

Information Sheet for Patients with Perimenopausal Migraine

If you have a migraine sensitivity to oestrogen levels then things are likely to get worse as you approach the menopause as oestrogen levels fluctuate more markedly. A clue to whether you have oestrogen sensitivity is whether you were troubled by menstrual migraine or migraines were better during pregnancy when oestrogen levels remain constant.

If you have menopausal symptoms then one option is to attempt to smooth out the fluctuating oestrogen with HRT. It is important to start low and increase slowly either with oestrogen gel or Evorel patches 25 micrograms. These are constructed in a matrix so they can be cut. Start with a quarter of a patch and build up gradually to a maximum of 100 micrograms. Avoid oral HRT as this will only exacerbate any oestrogen fluctuation.

Escitalopram or Venlafaxine are antidepressant drugs that can help menopausal symptoms and may be useful for the management of headache. You can cautiously optimistic in that once you have passed through the menopause; oestrogen levels will be reduced to a very low stable level with consequent reduction or cessation in migraine.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects.

Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.