

CANNABIS: THE FUTURE OF MIGRAINE TREATMENT



MIGRAINE is a leading cause of disability¹, whose sufferers have long turned to cannabis to treat its pain, nausea and vomiting. Recent evidence confirms cannabis's effectiveness—sort of.



IF YOU SEE THESE CLAIMS...

reduced FREQUENCY, reduced DURATION

no more PESKY OPIOIDS!

no SIDE EFFECTS

no Rx NEEDED

CONSIDER THE CURRENT LIMITATIONS & PROBLEMS

LIMITATION: A systematic review of 9 recent studies indicated that medical cannabis has significant response, including a decrease in migraine frequency, duration, and improvement in headache profile.² But when applying the GRADE review to the evidence, its quality is low, and no placebo-controlled, blinded, randomized clinical trials have yet been published.³

SUPPOSITION: Cannabis is a popular clinical alternative to opioids, whose dangers are well-known.⁵ But there's no evidence that migraine sufferers using medical cannabis reduce opioid use.

UNSUPPORTED: Researchers saw no severe adverse effects in the 9 studies. Patients using medical cannabis had fewer side effects than those taking flower. But cannabis has side effects and is not appropriate for some patients and medical cannabis patients can develop tolerance.⁴

POOR EVIDENCE: Patients' migraine reactions to retail-available cannabis flower were measured in observational and crossover studies. In all three, patients reported relief from symptoms, but quality of evidence is extremely low.⁶

“THERE IS AN URGENT NEED FOR WELL-DESIGNED STUDIES”⁷

KATHRYN LINEBERGER SC102 THERAPEUTIC APPLICATIONS OF CANNABIS

1) Steiner, Timothy J., et al. "Migraine is first cause of disability in under 50s: will health politicians now take notice?." The journal of headache and pain 19 (2018): 1-4. 2) Sherpa, Mingma L., et al. "Efficacy and Safety of Medical Marijuana in Migraine Headache: A Systematic Review." Cureus 14.12 (2022). 3) Mechtler, Laszlo L., Fran M. Gengo, and Vincent H. Bargnes. "Cannabis and migraine: it's complicated." Current Pain and Headache Reports 25 (2021): 1-13. 4) Sherpa, et al. 5) Duarte, R. A., Dahmer, S., Sanguinetti, S. Y., Forde, G., Duarte, D. P., & Kobak, L. F. (2021). Medical Cannabis for Headache Pain: a Primer for Clinicians. Current Pain and Headache Reports, 25(10). <https://doi.org/10.1007/s11916-021-00974-z>. 6) Sherpa, et al. 7) Okusanya, B. O., Lott, B. E., Ehiri, J., McClelland, J., & Rosales, C. (2022). Medical cannabis for the treatment of migraine in adults: a review of the evidence. Frontiers in Neurology, 13.