

Management of migraine in patients with cardiovascular diseases

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Migraines present a particular challenge in patients with cardiovascular diseases due to increased risk of heart attacks and strokes and the limited options for safe medications. Nurses play a vital role in assessing risk factors, educating patients, and supporting safe medication use. Epidemiological studies show that migraine, especially migraine with aura, increases cardiovascular risks^{1,2}. Nurses should be aware that some migraine medications like triptans may not be safe for patients with cardiovascular disease³. Newer preventive treatments such as CGRP receptor antagonists offer safer alternatives. Nurses should focus on teaching patients about lifestyle changes that reduce overall cardiovascular risk, including healthy diet, physical activity, stress management, and smoking cessation⁴. Ensuring adherence to prescribed migraine therapy and monitoring for side effects are essential nursing responsibilities. A multidisciplinary team approach involving neurology, cardiology, and primary care, supported by nurse-led patient education and monitoring, is critical for optimizing care and reducing complications.

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LITERATURE 

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