

# Headache and Migraine Program

Clinical Pathway for Primary Care Providers



Our team of experts offers the most advanced treatments for effectively managing headaches and migraines. These include prescription medicines and infusions, as well as injectable medicines and non-prescription therapies.

## We recommend counseling all headache patients on lifestyle factors, including:

- Hydration (typically 1 to 2 ounces of water per kilogram of body weight per day)
- Appropriate nutrition/avoid skipping meals
- Adequate sleep
- Management of stress or any underlying mood concerns
- Avoid overuse of rescue medications (try to limit use of all rescue drugs to no more than three doses per week)

With three locations in South Austin, Central Austin and Cedar Park, including two onsite infusion centers, headache and migraine support is close and convenient.

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SPECIALTY CARE OF AUSTIN

# Primary Care Physician Headache Pathway

