

# List of Proven Migraine Preventatives

An ounce of prevention is worth more than a pound of cure.

Since there is no cure for migraine, prevention is especially important for anyone with migraine. This list is based on international treatment guideline summaries from the US and Europe. It includes both medicinal and non medicinal treatments that have been *proven* to help prevent migraine.

Highest quality evidence: "Established as effective"

- Divalproex/ sodium valproate
- Metoprolol
- Petasites (Butterbur)
- Propranolol Timolol Topiramate
- Relaxation training Sodium valproate
- Thermal biofeedback with relaxation training EMG biofeedback
- Cognitive behavioral therapy
- Onabotulinum toxin A (Botox)

"Probably Effective"

- Atenolol, Nadolol
- Amitriptyline
- Fenoprofen
- Feverfew
- Histamine subcutaneous
- Ibuprofen
- Ketoprofen
- Magnesium
- Naproxen/naproxen sodium
- Riboflavin
- Venlafaxine
- Fenoprofen
- Fluoxetine
- Fluvoxamine
- Protryptiline
- Behavioral therapy + preventative drug therapy
- Petasites (Butterbur)
- Bisoprolol

