

# SURVEY REPORT

## Combination Therapy for Migraine



Migraine Meanderings and the Headache and Migraine Policy Forum recently conducted an online survey to better understand the experience people with migraine have with combination therapy for migraine. 516 responses were gathered via social media and email.

### THE RESULTS



#### FREQUENCY

On average, respondents report having migraine:

- 60%** 15 days or more/month
- 25%** 8-14 days/month
- 16%** 1-7 days/month



#### TREATMENT

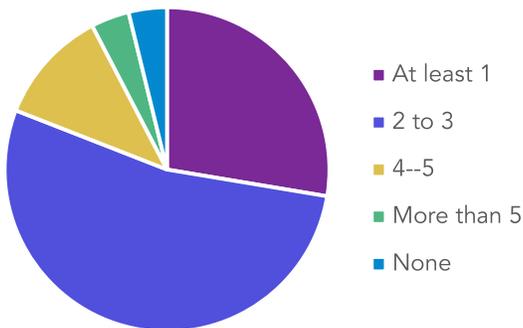
**100% of respondents** take at least one preventive and/or one abortive treatment for migraine.

**65%** say their doctor has discussed different treatment options to create a personalized treatment plan and are open to new options



#### ABORTIVE TREATMENTS

**75% of respondents** have been prescribed more than one abortive treatment at a time.

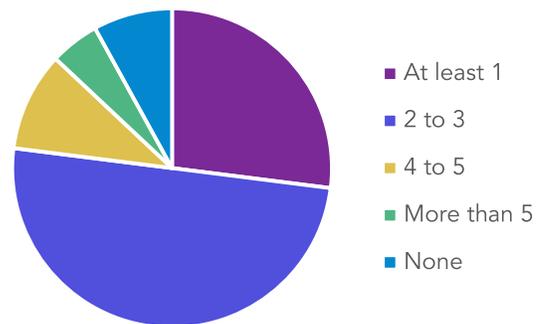


- 60%** have been prescribed a **combination of abortive treatments to stop different types** of migraine attacks.
- About 55%** have been prescribed **fast-acting medications** to take if their regular oral medications don't work or the nausea/vomiting is too severe.



#### PREVENTIVE TREATMENTS

**71% of respondents** have been prescribed more than one preventive treatment at a time.



**42%** of those who **use a combination of preventive treatments** say their number of migraine attacks has **decreased**:

- 22%** experience a **25% decrease**
- 16%** experience a **50% decrease**
- 10%** experience a **75%+ decrease**

*“Having to meet specific criteria in order to access certain types of drugs scripted by my team of professionals is frustrating. They recommend a specific treatment and I can't follow it until I jump through insurance hoops. Insurance companies should not be able to dictate medical steps in my journey to treat my chronic illness. My team of dedicated professionals and I should have a much bigger say in the steps I take.”*

—Survey Respondent



## TREATMENT REDUCTION

44% of those who use a combination of preventive treatments say **the severity of their migraine attacks has decreased, reducing the number of abortive medications they need.**

- 23% experience a 25% reduction
- 16% experience a 50% reduction
- 10% experience a 75%+ reduction



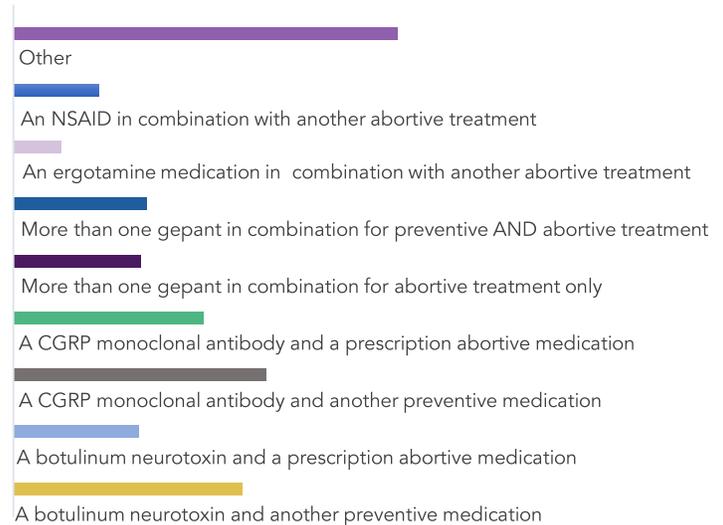
## COMBINATION TREATMENTS

- About 80% have been prescribed a monoclonal antibody (Aimovig, Emgality, Ajovy, Vyepti) in combination with at least one other preventive treatment.
- About 60% have been prescribed a botulinum neurotoxin (such as Botox, Dysport or Xeomin) in combination with another prescribed preventive treatment.
- About 65% have been prescribed a botulinum neurotoxin (such as Botox, Dysport or Xeomin) in combination with another prescribed abortive treatment.
- About 54% been prescribed multiple CGRP inhibitors for preventive and/or abortive treatment.
- Less than 22% have ever received preventive medication through IV infusion in combination with another drug to prevent migraine.

## BARRIERS TO MEDICATION ACCESS

- 68% of respondents have experienced insurance issues accessing the combination of medications their doctor prescribed.
- 38% say the inability to access the combination of treatments they need has impacted their ability to manage their migraine and has negatively impacted their quality of life.
- 41% say the inability to access the combination of treatments they need has negatively impacted their work, career, social life and relationships.

Respondents say their insurance has denied the following combinations of medications:



## SURVEY DEMOGRAPHICS

### GENDER

- 95% female
- 3% male
- 2% other

### AGE

- 65+: 7%
- 56-64: 18%
- 41-55: 41%
- 26-40: 30%
- 18-24: 4%

### INSURANCE TYPE

- 67% Private commercial insurance
- 33% Government-funded insurance
- 10% Other



## PATIENT VOICES

Respondents had the following to say about their experience with combination therapy for migraine

*"My present doctor has not tried anything new in 5 years."*

*"One of my main challenges with chronic migraine is many of the oral preventative and abortive treatments (like triptans) don't work well enough for the severity of my migraines. However, my health insurance won't approve trying other treatments (like gepants, GPCR, Botox, etc.) until I exhaust other options that clearly aren't working for me."*

*"I also have fibromyalgia and depression so am taking medications that have double uses."*

*"Step therapy was a huge barrier, as was my doctor's willingness to mix CGRP preventatives with CGRP abortives."*

*"The cost of medications is also a problem, especially when you have to take/try so many."*

*"Unfortunately for me, it comes down to cost and no time to fight it."*

*"Thankfully my doctor and I are constantly going up against my insurance and have gotten things approved. The biggest struggle is the devices as they are expensive and I cannot afford them."*

*"Many physicians view combination therapy as unnecessary."*

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