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Tip for That #7: Integrative Medicine Competency: Health Conditions (Migraine)

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Integrative Medicine Competency: Health Conditions (Migraine)

June 1, 2016

Facts for caregivers to consider:

- More than 10 million Americans have migraine headaches, which cause unnecessary suffering and are often debilitating.
- Migraines cost US employers approximately \$12 billion annually, mostly due to absenteeism. [\[1\]](#)
- Migraines are difficult to treat and prevent. Conventional drugs such as calcium channel blockers, beta-blockers, anti-seizure medications, antidepressants, antiemetics and triptans have side effects and limited efficacy.

For those who do not respond to, have side effects from, or wish to try something other than prescription medications, feel free to share the attached handout or turn it into a smart phrase for an easy AVS.

I hope you enjoyed this installment of Tip for That. My intent is to educate and provide quick tips for excellent patient care. I welcome your feedback.

In Health,
Kristen

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