WebMD® REAL STORIES

CHRONIC MIGRAINE

HEALTH SMARTS

Setting treatment expectations

page 12

FIRST PERSON

I found a routine that works for me

page 14

VIEWPOINT

I refuse to give up

page 16

COMPLIMENTARY COPY
TAKE ONE HOME

SCAN ME

Watch this video for an intimate look at one woman's experience with chronic migraine. For more on her story, turn to page 16. Use your smartphone camera to activate the QR code.

SPRING 2026

INSIDE THE ISSUE

3
NEWS
The latest research

9
BY THE NUMBERS
Stats and facts

10
GOOD TO KNOW
How does chronic migraine affect your life?

12
HEALTH SMARTS
Setting treatment expectations

14
FIRST PERSON
I found a routine that works for me

16
VIEWPOINT
I refuse to give up

GETTY IMAGES

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THE LATEST ON CHRONIC MIGRAINE

TREATMENT THAT LASTS

For individuals whose migraines continue despite multiple treatment attempts, finding a long-term preventive option is often difficult. In a U.S. study, adults with chronic migraine who started an intravenous anti-CGRP monoclonal antibody were more likely to stay on treatment than those using self-injected anti-CGRP options. Many patients had previously used multiple acute medications or stopped preventive treatments. Experts suggest that effective treatment with less frequent, quarterly dosing and regular involvement of a health care provider may help patients stay on therapy longer.

SOURCE: *The Journal of Headache and Pain*

Over 39 million

Number of people living with migraine in the U.S.

SOURCE: American Headache Society

About 2.4 million

Estimated number of adults living with chronic migraine in the U.S.

SOURCE: *Headache*

WHEN DIAGNOSIS SHAPES CARE

Do you have frequent migraines? Are they chronic? That distinction can matter more than many people realize. Researchers analyzed the medical records of over 220,000 people with migraine and found that some people without a chronic diagnosis relied on pain medicines such as triptans or gepants just as heavily as those with a chronic diagnosis. Nearly 3 in 10 people with chronic migraine and fewer than 1 in 10 without a chronic diagnosis received CGRP preventive treatments. Consider talking with your doctor about your symptoms as getting the right diagnosis may help you get the right care.

SOURCE: *Frontiers in Neurology*

THE HIDDEN MIGRAINE TOLL

To better understand how migraine affects daily lives, researchers in the U.S. conducted in-depth interviews to capture real patient voices and lived experiences. People reported that chronic migraine affected their ability to complete daily tasks, think clearly, maintain emotional health, and manage work or relationships during or between migraine attacks. Many said they had to withdraw from activities or push through symptoms to keep up with the responsibilities. These findings highlight the need for a care plan that is tailored to each person's life demands, triggers, and goals rather than a one-size-fits-all approach.

SOURCE: *Headache*

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When working hard to
manage migraine is one big

nope

say yep to vyepti®

VYEPTI was purposefully designed as an intravenous (IV) infusion to start working fast and keep working through month 3 after each infusion.

Just four **30-minute IV infusions** a year (every 3 months) given by a healthcare provider.

100% of the medication is delivered directly to the bloodstream, so it can get right to work.

Learn more about IV infusion

Scan to learn more about the VYEPTI infusion experience.

APPROVED USE
VYEPTI is a prescription medicine used for the preventive treatment of migraine in adults.

IMPORTANT SAFETY INFORMATION

Do not receive VYEPTI if you have a known allergy to eptinezumab-jjmr or its ingredients.

VYEPTI may cause serious side effects such as:

- **Allergic reactions.** Call your healthcare provider or get emergency medical help right away if you have any symptoms of an allergic reaction: rash; swelling of your face, lips, tongue, or throat; if you have trouble breathing; hives; or redness in your face.
- **High blood pressure.** High blood pressure or worsening of high blood pressure can happen after receiving VYEPTI. Contact your healthcare provider if you have an increase in blood pressure.
- **Raynaud's phenomenon.** A type of circulation problem (Raynaud's phenomenon) can worsen or happen after receiving VYEPTI. Contact your healthcare provider if you have symptoms such as your fingers or toes feeling numb, cool, or painful, or changing color from pale to blue to red.

