

TRANSCENDENT Speaker Series

Gepants: Novel Migraine Treatments and their Possible Role in Concussion



Dr. Miguel Cortel-LeBlanc and Dr. Achelle Cortel-LeBlanc, from 360 Concussion Care, presented on the current research and best practices regarding migraine treatments and their potential role in concussion management.

What you need to know about migraines

The migraine phenotype is a headache which has:

- At least two of the following: unilateral, pulsating/throbbing, moderate to severe, worse with or causes avoidance of routine physical activity
- At least one of the following: nausea or photo-phonophobia

Two systems/structures that are involved in migraines include the **Trigeminovascular System** and the **Sphenopalatine Ganglion**. Numerous receptors are implicated in migraines; one receptor of interest is the **CGRP**.

CGRP levels are increased during migraine attacks. Reducing CGRP levels has been associated with symptom reduction. For those with concussions, reducing CRGP levels may have the potential to reduce headaches, although more research is needed.

What are Gepants

Gepants are small-molecule CGRP antagonists. There are two Gepants in Canada for acute treatment, Ubrogепant and Rimegepant. Studies have demonstrated efficacy in the treatment of migraine headaches. With both medications, side effects are limited. It is important to verify for potential drug interactions. Until more data is available, these should be avoided in pregnancy

Key takeaways

- ✓ There are many available treatment options, and the plan for each patient and each headache should be individualized.
- ✓ Gepants may reduce the pain of post-traumatic headache without exposing to risk of medication overuse headache. Targeted research is needed.
- ✓ In each patient, consider the need for preventive and acute medications as well as non-pharmacologic strategies

Learn more

Explore our research program to learn more about this topic, as well as other research and best practices in the concussion field!

