

Todd A. Smitherman

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# Clinician's Manual on Migraine

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Todd A. Smitherman

# Clinician's Manual on Migraine

Todd A. Smitherman  
Department of Psychology  
The University of Mississippi  
Oxford, MS  
USA

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*To my sister, Laura*



# Preface

This handbook details the assessment and evidence-based treatment of migraine in adults. Migraine is the third most common medical condition worldwide but is often underdiagnosed and insufficiently treated in clinical settings. This handbook incorporates diagnostic criteria from the most recent edition of the International Classification of Headache Disorders, third edition (ICHD-3), as well as recently published reviews on evidence-based pharmacotherapy. It is not intended to be a comprehensive overview of the entire field of headache medicine or all possible methods of care, but rather a concise clinical guide. This guide is intended for healthcare professionals who work with migraine and other headache patients, including primary care physicians, neurologists, emergency room physicians, and behavioral health providers.

The information herein is based on assessment of current scientific literature, including published treatment guidelines, meta-analyses, and randomized controlled trials. Because several of the pharmacologic agents with empirical support are used off-label for migraine, some off-label drug use is reviewed insofar as it is supported by empirical evidence or clinical guidelines. Individual patient care decisions must ultimately occur between the patient and the treating provider.

Note: Because migraine occurs disproportionately in women, the feminine pronoun “she” is used throughout this book.

Oxford, MS, USA

Todd A. Smitherman