Before starting VYEPTI, tell your healthcare provider about all your medical conditions, including if you have high blood pressure; circulation problems in your fingers and toes; are pregnant or plan to become pregnant; or are breastfeeding or plan to breastfeed.

Tell your healthcare provider about all the medicines you take, including any prescription and over-the-counter medicines, vitamins, or herbal supplements.

The most common side effects of VYEPTI include stuffy nose and scratchy throat, and allergic reactions. These are not all the possible side effects of VYEPTI. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see the accompanying Summary of Information About VYEPTI on the following pages of this advertisement.

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say yep to more migraine-free days

VYEPTI is the 1st and only FDA-approved intravenous (IV) infusion for the prevention of migraine in adults. In clinical trials, people on VYEPTI saw fast, powerful, lasting results.

Fast
With VYEPTI, more people had migraine-free days during the first week after treatment, some as soon as Day 1.*

Powerful
People treated with VYEPTI had fewer monthly migraine days through month 3, compared with placebo.

Lasting
Just one 30-minute treatment 4x a year (given by a healthcare provider every 3 months).

After the first infusion, compared with placebo, as described in the FDA-approved prescribing information.

Get study results
Scan to learn more about proven migraine prevention with VYEPTI in 2 clinical studies.

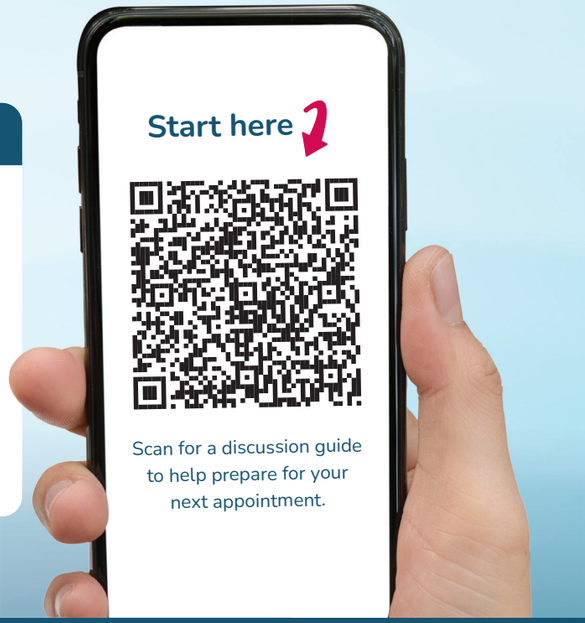
Ready to ask your doctor about VYEPTI?

vyepti®
(eptinezumab-jjmr)
100 mg/mL Injection for IV

Speaking up at your doctor appointment can feel like a lot. But partnering with your doctor can help you find out if VYEPTI could work for you.

5 topics to help you feel heard

- Common triggers of your migraine attacks
- How your experience with migraine makes you feel
- Number of migraine days you had in the last month
- How you've tried managing migraine in the last month
- If you're open to trying an IV infusion treatment



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Before starting VYEPTI, tell your healthcare provider about all your medical conditions, including if you have high blood pressure; circulation problems in your fingers and toes; are pregnant or plan to become pregnant; or are breastfeeding or plan to breastfeed.

Tell your healthcare provider about all the medicines you take, including any prescription and over-the-counter medicines, vitamins, or herbal supplements.

The most common side effects of VYEPTI include stuffy nose and scratchy throat, and allergic reactions. These are not all the possible side effects of VYEPTI. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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Summary of Information About VYEPTI

Important Facts about VYEPTI® (vye-ep'-tee) injection for intravenous use, also known as eptinezumab-jjmr.

VYEPTI is a prescription medicine used for the preventive treatment of migraine in adults and is given by a healthcare provider as an intravenous infusion every 3 months.

When should I not take VYEPTI?

Do not receive VYEPTI if you are allergic to eptinezumab-jjmr or any of the ingredients in VYEPTI.

What Warnings should I know about VYEPTI?

