

3 Common Mistakes People Make When Diagnosed with MIGRAINE...



PghMigraineChallenge.com

PITTSBURGH
MIGRAINE
CHALLENGE

724-741-6080

Info@PghMigraineChallenge.com

Mistake #1:

My Doctor says I need to take pills for my Migraines.

The Reality:

- Pills are drugs. Drugs make you feel less pain and symptoms, but unfortunately are no more than a mask. You may look and feel better while having the ability to get through the day, yet your body is still suffering on the inside. We can all agree this is not a good long-term strategy.
- If your body is too weak to function properly on its own, you will find yourself a slave to your drugs. This is a huge problem in the U.S. and often leads to worse conditions and symptoms such as MOH, Migraine Overuse Headaches. Now you have multiple conditions impacting your health.¹
- Even more scary is the fact that the American Headache Society, states that “Most sufferers are consuming the wrong over-the-counter medicine for their pain.” ²

Janet's Story: “My migraines controlled my life.”

Imitrex, Topamax, Amitriptyline, Gabapentin, Zofran, Propranolol, Maxalt, Dilaudid, Hydrocodone, Fioricet, Prozac, Botox, Kratom, Cymbalta, Tordal shots and every over the counter you can find....You could say I have tried every drug under the sun. Nothing took the pain away. In fact I kept getting worse.

The pain of the migraines were debilitating, but what made life unbearable was how on the days that I did not have a migraine I had to deal with the nausea, constipation, dizziness, weight gain, fatigue, hair loss, brain fog and short term memory loss. This made raising a family next to impossible.

I kept trying so many different drugs with the hope that one would finally make life easier. I felt like as my migraines worsened, so did my life. I was not the mom, wife or sister I wanted to be and my migraines controlled my life. Luckily I came across the Pittsburgh Migraine Challenge where I was introduced to the idea of correcting the problem rather than chasing the “next best” drug. Now I am living MY life on MY terms. My only regret is that I had not heard of the Migraine Challenge sooner as it would have saved me over 17 years of drugs and misery.

Mistake #2:

The Specialist I see has determined that pills don't work for me and that I need injections.

The Reality:

- Injections are nothing special; simply bigger, stronger, louder drugs that can come with bigger, stronger, more life altering side effects. When doing what they do best, injections still do NOT correct the cause of migraines which means you have to keep using. Again, not a good long term strategy.
- Side effects of injections can be broad. Many report severe vertigo attacks, heart attack like chest pain and even transient neuralgia and paresthesia.^{3,4,5,6} This neuralgia and paresthesia has been reported within only minutes of the most recently released Amovig injection.⁷ There's even loss of taste as a side effect which is extremely concerning considering that taste occurs via your Facial and Glossopharyngeal Cranial Nerves – the nerves in your brain are literally NOT working!
- The majority of users are chronic sufferers who have been told they have no other option. They feel that they need stronger drugs to function and get through the day. This leads to a viscous cycle of chasing the newest medications that hit the market, with the wishful thinking that this drug is going to be different from the last.

Alex's Story: “Our marriage was suffering...”

My wife suffered from migraines since before we were married. I am fully aware of how they can come out of nowhere and completely ruin our plans for the day, the weekend, and even our vacations. Every year the migraines got worse, first with frequency and then intensity. Once the intensity started shutting her down for days we knew we needed to see a specialist.

The at home injections became too routine, as if my wife's body adapted and they would no longer reduce the pain. It became normal for me once a week to drive my wife to the emergency room for a special “cocktail” of drugs which made the pain manageable for my wife, but lead to a 2-day “hangover” as we called it. We were thankful for the injections but desperate for a normal life. Our marriage was suffering. Our family was suffering. This was not the life that either of us had signed up for. This was extremely hard specifically for our 9 year old son who loved everything to do with ninjas, nerf guns, and typical boy stuff!

I found the Pittsburgh Migraine Challenge by God's graces when I was referred to Drs. Cotey and Amanda Jordan by a close friend. There was hope. I am forever indebted to the Doctors for helping my wife live vibrantly and fully. We now travel the world as a family, laugh daily and no longer have a need for rescue meds or our emergency cocktail list.

Mistake #3:

My Migraines are Genetic so there's no hope for me.

The Reality:

- >> Genetics are far too often used as a scapegoat for any disease, but this is especially true when it comes to migraines. The unfortunate part of all of this is that patients are left with no solutions, feeling hopeless, and believing that they will need to learn to live life with their specific condition.
- >> When you can quickly name multiple people in your family who suffer from headaches, the obvious answer is that yours must be genetic. However, approaches to identify genes for common forms of migraine have not been successful. Candidate gene association studies were often negative and positive results were often not replicated.⁸
- >> If you have ever been told or assumed you have a genetic predisposition of migraines, we have great news! The majority of sufferer's improve life with a few simple edits to their lifestyle and environment.

Marcia's Story: "I honestly felt like I was lied to for 25+ years of my life"

I had given up on life; depressed, over-weight, divorced, and jobless due to years of suffering from migraines that were thought to be genetic. All of these lead to suicidal thoughts and the feeling of shame.

With my sister, mother, and aunt all having suffered from migraines - I was left feeling hopeless relying on medications and injections for the past 28 years of my life. I was told by neurologist after neurologist that my migraines were genetic so when the drugs didn't work, I had nowhere else to turn. I strongly feel that a large part of my life crashing down was due to all the side-effects from the medications I was on; I simply could not stay in control of my life and I lost everything. I felt powerless and completely misunderstood by everyone who mattered to me in my life.

I honestly felt like I was lied to for 25+ years of my life. I was furious and knew I had to do something. I was very skeptical of any doctor at this point, but when the Pittsburgh Migraine Challenge helped my sister (who also was told that her debilitating migraines were genetic) it was a no brainer for me. I told her as long as they weren't going to tell me to take more medications, I would do whatever they recommended! Now, I wish this would have been my first stop rather than my last. I am grateful that my journey with migraines is over and now I can help others get their life back through sharing my story.

“The definition of Insanity is doing the same thing over and over again and expecting different results.”

~Albert Einstein

The decision is yours. You can keep doing what you've been doing and getting the same results. Or - You can take action today and change your life forever.

There's a new form of care that doesn't simply chase symptoms, but rather pinpoints and treats the cause of migraines so that you don't have to keep living episode to episode.

Take action now and call **724-741-6080** or visit www.PghMigraineChallenge.com to schedule a FREE Consultation and fill out an Application to see if our doctors are able to help you.

The Pittsburgh Migraine Challenge is not for everyone. With limited availability, our doctors have very specific requirements in order to be accepted as a patient in our office. We can only accept a limited amount of patient's per month

This Challenge is for those:

- Hopeful and in search of a long-term solution
- Who are sick and tired of taking medications
- That value quality of life and their relationships
- Who have the desire to get rid of their migraines forever

This Challenge is NOT for those:

- In search of the next quick fix
- Who are okay with masking the pain of their headaches with medications
- Planning to continue to repeat the three mistakes listed above

Our doctor's believe Procrastination is the thief of health. The excuses are consistent - "Yes, I have migraines, but I don't have the time for another doctor's appointment." "I don't have the money to take care of this right now." "My life is simply too crazy so I'm going to wait until things slow down." The excuses are never ending, but unfortunately so are the Migraines.

Don't wait any longer. Make the decision and call us today @ **724-741-6080** to schedule your Complimentary Consultation and fill out an Application to see if you qualify to be a participant in the Pittsburgh Migraine Challenge.

Citations

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