Hormonal Changes

Make migraine more common:1-3
- In girls than boys after puberty
- In women than men throughout adulthood

During Perimenopause
- 10% of children have migraine; the risk of developing it increases until puberty.1

Up to 10% of children have migraine; the risk of developing it increases until puberty.1

One third of women with migraine say their first attack and their first menstrual period happened around the same time.19

Headache and Menstrual Cycle

- Most women say their attacks are associated with their menstrual cycle3
- Attacks associated with menstruation may be harder to treat4-8
- The fall in estrogen during the menstrual cycle is thought to trigger attacks

During Menopause
- Two thirds of women have significantly fewer attacks17
- Hormone replacement therapy may increase the frequency of attacks18

Hormone replacement therapy may reduce the frequency of attacks by addressing hormonal imbalance

Menopause
- Big swings in estrogen levels occur

Pregnancy
- Reduce the risk of attacks without medication:
  - Eat healthy and stay hydrated
  - Get enough exercise and sleep
  - Try meditation, yoga, or massage

According to the American Academy of Pediatrics:13,15
- It is safe to nurse babies

ACOG:14
- Distribution and excretion of sumatriptan in human milk.

Tension Type
- Two thirds of women have fewer attacks, particularly in the second and third trimesters
- Some women have their first attack during pregnancy — it can be more severe or include an aura
- Some patients get worse immediately after delivery

Hormone replacement therapy and normal contraceptives:
- May help to prevent attacks related to menstruation
- Do not help everyone4

References: