

Menstrual Migraine: The Role of Hormonal Management

This activity has been planned and produced in accordance with ACCME Essentials. The estimated time to complete this activity is 1 hour.

Instructions: Read the article beginning on page 54 and select the best answer for each of the following questions. Test form and mailing instructions are on the next page.

- 1. Approximately what percentage of female migraineurs note some association between migraine and menses?**

 - 25%
 - 40%
 - 60%
 - 80%
- 2. Approximately 14% of female migraineurs experience:**

 - migraine with aura.
 - pure menstrual migraine.
 - menstrually related migraine.
 - both pure and menstrually related migraine.
- 3. Menstrually related migraine occurs:**

 - in almost 50% of female migraineurs.
 - either just before or just after menses.
 - only in women younger than age 40 years.
 - primarily in nulliparous women.
- 4. Menstrual migraine has been associated with decreased levels of all of the following except:**

 - progesterone.
 - estradiol.
 - serotonin.
 - endorphins.
- 5. The preferred therapy for menstrual migraine is ≤ 0.035 mg/d of estrogen in the form of:**

 - standard-regimen oral contraceptives (OCs).
 - continuous-regimen OCs.
 - an estrogen-containing vaginal ring for 3 wk/mo.
 - a transdermal contraceptive patch.
- 6. During the first 3 months of continuous-regimen OC use, the most common side effect is:**

 - nonmigrainous headache.
 - weight gain.
 - acne.
 - breakthrough bleeding.
- 7. In women who cannot or do not wish to use estrogen, a > 50% improvement in menstrual migraine has been reported for:**

 - progestin-only OCs.
 - the progestin-releasing intrauterine device.
 - leuprolide.
 - depot medroxyprogesterone acetate.
- 8. Improvement in menstrual migraine is likely in 66% of female migraineurs who:**

 - experience natural menopause.
 - experience surgical menopause.
 - experience premature ovarian failure.
 - use postmenopausal hormone therapy.
- 9. Estrogen-containing OCs are contraindicated in female migraineurs who:**

 - have nonmenstrual migraine.
 - have migraine with aura.
 - are older than age 40 years.
 - have more than one migraine per week.
- 10. Women with menstrual migraine who are using estrogen therapy:**

 - also require a prescription for rescue medication.
 - do not require a prescription for rescue medication.
 - should also use triptans for migraine prophylaxis.
 - should not receive estrogen supplementation during the pill-free interval.

Menstrual Migraine: The Role of Hormonal Management

Susan Hutchinson, MD

(Termination date: March 31, 2008. No credit will be given after that date.)

Record your answers here by circling the appropriate letter:

1. a b c d
2. a b c d
3. a b c d
4. a b c d
5. a b c d
6. a b c d
7. a b c d
8. a b c d
9. a b c d
10. a b c d

Name			
(Please print)	Last	First	Initial
Degree		Specialty	
Address			
City			
State/ZIP			
Phone #			
I have read this article and completed this activity in _____ hours.			
Signature		Date	

For you to obtain credit, 70% or more of your answers must be correct. To cover costs of processing, please enclose a check for \$15, which is tax-deductible, payable to the Albert Einstein College of Medicine, and mail with this answer sheet to:

Albert Einstein College of Medicine
Center for Continuing Medical Education
Attn: TFP
3301 Bainbridge Avenue
Bronx, NY 10467

Participants will receive certification for their records in approximately 4 to 6 weeks.

Course Evaluation

Albert Einstein College of Medicine is interested in your opinion. Please take a moment to evaluate this activity.

1. In comparison with other activities, how would you rate this activity?
 Excellent Good Fair Poor
2. Did this activity meet the stated objectives? Yes No
 Comments: _____

3. What percentage of the material is new to you?
 100% 75% 50% 25% 0%
 Please give two examples of what you learned:

4. As a result of your participation in this activity are you making any changes in your practice? Yes No
 Please give two examples:

5. Were any portions of this activity unsatisfactory or inappropriate? Yes No
 If so, which?

6. Do you find the information presented in this activity to be objective, balanced, and of scientific rigor? Yes No
 Comments: _____

7. In your opinion, were the authors biased in their discussion of any commercial product or service? Yes No
 Comments: _____

8. Is there subject matter you would like included in the future?
 Yes No
 Comments: _____

