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## Feliu Titus: "We must recover non-pharmaceutical measures to treat migraines"

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**As the quality of life is greatly affected by migraines, those affected normally resort to the entire arsenal of available drugs. However, this abuse of medications has led to migraines becoming chronic.**



Migraine

Ruiz de la Torre, Titus, Climent and Albarracín at the COF headquarters. (Enrique Mezquita)

Source: *Valencia Correo Farmacéutico* – According to Feliu Titus, Honorary member of Spanish Neurology Society and director of the Headache Unit of the Neurodex Medical Centre, one way to avoid this is to "recover basic classic measures that have proven their efficacy in the past". "This does not mean that we renounce drugs altogether" he adds, "we just have to promote rational use of these medications".

### The power of pressure



Migraine

Ruiz de la Torre, Titus and Albarracín at the COF headquarters. (Enrique Mezquita)

Among these measures, the expert when speaking at the Official College of Pharmacists in Valencia about non-pharmacological measures for migraine highlight the efficacy of **apply pressure on temples** and the use of a cold compress in the area. That migraine attacks frequently start with a painful throbbing in the temporal artery, be it on one side, both sides or alternating. So by simply applying local pressure with a headband designed to that effect can relieve the pain and on many occasions this is enough to prevent the migraine without having **to turn to medications**".

Likewise, applying a cold compress also reduces the size of the artery and hence the pressure thanks to its vasoconstrictor effects. Furthermore, social or professional situations permitting, rest and isolation are very effective.

The specialist highlights that these measures "should always be used" leaving the pharmacological approach for cases "in which these remedies are insufficient, or when immediate control is necessary due to work or other responsibilities. As well as Titus, Elena Ruiz de la Torre president of Spanish Patient's with headaches Javier Climent, president COF and Encarna Albarracín, coordinator of Valencia patient association was also present

Enrique Mezquita.