



What Is Your Migraine Treatment IQ?

(NAPS)—There is no question, migraines can be hard to live with and treat. If you're one of more than 36 million Americans living with migraine, you know that finding just the right acute treatment can be challenging.¹ Keeping an open dialogue with your doctor will help make sure that he or she knows what types of migraine symptoms you suffer from so that a treatment plan can be tailored for you. Take this simple challenge to determine your *Migraine Treatment IQ*:

• **Do you experience nausea with or without vomiting that affects your ability to take oral medications?**

If yes, you are not alone. According to a survey of migraine sufferers, as many as 90% of patients have experienced nausea during migraine attacks.² Nausea or vomiting associated with migraines can make it difficult to take and to absorb oral medications.³

• **When you suffer from migraine pain, are you sensitive to light and/or sound?**

Migraine is the most common medical condition associated with light sensitivity. In fact, light sensitivity is one of the symptoms used to diagnose migraine. Between 85% and 90% of people with migraine feel sensitive to light.⁴ Sensitivity to sound is also a common migraine symptom. Sounds may make



People who suffer with migraine headaches may be relieved to learn about a fast-acting medication.

the head pain of migraine worse.⁵

• **Have you tried one or more oral acute medication(s) and are not satisfied?**

According to the American Migraine Prevalence and Prevention Study, *more than one-half of all adult migraine sufferers surveyed did NOT experience adequate pain freedom* within 2 hours of taking their usual acute treatment.⁶ In a separate survey, 37% of patients were not satisfied with how quickly their current migraine therapy worked.⁷

• **Do you have a lifestyle that requires a portable and convenient-to-use migraine medication?**

Ready-to-use and well-tolerated migraine treatments that offer straight-

forward administration and rapid pain relief are a good option for an active lifestyle.

If you and your healthcare provider decide that a fast-acting medication should be part of your treatment plan, consider options that fit best with your lifestyle. For example, a self-administered, portable treatment that requires one spray into one nostril may be a good choice for certain patients who are unable to tolerate an oral medication due to nausea. Tosymra® (sumatriptan nasal spray) 10 mg is a fast and powerful, ready-to-use nasal spray with mist-like administration used to treat acute migraine headaches with or without aura in adults. Tosymra works as quickly as an injection and can provide migraine pain relief in as few as 10 minutes for some patients (13% of patients vs. 5% for placebo). Tosymra is not for everyone. Do not use Tosymra if you have heart problems, narrowing of blood vessels (peripheral vascular disease), or uncontrolled high blood pressure. These are not all the reasons you should not take Tosymra.

For more information about acute migraine and Important Safety Information for Tosymra, including a link to full prescribing and patient information, visit www.mytosymra.com or talk to your healthcare provider.

Important Patient Safety Information for Tosymra® (sumatriptan nasal spray) 10 mg

What important information should I know about TOSYMRA?

TOSYMRA can cause serious side effects, including heart attack and other heart problems, which may lead to death. Stop using TOSYMRA and get emergency medical help right away if you have any of the following symptoms of a heart attack:

- discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
- severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
- pain or discomfort in your arms, back, neck, jaw, or stomach
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded

TOSYMRA is not for people with risk factors for heart disease (high blood pressure, high cholesterol levels, smoking, overweight, diabetes, family history of heart disease) unless a heart exam is done and shows no problem.

Who should not use TOSYMRA?

Do not use TOSYMRA if you have:

- heart problems or a history of heart problems
- narrowing of blood vessels to your legs, arms, stomach, or kidney (peripheral vascular disease)
- uncontrolled high blood pressure
- severe liver problems
- hemiplegic migraines or basilar migraines. If you are not sure if you have these, ask your healthcare provider
- had a stroke, transient ischemic attacks (TIAs), or problems with your blood circulation
- taken any of the following medicines in the last 24 hours: almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, ergotamines, or dihydroergotamine. Ask your healthcare provider if you are not sure if your medicine is listed above
- are taking certain antidepressants, known as monoamine oxidase (MAO)-A inhibitors or it has been 2 weeks or less since you stopped taking a MAO-A inhibitor. Ask your healthcare provider or pharmacist for a list of these medicines if you are not sure.
- an allergy to sumatriptan or any of the ingredients in TOSYMRA.

What should I tell my healthcare provider before taking TOSYMRA?

Tell your healthcare provider about all of your medical conditions, and about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

What should I avoid while using TOSYMRA?

TOSYMRA can cause dizziness, weakness, or drowsiness. If you have these symptoms, do not drive a car, use machinery, or do anything where you need to be alert.

What are possible side effects of TOSYMRA?

TOSYMRA may cause serious side effects including:

- changes in color or sensation in your fingers and toes (Raynaud's syndrome)
- stomach and intestinal problems (gastrointestinal and colonic ischemic events). Symptoms of gastrointestinal and colonic ischemic events include: sudden or severe stomach pain, stomach pain after meals, weight loss, nausea or vomiting, constipation or diarrhea, bloody diarrhea, fever
- problems with blood circulation to your legs and feet (peripheral vascular ischemia). Symptoms of peripheral vascular ischemia include: cramping and pain in your legs or hips, feeling of heaviness or tightness in your leg muscles, burning or aching pain in your feet or toes while resting, numbness, tingling, or weakness in your legs, cold feeling or color changes in 1 or both legs or feet
- increased blood pressure including a sudden severe increase (hypertensive crisis) even if you have no history of high blood pressure
- medication overuse headaches. Some people who use too much migraine medicine, such as TOSYMRA, for 10 or more days each month may have worse headaches (medication overuse headache). If your headaches get worse, your healthcare provider may decide to stop your treatment with TOSYMRA.
- serotonin syndrome. Serotonin syndrome is a rare but serious problem that can happen in people using TOSYMRA, especially if TOSYMRA is used with anti-depressant medicines called SSRIs or SNRIs

Call your healthcare provider right away if you have any of the following symptoms of serotonin syndrome:

- mental changes such as seeing things that are not there (hallucinations), agitation, or coma; fast heartbeat; changes in blood pressure; high body temperature; tight muscles; or trouble walking
- hives (itchy bumps); swelling of your tongue, mouth, or throat
- seizures have happened in people taking sumatriptan who have never had seizures before

The most common side effects of TOSYMRA include: tingling, dizziness, feeling warm or hot, burning feeling, feeling of heaviness, feeling of pressure, flushing, feeling of tightness, numbness, application site (nasal) reactions, abnormal taste, and throat irritation.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of TOSYMRA. For more information, ask your healthcare provider or pharmacist.

This is the most important information to know about TOSYMRA but is not comprehensive. For more information, talk to your healthcare provider and read the Patient Information and Instructions for Use for TOSYMRA. You can also visit www.upsher-smith.com or call 1-888-650-3789. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What is TOSYMRA used for?

TOSYMRA is a prescription medicine used to treat acute migraine headaches with or without aura in adults.

TOSYMRA is not used to treat other types of headaches such as hemiplegic (that make you unable to move on one side of your body) or basilar (rare form of migraine with aura) migraines. TOSYMRA is not used to treat cluster headaches.

TOSYMRA is not used to prevent or decrease the number of migraines you have. It is not known if TOSYMRA is safe and effective in children under 18 years of age.

Tosymra is a registered trademark of Upsher-Smith Laboratories, LLC.

References

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