

HEADACHE DISORDERS:

HOW CAN WE BETTER MANAGE THE PAIN?

ADDITIONAL RESOURCES

This audio CME activity is associated with a live presentation at the 2017 Update in Headache meeting.

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POSTTEST ANSWERS AND RATIONALES

1. Which is NOT true of calcitonin gene-related peptide (CGRP)?

- a. Release correlates with a migraine attack
- b. **Stabilizes mast cells**
- c. Is present on trigeminal neurons
- d. Produces vasodilation

Explanation

Both the central and peripheral nervous systems show widespread expression of CGRP, consistent with their roles in vasodilation, nociception, motor function, secretion, and olfaction.¹ The α CGRP isoform is prominently found in primary spinal afferent C and A δ fibers of sensory ganglia. In the enteric nervous system, the β CGRP is the main isoform.¹ Peripheral projections contribute to neurogenic vasodilatation and inflammation. Correspondingly, central release leads to hyperalgesia.¹ CGRP receptor components are also localized to mast cells in rodent models and are found to degranulate them.²

2. What percentage of patients meet the criteria for being offered a preventive treatment?

- a. 8.4%
- b. 20%
- c. **32.4%**
- d. 50%

Explanation

In the American Migraine Prevalence and Prevention (AMPP) survey, 43.3% of migraineurs had never used a preventive medication, despite 32.4% having met criteria for considering or being offered it.³ More recently, data from the Chronic Migraine Epidemiology and Outcomes (CaMEO) study found that only 4.5% of participants who met criteria for chronic migraine were receiving successful chronic migraine care.⁴

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