



2024 INTERVIEW SUMMARY SHEET

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KEY TAKEAWAYS

- Gepants are a family of medications that block the receptor for calcitonin gene-related peptide (CGRP), a neurotransmitter involved in the migraine pathway.
- There is ongoing research comparing different gepants to determine their effectiveness as preventive treatments for migraine. Results so far suggest that they work well, but it is unclear if one is better than the other.
- Gepants should generally be avoided during pregnancy and breastfeeding due to theoretical concerns about potential risks. However, CGRP monoclonal antibodies may be safer while breastfeeding because they are large proteins that can be broken down by the baby's gastrointestinal tract.
- Gepants have fewer side effects compared to triptans. The most common side effects of gepants are nausea and constipation with frequent use.
- Gepants do not seem to be associated with medication overuse, unlike triptans, which can lead to worsening of migraine or the development of chronic migraine with regular use.
- Gepants can be effective for both episodic and chronic migraine prevention, although specific approvals may vary.

TREATMENTS CITED

Antibiotics	Dihydroergotamine
Antifungal medications	(DHE and Trudhesa)
Celecoxib (Elyxyb)	Galcanzumab (Emgality)
Atogepant (Qulipta)	Lasmiditan (Reyvow)
CGRP inhibitors	Neuromodulation devices
CGRP monoclonal antibodies (mAbs)	Nirmatrelvir/ritonavir (Paxlovid)
CGRP small-molecule receptor antagonists (gepants)	Rimegepant (Nurtec)
Diclofenac (Cambia)	Triptans
	Ubrogapant (Ubrelvy)
	Zavegepant (Zavzpret)

QUOTES

"Gepants have this very interesting flexibility in that the same family of medicines can be used for both acute treatment (or how to manage an individual migraine attack), as well as a maintenance or preventative treatment."

"The CGRP blockers or gepants seem to work better the earlier that they are used in the context of an individual migraine attack. We've known that for a long time about triptans — which are, of course, sort of the first line, more widespread, and earlier in development, used antimigraine attack medications — that the earlier you use it, the better that they do."

"One interesting thing that's also pretty new is that the gepants might even work before the pain starts for individual migraine attacks."

"It's good that we have lots of different options for acute migraine treatment, including gepants, triptans, anti-inflammatories, and devices."

PRACTICAL STEPS

- Take gepants as early as possible at the first signs of a migraine attack, in the prodrome phase.
- Discuss gepant options with your healthcare provider. Consider trying them for both acute treatment and prevention.
- Follow the recommended dosage and administration instructions.
- Consider trying nasal spray options, especially if you have nausea or other GI symptoms with your migraine attacks.
- If one gepant does not provide the desired results, it may be worth trying a different one.
- Evaluate using gepants for both episodic and chronic migraine.
- Monitor and track your response to gepants.