

# BOTULINUM TOXIN TYPE A IN THE TREATMENT OF CHRONIC MIGRAINE IN AN NHS PAIN CENTRE

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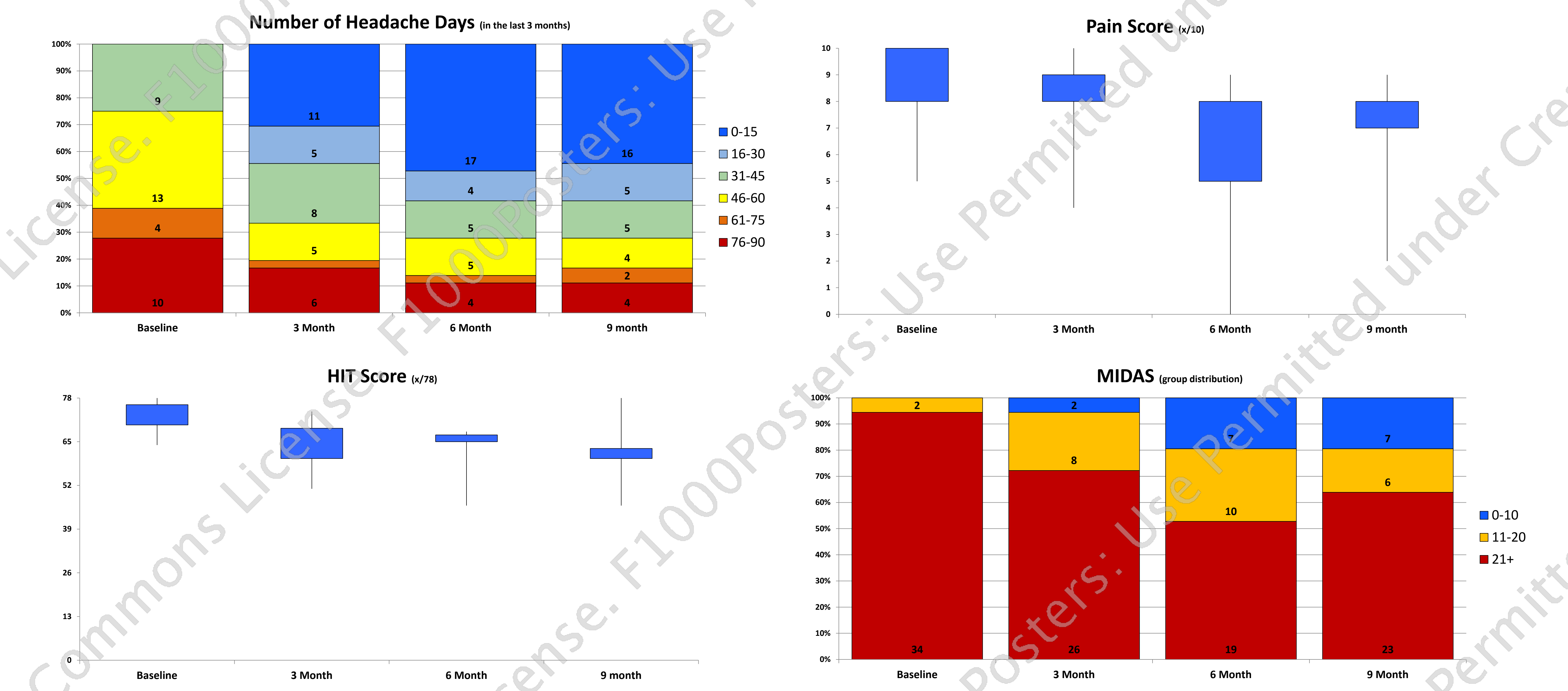
## Introduction

Chronic migraine is defined by the International Headache Society as the occurrence of headaches on 15 days or more per month for at least 3 months with attacks fulfilling criteria for migraine on at least 8 days per month. 1.2-2.2% of the adult population suffer chronic migraine. Following the PREEMPT trials, Botulinum Toxin A (Botox) was approved by NICE (National Institute for Health and Care Excellence) for the treatment of chronic migraine. Our pain centre was an earlier adopter of this treatment.

## Methods

- AIMS**
- This is a prospective open-label study on the efficacy and safety of Botox treatment in chronic migraine. This study is an audit of outcome and therefore did not need ethical approval.
- Patients with chronic migraine with or without medication overuse, who failed conventional oral migraine preventive medications (tricyclic antidepressants, beta-blockers, antiepileptics), were offered 2 treatments of Botoxin A, 3 months apart.
  - The Botox treatment was performed according to the PREEMPT paradigm (31 injections, 155 U), though in some patients the “follow the pain” paradigm was used.
  - Outcome measures included: Pain scores, number of headache days, HIT-6 and MIDAS.
  - Responders: patients with at least 30% reduction in headache load were considered responders and in responders, further 3 monthly treatments were offered.
  - Headache diaries and disability scores were assessed at baseline, 3 months, 6 months and 9 months following each Botox Injection. 36 consecutive pain diaries were audited.

## Results (n=36)



- **Responder rate: 95%** after 2 treatments. (2 non responders)
- **There have been no serious adverse events.** The main side effects reported were tenderness over injection sites and mild neck weakness.
- **61% of chronic migraine patients became episodic at 9 months follow-up.**

## Conclusion

- Our audit supports the use of Botox treatment in patients with chronic migraine.
- Botox treatment led to significant improvement of the headache the majority of our patients. Remarkably, a significant proportion of patients became episodic.
- The treatment was fairly well tolerated with only minor side effects noted.
- Botox treatment for chronic migraine should be used in Pain Management Centres. However, give its specific indication, it is important that a correct diagnosis is made and that at least 3 preventive treatments are tried before offering it, according to NICE guidelines.