VYEPTI may cause serious side effects, including:

- **Allergic reactions.** Allergic reactions can happen after receiving VYEPTI. Call your healthcare provider or get emergency medical help right away if you have any of the following symptoms of an allergic reaction: rash; swelling of your face, lips, tongue or throat; trouble breathing; hives; or redness in your face.
- **High blood pressure.** High blood pressure or worsening of high blood pressure can happen after receiving VYEPTI. Call your healthcare provider if you have an increase in blood pressure.
- **Raynaud's phenomenon.** A type of circulation problem (Raynaud's phenomenon) can worsen or happen after receiving VYEPTI. Call your healthcare provider if you have symptoms such as your fingers or toes feeling numb, cool, or painful, or changing color from pale to blue to red.

What are the side effects of VYEPTI?

The most common side effects of VYEPTI include:

- stuffy nose and scratchy throat
- allergic reactions

These are not all of the possible side effects of VYEPTI. **Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.**

What should I tell my health care provider?

Before you receive VYEPTI:

Tell your healthcare provider about all of your medical conditions, including if:

- You have high blood pressure.
- You have circulation problems in your fingers or toes.
- You are pregnant or plan to become pregnant. It is not known if VYEPTI will harm your unborn baby.
- You are breastfeeding or plan to breastfeed. It is not known if VYEPTI passes into your breast milk.
- You are under 18. It is not known if VYEPTI is safe and effective in children.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

This information is not comprehensive. To learn more about VYEPTI, talk to your health care provider, call 1-833-4-VYEPTI (833-489-3784), or go to www.vyepti.com for the full Prescribing Information and Patient Information.

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STATS & FACTS

Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

MORE THAN 1 BILLION

Number of people worldwide who have migraine.

Up to 3

Number of days a migraine headache can last.

3x

How much more likely women are to experience migraine than men.

50%

Amount of monthly headache days that can be reduced with preventive treatments, such as CGRP monoclonal antibodies.

12 to 24

Number of hours it should take for a migraine headache to start after eating a food that triggers symptoms.

ABOUT 25%

Amount of people who experience aura, such as vision changes, muscle weakness, or trouble speaking, before some or all migraine attacks.

24 to 48

Number of hours it can take to recover from a migraine hangover (such as tiredness or trouble concentrating), even after the headache pain eases.

SOURCES: The Migraine Science Collaborative, American Migraine Foundation, *JAMA*

This content was created using several editorial tools, including AI, as part of the process. Human editors reviewed this content before publication.

VECTEEZY.COM

HOW DOES CHRONIC MIGRAINE AFFECT YOUR LIFE?

Chronic migraine isn't "just a headache." Each episode can last several days and have far-reaching effects on every aspect of life.

By Sonya Collins **Reviewed by** Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

If you live with chronic migraine, you're contending with headaches on at least 15 days of every month. On at least eight of those days, you've got a migraine that can derail your whole life.

"Although most people think migraine is just a bad headache, it's much more than that," says Joy Derwenskus, DO, director of the Women's Neurology Program at Vanderbilt University Medical Center in Nashville.

NOT JUST A HEADACHE "DAY"

While chronic migraine is diagnosed by the number of headache days you have, the migraine cycle can last for much longer than just one day.

During the prodrome phase, which may last several days, you might be irritable, fatigued, and unable to focus. You may yawn a lot and crave specific foods. If you have aura, about an hour before the actual headache starts you'll see sparkling lights or zigzag lines.

When the headache starts, Derwenskus says, "You may not be able to function due to the pain." It can last for a few hours to a few days and bring on throbbing pain, nausea, vomiting, and sensitivity to light, sounds, and smells.

"Light sensitivity can be a big one for people who work in front of a computer or in an office where they don't have control over the lighting," says Katherine S. Carroll, MD, a neurologist specializing in headache medicine at Northwestern Medicine in Chicago.

During the postdrome phase, you may still be fatigued and have trouble concentrating. "People describe it like being hung over," Derwenskus says. "A migraine can impact a person for up to a week."

EFFECTS ON DAILY LIFE

Migraine can touch every corner of your life. It can keep you home from work, and even when you go in, you might not be fully there. "It's called presenteeism," Carroll says, "when you're there, but you're not functioning at your highest level."

And these severe headaches don't only interrupt you on the job. A survey in *Neurology and Therapy* found that people living with migraine saw the negative effects of it on their relationships, leisure and social activities, driving, sleep, and mood.

"Migraines can be so unpredictable that individuals may not make plans to attend functions or go out

EKATERINA GONCHAROVA/VIA GETTY IMAGES

with friends or family out of concern they may have a migraine," Derwenskus says. "This has a significant impact on relationships."

