



Migraine With Aura Treatment



Migraine with aura is a common subtype of migraine but has very few aura and migraine specific treatments.

One treatment that should be mentioned is aspirin.

Aspirin is by far the most effective drug in migraine with aura prevention according to European researchers of a study published in the peer-reviewed Journal of Headache and Pain called 'Prophylaxis Of Migraine With Aura'.

The study included 194 patients:

- 90 were given 300mg of aspirin daily.
- The rest were split between propranolol (Inderal) and topiramate (Topamax) and other medications.

Results showed that aspirin was 6 times more likely to be effective than any other preventative treatment. 85% of patients using aspirin reduced there migraine frequency by 50% or more. 41% patients were 'extremely improved' with a 75% reduction.

Reduction in migraine frequency	Aspirin patients	Other drug patients
Improved (50% reduction)	86%	46%
Extremely Improved (75% reduction)	41%	17%

Speak to your healthcare professional as not everyone can safely take aspirin. For most it will be a cheap and effective treatment that is available without prescription.

Dose: 300mg once per day. Patients need to allow 4 months for the treatment to take full effect.

Google "2,000 Year Old Wonder Drug in the New York Times" to read more about the health benefits of aspirin.