

As distinct from abortive treatment, which stops the attack, prophylactic treatment (also known as preventive treatment) is not an isolated treatment. It is intended to reduce the frequency and intensity of migraine attacks. If treatment proves effective after 3 months of daily dosing (at least a 50% reduction in the frequency of attacks), it will be continued for 6 months to a year and then reduced very gradually before being stopped. It may be resumed if the frequency of attacks increases again. It can also be accompanied by nonmedicinal measures, such as: relaxation, practising sport and controlling factors that trigger an attack.

X has been studied in large clinical programs with more than 1700 migraine sufferers and it is indicated for migraine prophylaxis. Prophylactic treatment is recommended if:

- Your attacks of migraine are frequent and/or intense and handicap you in your family, social and working life;
- You have more than 3 migraine attacks per month or you have taken a large number (6 to 8 doses per month) of abortive treatments in the last three months.
- If acute medication is not effective or you can't tolerate it or it is contraindicated.

The dose can be increased if your doctor considers it necessary.

*Do not alter the prescription of your own accord as this might affect your treatment.*

How to use X as migraine prophylactic treatment:

Starting dose is small and it should titrate step by step to maintenance dose. Maintenance dose is commonly 100mg, divided in two doses, morning and evening. X can be taken without regard to meals. Active compound, topiramate, is having a bitter taste. Splitting or crushing of tablets is not recommended. There are different strengths of X; 15mg, 25mg, 50mg. Your doctor has given dosing regimen, please follow that. Always tell your doctor about other diseases and medications. Some medications can change the efficacy of X. X does not effect the efficacy of contraceptive pills doses which are commonly used in migraine prevention.