



2026 INTERVIEW SUMMARY SHEET

SPEAKER

Jaclyn Duvall, MD

TITLE & ORGANIZATION

Founder and Director
Headache Specialists of Oklahoma

TOPIC

Migraine Prevention Compared: What Recent Research Shows

KEY TAKEAWAYS

- Migraine should be understood and managed as a chronic neurological disease, whether it presents as episodic or chronic migraine.
- Traditional oral preventives often take 2–4 months to work, whereas atogepant showed significant reduction in migraine days within the first four weeks.
- The TEMPLE trial found atogepant to be superior to topiramate in both how well patients tolerated the drug and how quickly they saw results.
- Patients should not settle for "ok" or "fine" control; with new treatments, the goal should be optimizing care toward "migraine freedom."
- Treating migraine when it is in a lower frequency (4–6 days per month) can prevent the "sensitization" of the nervous system that leads to chronic migraine.

KEY TREATMENTS

- Atogepant (Qulipta/Aquipta)
- Topiramate (Topamax)

NOTABLE QUOTES

"So I think it's important that patients recognize that we don't see them as a failure — this self-blame that so often reverberates in the migraine community... These medications have let you down, not the reverse."

"Don't wait for it to take over your life. This disease state becomes more challenging to manage when we transition from episodic into chronic... Don't wait until we get into those double digit numbers to start initiating prevention."

PRACTICAL STEPS

- If you are using acute treatments or rescue medications more than two days per week, schedule a consultation to discuss starting or adjusting a preventive treatment plan.
- Distinguish between "tolerable" side effects (those that fade as the body adjusts) and "intolerable" ones (those that interfere with work or family life) to discuss with your neurologist.
- If you haven't discussed your migraine treatment with a specialist in several years, book an appointment specifically to ask about newer classes of medication like gepants.
- The TEMPLE trial found that atogepant works fast — most people notice improvement within the first month. Keep track of your migraine days to see the impact.