

## 14032 COMPETITIVE PROBLEMS IN THE DRUG INDUSTRY

Common sense psychotherapy is every doctor's business, but the cost in time and energy for carrying out the only truly effective approach to the prevention of recurrent headaches causes it to be almost universally neglected in favor of pharmacotherapy alone -- an easier way out but less successful. This is not to say that agents counteracting emotional tension and promoting relaxation are not often useful accessories. Indeed, in the vascular headache crisis, known as "status migranus", where headaches have reached an unremitting, daily frequency lasting weeks, or even months, the almost certain fact of an underlying depressive illness is too often unrecognized by the physician. The primacy of this basic problem, the headache then being a psychophysiologic epiphenomenon, must be dealt with by continued reassurance, at times investigating and dealing with psychodynamics, almost always by separation of the patient from his usual environment, and the judicious application of anti-depressants. Cranial vasoconstrictors at such times are often useless, though if a headache fluctuates, waxes and wanes, ergotamine during a new exacerbation may be helpful. Other than this, encouraging the patient simply to endure the pain, providing occasional relief by a narcotic, and predicting with absolute confidence that the attack will ultimately end, is all that can be offered in status migrainus. That drugs with possible preventive vasoconstrictor action regularly administered (methysergide, inderal) are useful once status sets in has not yet been established.

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