

## Preface

Migraine affects nearly one in every five adult women, with the peak prevalence during the mid-thirties. Since women are typically affected with migraine during their reproductive years, it is not surprising that many women in their childbearing years will seek medical care for migraine during pregnancy and lactation. Clinicians are often apprehensive about treating migraines in fertile and pregnant women because of concerns about treatment effects on their unborn babies, often resulting in under-treatment of disabling pain and nausea. Fortunately, a variety of relatively safe and effective drug and non-drug treatments are available for migraine-related pain and nausea during conception, pregnancy, and nursing. This book provides a comprehensive resource to address diagnosis, testing, and treatment of headaches in reproductively fertile women.

The term *safe* is used in this book to describe treatments that are considered to be relatively safe for women to use during pregnancy or when nursing. Clinicians using this information should remember that all drugs have certain risks of adverse events and relative safety is often based on limited data, particularly during pregnancy. Ideally, the treatment of headaches in pregnant or lactating women would not need to include medications; however, this is not always feasible. Relative safety needs to be balanced against the consequences of untreated headache, which might include vomiting, dehydration, and disability. Recommendations in this book are based on published evidence in the literature and clinical experience, with full referencing for suggested therapies.

Dr. Dawn Marcus is a neurologist who has devoted a large portion of her professional career to the treatment of patients with chronic pain and headache. She developed a successful multidisciplinary headache clinic at the University of Pittsburgh Medical Center and currently directs headache research there. Her years of clinical experience resulted in developing practical tips and resources for managing difficult headache populations. She is an active writer and lecturer on topics related to headache and chronic pain and has authored several practical books for both healthcare providers and a lay audience ([www.dawnmarcusmd.com](http://www.dawnmarcusmd.com)).

Dr. Philip Bain is a practicing internist in a large multispecialty organization in Madison, WI. Though he has a large general internal medicine practice, he

has had a long-standing interest in the diagnosis and treatment of headache disorders by primary care providers. He has developed a myriad of helpful patient handouts and primary care tools that have helped primary care providers treat headache patients efficiently and consistently. His focus on office workflow has resulted in the development of a variety of practical tools to assist clinicians in treating pregnant and nursing migraine sufferers both efficiently and effectively.

Together Drs. Marcus and Bain bring a wealth of practical, ready-to-use, clinically tested tips and recommendations to treat women with headaches during pregnancy and nursing. This book uniquely answers frequently asked questions by patients and provides healthcare providers with easy-to-use office tools for patient education and charting documentation. Resources are provided within the text, with printable materials available on the enclosed CD-ROM for ready use in the clinic. Additional materials may be accessed through Dr. Marcus's website [www.dawnmarcusmd.com](http://www.dawnmarcusmd.com). Both authors are eager to receive comments and suggestions for additions and improvements to the book through a link available at this website.

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