

# Migraine: Relieving the Pain

## How to Receive CME Credit

*To earn free CME credit for watching this program, you must complete this test online.*

Go to [www.discoveryhealthCME.com](http://www.discoveryhealthCME.com) and follow the instructions to complete the post-test and evaluation online. You must be registered and signed-in in order to take the test online. Upon successful completion of the test and the evaluation, you will be asked to select your professional category and you will be able to print the appropriate credit certificate right from your computer. You must answer a minimum of 7 out of 10 questions correctly in order to earn CME credit.

## CME Test Questions

1. What is the overall prevalence of migraine in the US?
  - A. 6%
  - B. 12%
  - C. 18%
  - D. 25%
  
2. Which symptom is not part of the clinical mnemonic to quickly identify migraine?
  - A. Photophobia
  - B. Aura
  - C. Impairment in daily activities
  - D. Nausea
  - E. None of the above
  
3. What would help make a diagnosis of migraine rather than sinus headache?
  - A. Unilateral frontal pain
  - B. Rhinorrhea during the headache
  - C. Headache occurrence does not resolve 3 weeks after resolution of an upper respiratory infection

D. Patient is male

4. Which statement is true about the socioeconomic effect of migraine?
  - A. Affects the patient during and between migraine attacks, as well as the patient's family and productivity at work
  - B. Only the patient is affected and the effects last only as long as the migraine attack
  - C. The effect is low due to the high rate of diagnosis and correct treatment
  - D. The effect is low because migraine is a cause of only mild morbidity and not mortality
  
5. Approximately what fraction of people in the general population with migraine has never received a medical diagnosis of migraine?
  - A. 1 in 20
  - B. 1 in 5
  - C. 1 in 3
  - D. 1 in 2
  
6. Migraine is currently thought to be a disorder primarily of:
  - A. Constricting and dilating blood vessels
  - B. Central neurons and neurological pathways
  - C. Psychological origin
  - D. Peripheral neurons
  
7. A 40 year old female presents complaining of recurrent severe migraine 1-2 times per month, which she has been treating at home with 400mg ibuprofen without relief. Which of the following would be an appropriate initial acute treatment strategy?
  - A. Increasing the dose of ibuprofen to 800mg
  - B. Prescribing a triptan if there are no contraindications
  - C. Recommending the patient try over-the-counter naproxen
  - D. Telling the patient to keep a headache journal for two months

8. A patient with nausea and occasional vomiting during migraine would be least likely to benefit from:
- A. Oral triptan with adjunctive anti-emetic
  - B. Injectable formulation of a triptan
  - C. Oral triptan alone
  - D. Inhaler formulation of a triptan
9. What is the correct order of treatment strategy efficacy from clinical trials?
- A. Combination of triptan and NSAID > triptan alone > NSAID alone
  - B. Triptan alone > combination of triptan and NSAID > NSAID alone
  - C. Triptan alone > NSAID alone > combination of triptan and NSAID
  - D. NSAID alone > triptan alone > combination of triptan and NSAID
10. Why is combination treatment with a triptan and NSAID thought to be effective for migraine?
- A. The triptan and NSAID act additively on the neuroinflammatory component
  - B. The NSAID affects the migraine course early on, while the triptan effect is most important later in the course of migraine
  - C. The triptan and NSAID work by two different mechanisms
  - D. The triptan and NSAID both promote stabilization of vascular constriction and dilation

## CME Evaluation

### Migraine: Relieving The Pain

1. Overall, how do you rate the concept of CME presented on the Discovery Health Channel?

- Excellent       Good       Fair       Poor

2. Was the topic relevant to your needs and interests?

- Yes       No

3. Was the information presented useful in your practice?

- Yes       No

4. Were the course objectives met?

- Yes       No

5. Did you find the information presented on the program to be fair, balanced, and free of commercial bias?

- Yes       No

If no, please state reasons:

---

---

---

6. Are you interested in participating in future Discovery Health CME programs?

- Not at all       Somewhat       Very       Extremely

7. Please list topics and/or therapeutic categories you would be interested in seeing on future Discovery Health CME programs:

---

---

---

8. Please tell us how you found out about Discovery Health CME.

- Direct Mail Invitation       E-Mail Invitation  
 JAMA Ad       Neurology ad  
 Internet Search Engine       Archives of Neurology  
 Television Commercial  
 Other (please indicate): \_\_\_\_\_