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

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

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

33%

During Perimenopause
- Big swings in estrogen levels occur
- Attacks can get worse, especially if they tend to happen around menstruation
- Hormone replacement therapy may reduce the frequency of attacks by addressing hormonal imbalance

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

According to the American Academy of Pediatrics:13,15
- It is safe to nurse babies when being treated for migraine
- The triptans pose no risks to infants

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

Menstrual Pain
- Most women say their attacks are associated with their menstrual cycle
- Attacks associated with menstruation may be harder to treat
- The fall in estrogen during the menstrual cycle is thought to trigger attacks
- Hormone replacement therapy and hormonal contraceptives:
  - May help to prevent attacks related to menstruation
  - Do not help everyone8

Migraine without aura
Day of Menstrual Cycle

Menstrual Menstrual Cycle

Stabilizing estrogen

References