**Box 5.7  Treating menstrual headache: perimenstrual prevention**

- **Hormone therapy**
  - 7-day 100 mg estrogen patch
  - Eliminate placebo week from oral contraceptives for 2 or 3 months

- **Acute-care medications**
  - Nonsteroidal anti-inflammatory drugs (excluding aspirin or ibuprofen)
  - 2.5 mg naratriptan twice daily
  - 2.5 mg frovatriptan once or twice daily

- **Preventive medications**
  - β-blocker
  - Antidepressant (excluding fluoxetine)
  - Calcium channel blocker
  - Antiepilepsy drug (valproic acid or gabapentin)

- All medications should be used at the usual dose for 3 days before the expected menstrual period and during first 2–4 days of menses. Do not use unless diary confirms headache occurrence exclusively in association with menses.