

<AAN-East Asian Neurology Forum-JSN Joint Symposium (2)—2—4>  
Solving the enigma of migraine

## Refractory Migraine: Mechanisms and Management

Yasuo Terayama, M.D.

(臨床神経 2012;52:903)

**Key words** : refractory migraine, definition, mechanisms, management

In spite of the numerous advances in headache diagnosis and treatment, refractory headache disorders remain a frontier of headache medicine.

There are no fully-accepted definitions for this group of disorders, especially for refractory migraine (RM).

The epidemiology and pathophysiology are poorly characterized, and consensus is lacking on approaches to treatment.

However, in the present situation that potential pathophysiological mechanisms in migraine have become better understood, managing these disorders and developing more effective approaches to treatment are undoubtedly among the most important responsibilities of headache specialists.

Refractory migraine is another challenge for the science and treatment of headache.

Defining refractory migraine is important for triaging patients to an appropriate level of care and for determining eli-

gibility for certain treatment studies.

Research on refractory migraine improve our understanding of the pathophysiology, risk factors for headache progression, and strategies for better treatment and ultimately lead to the development of disease modifying strategies for migraine.

To improve the ability to diagnose and treat this severely affected group of headache sufferers, I will introduce some aspects of refractory migraine including the current definition, historical perspectives, potential mechanisms of the pathophysiology and pharmacology, and speculations for considering the reasons that some patients remain refractory.

※The authors declare there is no conflict of interest relevant to this article.