

TRIPTANS for Migraine Management

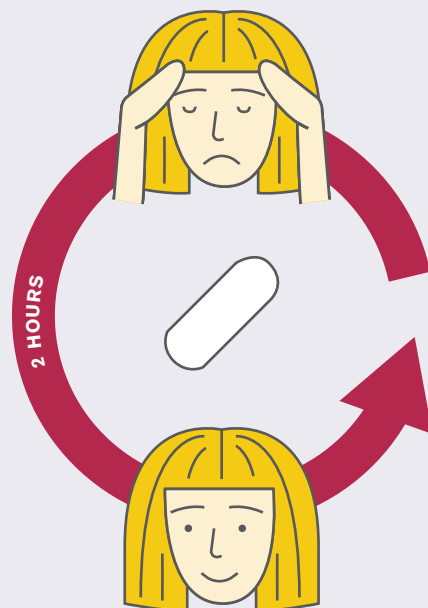
The Ontario Drug Policy Research Network (ODPRN) conducted a drug class review on the effectiveness, safety and accessibility of triptan medications using multiple research methods.

Visit www.odprn.ca for more information about the work we do.



USING TRIPTANS TO RELIEVE MIGRAINES

Triptans are drugs that are used to treat migraine headaches. They are available as different types (e.g. sumatriptan/ Imitrex®, zolmitriptan/ Zomig®, almotriptan/Axert®, naratriptan/Amerge®, rizatriptan/Maxalt®) and formulations (oral, nasal and injectable).



Between 43 and 76% of people experience headache relief at 2 hours after taking a triptan.

Triptans are equally or more effective than other drugs like acetaminophen (e.g. Tylenol®), non-steroidal anti-inflammatory drugs (e.g., Advil®), acetylsalicylic acid (e.g., Aspirin®), and ergots.

Triptans are generally safe to use but some people might develop daily chronic headaches from using triptans very often.

It is recommended that triptans should not be used more than 9 days per month.

| MAXIMUM USE | |
|-------------|--------------------|
| | 1 2 3 X 5 |
| X | 7 8 9 X 11 12 |
| 13 | X 15 16 17 X 19 |
| | 20 21 22 X 24 25 X |
| X | 28 29 X |

HOW ONTARIANS ACCESS TRIPTANS

Near the end of 2013, most triptans in Ontario were paid for by private drug plans or out-of-pocket.



The volume of triptans dispensed through Ontario's public drug plan is more than 5 times lower than the national average.

OTHER PROVINCES



ONTARIO



Many Ontarians who cannot afford either private drug insurance or out-of-pocket purchases are not able to access to triptans.

Doctors do not always prescribe triptans to patients who need them because they think that triptans might be unsafe, that other drugs work just as well, or they are unaware of these drugs or how to access them.

HOW TO USE THIS INFORMATION

- ✓ Talk to your doctor about triptans and find out whether you are eligible to try this type of drug for your migraines.
- ✓ If you have tried a triptan and found it ineffective, talk to your doctor about the possibility of trying a different triptan.
- ✓ Visit the Ontario Public Drug Programs website to find out whether you are eligible for coverage for triptans through the Ontario Drug Benefit