

**Box 4.2** Acute migraine medication quiz (Reprinted with permission by New Harbinger Publications, Inc. *10 Simple Solutions for Migraines*, Dawn A. Marcus. [www.newharbinger.com](http://www.newharbinger.com))

1. Two hours after taking your acute migraine medication, do you still have substantial pain, sensitivity to light and sound, or nausea?
2. Do you usually need to take two or more doses before the pain goes away?
3. Do you use some acute migraine medication three or more days every week?
4. Do you use over-the-counter painkillers for your headache almost every day?
5. Do your friends, family, or doctors worry that you're overusing your migraine medication?

If you answered “yes” to any of these questions, you are probably not achieving optimal relief from your current migraine medications. Talk to your doctor about a change in therapy.