



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TITLE & ORGANIZATION

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TOPIC

Stopping Migraine Preventives: When, Why & How To Transition Off Safely

KEY TAKEAWAYS

- Preventive therapy is a tool to reach a period of stability where the brain can ideally rest and reset.
- Stopping medication is a customization strategy based on clinical data (headache days) and individual life factors (such as stress, pregnancy, and side effects).
- Oral preventives require a slower taper than the rate at which they were started to avoid withdrawal syndromes and sudden relapses.
- Long-acting injectables (CGRP medications and Botox) have a built-in weaning period due to their long half-lives.
- A "successful" stop doesn't necessarily mean zero headaches; it means the patient's quality of life remains manageable without the daily or monthly medication.
- There is currently a lack of formal medical guidelines on how to stop preventives.

KEY TREATMENTS

- Beta-blockers
- CGRP inhibitors
- Duloxetine
- Eptinezumab (Vypti)
- Nerve blocks
- Neuromodulation devices
- Nutraceuticals
- OnabotulinumtoxinA (Botox)
- Serotonin-norepinephrine reuptake inhibitor (SNRIs)
- Topiramate (Topamax)
- Valproate
- Venlafaxine

NOTABLE QUOTES

"The burden of migraine as a whole in society will diminish over time because of the great treatments, but that does not preclude the discussions about stopping those treatments."

PRACTICAL STEPS

- Review your headache diary to see if you have reached the benchmark of fewer than four migraine days per month or a shift from chronic to episodic status.
- At your next appointment, ask your provider: "Do I still need this specific dose, and is it time to consider a trial reduction?"
- Before reducing any medication, ensure you have a reliable acute treatment strategy and a supply of the preventive medication on hand in case of a relapse.
- Investigate evidence-based nutraceuticals or neuromodulation devices to help "smooth the exit" when transitioning off pharmacological preventives.
- If you do trial a reduction, focus on the 3-4 week trend rather than a single bad day to accurately judge the success of the transition.