

# Migraine: how to diagnose, manage and prevent

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Migraine is a major cause of disability, affecting about 12% of people. A 2-part series published in *CMAJ (Canadian Medical Association Journal)* on diagnosing and managing the condition with both acute and

preventive therapy provides guidance for clinicians.

"The goal of [treatment](#) of migraine attacks is to provide rapid relief from pain and other migraine-related symptoms, to restore patient function and to prevent recurrence," writes Dr. Tommy Chan, Department of Clinical Neurological Sciences, Western University, London, Ontario, with coauthors.

"A stratified approach to treatment that empowers patients to choose from different options, depending on attack symptoms and severity, and encourages them to combine medications from different classes (e.g., [nonsteroidal anti-inflammatory drugs](#) and triptans) for severe or prolonged attacks, is preferred."

Part 2 of the review, which will be published February 6, focuses on preventive treatment to reduce the frequency and severity of migraine attacks.

**More information:** Diagnosis and acute management of migraine, *Canadian Medical Association Journal* (2023). [DOI: 10.1503/cmaj.211969](#)

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