

# Attack-Based Treatment

## A Position Statement

### OVERVIEW

Migraine is a disabling neurological disease affecting nearly 40 million Americans. While attacks can sometimes seem to come out of nowhere, patients may come to recognize triggers, which can vary from person to person.

For some patients, weather factors like barometric pressure or humidity may trigger migraine attacks. For others, migraine attacks could be hormonally triggered. These triggers may result in longer-lasting or more treatment-resistant attacks.

To properly manage migraine disease, patients must understand the triggers they face and have an attack-based plan that allows them to address different types of attacks.

### POSITION

- **Patients, providers and health plans should recognize the necessity of attack-based treatment.**

No one treatment works for every patient or every attack. Attack-based treatment empowers patients and providers to adjust the treatment approach to address each attack.

- **Workplaces should offer flexibility and accommodations for employees with migraine disease to manage attacks.**

Patients who experience severe migraine attacks may need to retreat to a quiet, dark room or reschedule meetings. Likewise, workplaces should aim to be free from potential triggers, such as fluorescent lights or strong fragrances.

- **Patients and health care providers need the autonomy to create attack-based care plans.**

There are a variety of tools to manage migraine. Patients need the freedom to determine with their provider which treatment works for them. Access to a range of preventive tools is essential for migraine management.