

# Abstract

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## High-dose riboflavin for prophylaxis of migraine.

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**BACKGROUND:** Migraine is a serious problem in terms of morbidity and health care costs. The 1998-1999 Statistics Canada National Population Health Survey reports that 7.9% of Canadians older than 12 have been diagnosed with migraine headaches. Women are more affected than men at a ratio of 3:1 (11.7% vs 3.8%); this difference is most pronounced between age 25 and 39. Those who have migraines are more likely to have other chronic conditions, such as allergies, asthma, arthritis or rheumatism, hypertension, and depression. People who have had a major depressive episode are nearly three times as likely to have migraine as those who have not (20.4% vs 7.3%).

**DESIGN:** Randomized, double-blind, placebo-controlled clinical trial using a two-parallel group design.

**RESULTS AND CONCLUSION:** High dose riboflavin (400mg) is effective for migraine prophylaxis. (NNT is 2.8 to decrease attack frequency by 50%). High dose riboflavin appears to be safe and to have relatively few adverse side effects.

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