

Final report form

Date of sending out the form:

Sunday, September 8, 2019

Contact person/applicant:

Gabriele Merki

Country

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Title of the granted project

Identifying the onset and course of hormone withdrawal migraine to optimise treatment with prophylactic agents

Amount granted by the ESC (in euro)

5200

Project number:

P-2016-A-03

Allocated mentor:

T. Bombas

Date project actually started:

Monday, January 9, 2017

Date of completion:

Monday, July 1, 2019

Please provide a report of your findings and data.

Migraine days were analysed in women who used a CHC and suffered from hormone-withdrawal migraines according to the IHS definition. These migraines typically do not respond to analgetic therapy and require prophylaxes with triptans over several days. Knowing the start day of these headaches could help to decrease duration of these mediations and reduce the risk of medication overuse headache.

We found that the withdrawal migraines were stronger than those during CHC use. Most episodes occurred in the hormone free interval (HFI). Typical start of migraine in the HFI were days 3-5. Patients repeated their withdrawal headache pattern.

We conclude that it is for most patients sufficient to start the prophylactic pain agents at day2 of the HFI and a duration of use of 3 days is mostly sufficient.

Please provide a final detailed budget on how much you have spent. Was any money not spent? Receipts may be requested.

	Euro
Ethical consent	250.-
Advertisement for recruitment	7320.-
Study nurse (10%) 12 months	12200.-
Study nurse (2%) 18 months	3660.-
Masterstudent	0
Statistical help	300.-

How will your findings be presented?

Publication in journal

Please let us know whether having a mentor has been helpful or not

We are a university clinic, therefore skilled for research. Insofar a mentor was not helpful, but would probably be a good support for projects performed by not experienced doctors. Perhaps already in teh stage of projct planning.

Full Name

Gabriele Merki-Feld

Date

Friday, September 13, 2019

Questions? ESC Central Office: info@escrh.eu

Type a question

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