

# Migraid works using pressure applied on the temples

J.A.M. Kuster

*The Migraid is a medical device resembling a telephone headset that uses soft cushions to exert a constant pressure upon the temples. The theory of the Migraid is that through exerting a constant pressure to the temporal arteries at the temples the headaches associated with a migraine attack are prevented.*

*The medical device has been assessed in a Good Clinical Practices controlled clinical study for migraine with aura. The trial involved 134 patients in 24 general medical practice centres. Each patient was treated for one migraine attack using the Migraid and one attack without using the Migraid. For the attack-treated patients, the Migraid was used for one hour at the start of the aura. The effects of using the Migraid were recorded for a period of 24 hours with particular attention being paid to the difference between the attacks-treated with Migraid versus the untreated attacks.*

*The study was not double-blinded; nor was it a placebo controlled study. Placebo studies are particularly difficult to conduct in medical device studies, if not impossible and involve numerous ethical issues. In drug related research, a placebo-control group can be readily realized and necessary. The results of the study were published in October 2005 at the Congress of International Headache Society in Kyoto (Japan). A scientific publication is under preparation.*

The study showed some interesting results. The aim of the study was to establish if it was possible to prevent migraine headache following an aura from occurring. This was successful



in 12% of the attacks treated with the Migraid and 1.6% for the untreated attacks. Eighty percent of the patients treated with the Migraid remained headache free for the rest of the day. It concerns a modest, but not unimportant, percentage of the attacks. The secondary result of the study was that in Migraid treated attacks, complaints of headache, nausea, light and noise sensitivity were less present when they were compared to the untreated attacks. Furthermore, the results showed that there were no undesirable side-effects in using the Migraid indicating that the medical device was safe in its use.

As medical device trials cannot be conducted using a placebo-control group, the study may be therefore criticized. It must however be taken into account that the patients anticipated that Migraid would be beneficial and that this belief had a positive effect on the attacks treated. Furthermore, the greatest number of

patients, who after two hours without headache remained headache free for the rest of the day, is an important demonstration of the real effect of the Migraid. The Migraid clearly has a place for the treatment of migraine attacks with aura, particularly in cases where medication therapy is undesirable or not possible. The purchase (price €134) is thus far not reimbursed by (Dutch) health insurers. It can be purchased via pharmacies (in the Netherlands) or via the company website: [www.migraid.com](http://www.migraid.com).

*I feel bound to the readers to provide the details of my involvement with the Migraid. The editors of Hoofdzaken are keen to prevent any commercial association in its publications. Any financial interest must be noted in such articles. As editor of Hoofdzaken, I am keenly aware of this. Therefore this article is being written at the request of the editor-in-chief due to my involvement in the Migraid study. I did present the results of the study in Kyoto and am indeed involved with writing the scientific publication concerning the study results. I have received a financial remuneration due to my involvement with this project; but I have no commercial link nor interest in the Migraid. An open and honest involvement is essential. The reader may judge for himself.*

Dr. J.A.M Kuster is a neurologist in Haarlem, member of the College for Medical Advice for the Dutch Association of Headache sufferers and editor of Hoofdzaken.