic migraine](#)," the authors write.

One author has [financial ties](#) to Allergan Inc., which provided funding for the article.

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