MENTAL HEALTH IMPACT

With headaches that can interfere with just about everything, people who have migraine are more likely than others to develop depression, anxiety, and PTSD. These emotional challenges can be made worse by the fact that people with migraine may feel unseen or misunderstood.

"You look healthy on the outside, so people may think, 'It's just a headache. Take an aspirin and get on with your life,'" Carroll says. "Unfortunately, that doesn't work with chronic migraine."

MIGRAINES AND DAILY LIFE

Try these tips to minimize your headaches' interference in your everyday life.

+ Treat migraine at the first sign.
+ Be consistent with preventive therapy.
+ Manage stress.
+ Stay hydrated.
+ Get enough sleep.

SET TREATMENT EXPECTATIONS WITH YOUR CARE TEAM

It may take time and a combination of approaches to get you the relief you need, but take heart—there are many treatment options for chronic migraine. Your team will help find the best one for you.

By Sonya Collins **Reviewed by** Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

If you've already tried a few things for your chronic migraine without great results, it's understandable that you may feel frustrated. But don't give up. There may be many more options available to you than you think.

"Migraine is an extremely common condition with many effective treatments," says Nolan R. Pearson, MD, a neurologist at Cedars-Sinai in Los Angeles. "Even those with chronic migraine can turn the corner and regain significant quality of life with the help of an attentive medical team."

As you work with your care team to adjust your treatment plan, it's important to set your expectations. Here's what you should consider.

TREATMENTS TAKE TIME TO WORK

You might stay on a given treatment for several weeks or months before you and your team can say for sure whether it's helping you. Exactly how long depends on the specific medication. "With injectable medications, for example, I usually give it a good three-month trial," says Julia L. Jones, MD, a neurologist at Houston Methodist in Texas.

BE READY TO TRY SOMETHING NEW

Once you've been on a medication long enough for it to take effect, if you're still having frequent migraines, get ready to try something new. It may be something completely different from your current regimen or it could be a different drug in the same class.

"If you've tried an injectable and it failed, it's OK to try another one," Jones says. "If you've tried and failed on two, we might move you on to an infusion, which works a little bit quicker."

SOMETIMES IT TAKES MULTIPLE MEDICATIONS

Some people with chronic migraine get the best results from a combination of medications. "Patients with treatment-resistant chronic migraine often require layered therapy with multiple

AZMANL/VIA GETTY IMAGES

medications and therapies," Pearson says. Your doctor may add a medication to your current regimen rather than stop one drug and start another.

HEALTHY HABITS MATTER

Your care team might ask about your daily habits to make sure you're set up for success, Jones says. "We need to make sure you're not skipping meals; that you have a regular, consistent sleep pattern; that you're not totally stressed out; and that you're getting some cardio three to four times a week."

YES, YOU *CAN* REDUCE HEADACHE DAYS

A good treatment plan has got to make a noticeable difference in the frequency of your headaches. "Most FDA-approved medications are cutting headaches by at least 50%," Jones says.

If your current plan hasn't caused a significant dip in the number of headaches you endure, ask your doctor if it's time for a change.

WHAT CAN YOU EXPECT?

Here are a few key questions to ask your provider:

+ How long will it take this treatment to work?
+ How much can I expect it to reduce headache days?
+ What side effects should I look out for?
+ When should I come back to see you?

SLOWING DOWN

I found a routine that works for me

By Katie Moran
Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

About 19 years ago, I had cancer in my sinuses and right eye. After my cancer treatment ended, that's when the headaches started. My doctors said it would go away. They told me to be patient. But these headaches had me in bed in the dark. The pain was a 9 or 10. After nearly two years of this, they sent me to a headache specialist who diagnosed me with chronic migraine.

Once I started taking my migraine medications, within three months, my migraine went from a 9-10 pain level to an 8 to a 7. My migraine is still constant, but it's down to a level 5 most days. I can live with it. I also rely on many other tools in my migraine toolbox to pace myself, slow down, and get out of my head for a while.

REST AND FRESH AIR

I try to stick to a regular routine. This means going to bed at the same time and waking up at the same time. Regular sleep helps me stay in a good headspace. There are people that swear by taking a nap. For me, I try not to nap because it messes up my sleep schedule. You have to find what works for you.

