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## Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,  
*Dan, Monica and John*



## Help for Migraine Sufferers

*"There is no condition of such magnitude - yet so shrouded in myth, misinformation, and mistreatment - as migraine."*

— Joel R. Saper, MD, Chair, Migraine Research Foundation Medical Advisory Board

Migraine is an extremely debilitating condition characterized by a severe recurring intense throbbing pain on one side of the head (although in about 1/3 of attacks, both sides are affected). Attacks are often accompanied by one or more of the following: visual disturbances, nausea, vomiting, dizziness, tingling or numbness in the extremities or face, and extreme sensitivity to sound, light, touch and smell. Attacks usually last between 4 and 72 hours. Amazingly, 12% of the population – including children – suffers from migraine. Migraine tends to run in families and there is a higher risk in those experiencing hormonal changes. Even with the correct diagnosis, treating migraine can be very challenging. Combinations of various medications and other modalities are often the most effective therapy.



Midrin™ was the brand name of a prescription medication approved to treat migraine that contained isometheptene mucate, dichloralphenazone and acetaminophen. Midrin was discontinued by the manufacturer several years ago when one of the ingredients was unavailable. More recently, the FDA told manufacturers that they must cease distributing medications containing isometheptene mucate. This is because isometheptene mucate was approved after the Food, Drug, and Cosmetic Act of 1938, meaning that it was proven to be safe, but before the 1962 amendment requiring proof of efficacy for a specific indication. However, isometheptene mucate, dichloralphenazone

and acetaminophen all have monographs in the United States Pharmacopeia and National Formulary (USP-NF). Therefore, our compounding pharmacy is permitted to compound using these ingredients. We will work together with practitioners and their patients to customize the most appropriate medication for each patient.

#### References

<https://migraineresearchfoundation.org/about-migraine/migraine-facts/>

<https://www.fda.gov/consumers/consumer-updates/kefauver-harris-amendments-revolutionized-drug-development>

<https://www.fda.gov/drugs/human-drug-compounding/section-503a-federal-food-drug-and-cosmetic-act>

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Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

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