



Menstrual migraine

The Approach to Menstrual Migraine

A proportion of women suffer from migraine attacks in association with the menstrual cycle, termed menstrual related migraine (MRM). MRM occurs between days -2 and +3 of the first day of menstruation (which is +1) in at least 2 out of 3 menstrual cycles.

Women with MRM will also have attacks at other times.

Less than 10% of women report migraine exclusively with menstruation and at no other time ('pure' menstrual migraine)

Using acute Treatments

The acute treatment of menstrual related attacks is no different to non-menstrual attacks.

Head-to-head studies do not show clear superiority of one triptan over any other.



Using short term preventive treatments for menstrual related migraine

Recommended triptans for short term prevention of menstrual related migraine or pure menstrual migraine

DRUG	FORMULATION	STRENGTH
FROVATRIPTAN ^{255,256}	TABLET	2.5 mg twice daily on the days migraine is expected (generally from two days before until three days after bleeding starts).
ZOLMITRIPTAN ²⁵⁷	TABLET	2.5 mg twice or three times a day on the days migraine is expected (generally from two days before until three days after bleeding starts).

All treatments for short term prevention of menstrual related migraine or pure menstrual migraine

DRUG	FORMULATION	STRENGTH
FROVATRIPTAN ^{255,256}	TABLET	2.5 mg twice daily on the days migraine is expected (generally from two days before until three days after bleeding starts)
NARATRIPTAN ^{258,259}	TABLET	2.5 mg twice daily on the days migraine is expected (generally from two days before until three days after bleeding starts)
ZOLMITRIPTAN ²⁵⁷	TABLET	2.5 mg twice or three times a day on the days migraine is expected (generally from two days before until three days after bleeding starts)

Targeted oestrogen supplementation

Menstrually targeted oestrogen supplementation (assuming no contraindications) has been found in some studies to offer benefit in menstrual related migraine.

However, a rebound increase in migraine attack frequency has been found when the effect of this strategy has been considered over the whole menstrual cycle.