Fresh air helps, too. Every day I try to get outside. It doesn't matter if it's hot or if it's cold. Fresh air helps slow me down. It helps make me feel alive, even on my bad days.

GENTLE MOVEMENT AND MEDITATION

If I can, I'll take a walk. That doesn't mean I have to go 2 miles or walk fast. It can be just walking from my driveway, a few houses down, and back, but it gives me a little time to slow down and get out of my migraine mentality.

Meditation and mindfulness are another piece of slowing down. There are many free meditation apps out there. I had to find one where I connected to the voice. There are many types of mindfulness activities: art therapy, writing therapy, yoga, tai chi. I can do a half hour of chair yoga, and I'm not thinking about my migraine in that time.

INSPIRATION AND SUPPORT

One of the newest things I started doing is line art. I'm not an artist. I'm not artistic, but I can sit here for an hour and concentrate on the art. When I'm doing this, I'm not thinking

about my migraine. I'm completely engrossed, and I'm slowing down.

I'm the volunteer and support group director for Miles for Migraine, and I swear by my support groups. It's part of my slowing down, not feeling alone, and coping. I recommend everyone with chronic migraine consider joining a support group because that's where you can be with others who 100% get what you're living with.

OWNGARDEN/VIA GETTY IMAGES; INSET PHOTOGRAPHY BY JOSE ALVAREZ

KATIE'S TIPS

+ **When it's bad, find a dark room** and rest.
+ **Talk to friends.** Get support from family.
+ **If you feel that you're going to have a trigger** or you're going to have a bad one, have abortive medicines you can take.

CHRONIC MIGRAINE **WON'T DEFINE ME**

I refuse to give up and am willing to go to great lengths to find a solution

By Danielle Newport Fancher
Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

I remember my first migraine so vividly. I was 16, driving home after school, when my vision suddenly disappeared. I couldn't see anything but these little dots. I was in the middle of an intersection surrounded by other students and terrified. I managed to get out of the intersection and pull over until I could see clearly again.

A neurologist later diagnosed me with migraine. What I experienced that day was migraine aura, a sensory disturbance that can precede migraine pain. At the time, it felt like something I could manage, just happening here and there. Once I got to my 20s, everything changed and the pain began to heavily impact my life. That's when I was diagnosed with intractable migraine, which means I have chronic migraine pain that never really goes away.

NAVIGATING CHRONIC PAIN

My pain has evolved a lot over the years but tends to be most severe in the back of my head, across my forehead, and around my eyes. I also experience brain fog, exhaustion, shoulder pain, and numbness in my fingers and my face. And, as I mentioned before, recurring migraine aura.

There is no clear answer for why this has happened to me. I've tried an extensive list of medications, but the CGRP inhibitors show a lot of promise. Nerve blockers have also been helpful, and I'm a big fan of eating healthy, getting enough sleep, staying hydrated, ice packs, hot showers, and caffeine.

I've stayed at inpatient neurological centers and even moved to Costa Rica for a short time, living in the sunshine, doing yoga, reiki, and craniosacral therapy. Nothing worked, but I think it speaks to the depths I'm willing to go to find a solution.

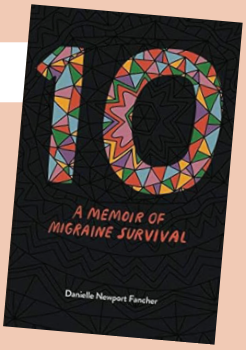
RESILIENCE IS A DAILY PRACTICE

I'm very conscientious of my lifestyle choices, but I'm also a mother, a wife, and I work full time. On the days when I'm in a great deal of pain, I've learned to self-coach to get myself through it or ask for help when I can't and rely on others to support me.

A good day still includes pain, but I've learned to not let it bring me down. I've worked hard to be present with my family and friends while still balancing my career, goals, and making an impact in the migraine community, refusing to let the condition define my life.

DANIELLE'S TIPS

+ **Get Expert Help.** Find a headache specialist.
+ **Find Community Connections.** Read my book, *10: A Memoir of Migraine Survival*.
+ **Give Yourself Grace.** Don't be too hard on yourself.



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