

Do you suffer from frequent or chronic daily headaches?

Are you taking medications more than 2-3 times per week to treat migraine or other headaches?

If the answer is YES, you may be at risk for a condition called **Medication Overuse Headache (MOH)**.

What is MOH?

With MOH, headaches increase in response to large, regular doses of certain types of headache medication.

When you use more pain medication to treat MOH, this traps you in a vicious cycle. As you increase your dose, the headache gets worse.

If you're caught in the cycle, any headache medications you take may no longer work. MOH is not drug addiction; it is the result of frequent, out-of-control headaches.

Who is affected by MOH?

MOH occurs in individuals who:

- Suffer from frequent headaches (10-15 times per month), and
- Use large amounts of headache medications including triptans, over-the-counter (OTC) and prescription pain-relievers, and ergot-type drugs (such as DHE, Migranal or Cafergot).

How do I get MOH?

Over time, frequent use (more than 2-3 times per week) of any headache-relieving medication can result in MOH.

What can I do to prevent MOH?

You can help your healthcare provider evaluate your risk for MOH by tracking your headaches and medication use in a headache diary.

This will help your provider determine whether changes in your headache treatment plan are necessary. Ask your provider for a diary and instructions on how to use it.

What if I already have MOH?

If you do have Medication Overuse Headache, your provider may suggest decreasing or eliminating your headache medication dosage. If you have MOH, your headaches should decrease once you stop taking the suspected drug(s).

In addition to the diary, manage your headaches by:

1. **Scheduling appointments with your healthcare provider specifically to talk about your headaches**, review your headache diary, and to revise your treatment plan if needed.
2. **Taking your diary** to your appointment.
3. **Agreeing to and following** your treatment plan.
4. **Discussing any changes you make to your treatment plan between visits**. It is important to be honest with your provider about your use of headache medications: *How much* and *how often* you use them.
5. **Be aware that trigger management, good nutrition, sleep habits, and exercise are important** and should be a component of any headache treatment plan.