Sustained response and clinical impact of anti-CGRP treatment in migraine patients: a retrospective observational study

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Objective:

To compare the efficacy of two consecutive treatment cycles with fremanezumab in patients with episodic and chronic migraine.

Methods:

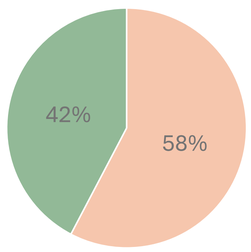
- Observational, retrospective, single-centre study.
- Efficacy was assessed by the reduction in the mean number of migraine days per month (MDM), with an optimal response defined as MDM ≤4 days.
- Impact on quality of life was evaluated using the HIT-6 questionnaire.
- A statistical description of the sample was performed.
- Two consecutive treatment cycles with *fremanezumab* were compared in patients with episodic and chronic migraine.
- The Student's t-test, Wilcoxon test, and McNemar test were used (significance level p≤0.05).

Results:

52 patients included

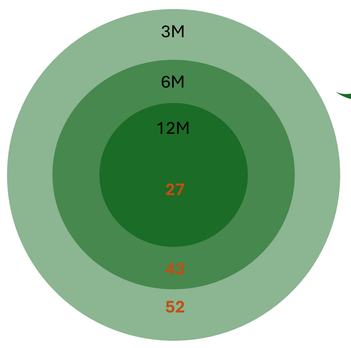
50 (96%) female

Mean age: 45.7± 8.7 years



The treatment cycles were separated by a median interval of 5.5 months (P25: 3 months; P75: 10 months).

Follow up at 3-6-12M



Patients at each follow-up who achieved an optimal response, defined as MDM ≤4 days

Efficacy was assessed by a reduction of ≥50%, and we also calculated the proportion of patients achieving a reduction of ≥75% in the mean number of migraine days per month (MMD) prior to the initiation of the antiCGRP.

Results:

*P=0,280** *p=0,188** *p=0,516*** *teste de tstudent; **teste de wilcoxon

MMD

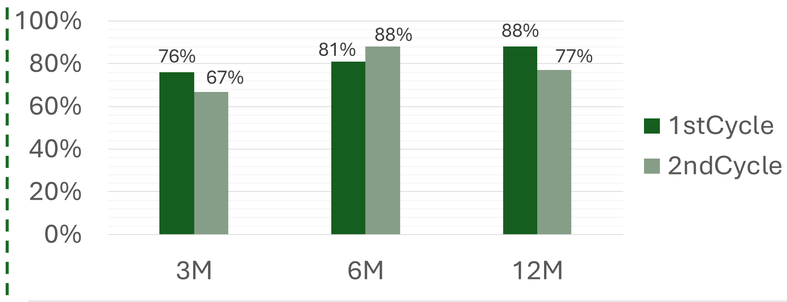
	Before	3M	6M	12M
1st cycle	Before 1st cycle: 14,3 ± 6 days	4 ± 2,61 days	3,37 ± 3,6 days	2,71 ± 2,3 days
2nd cycle	Before 2nd cycle: 11 ± 5,7 days	4,8 ± 2,43 days	3,5 ± 2,1 days	2,83 ± 2,5 days

		MMD>4days(2nd cycle)	MMD≤4days(2nd cycle)	
3M N=52	MMD>4 days(1st cycle)	17	7	48% n=25
	MDM≤4 days(1st cycle)	10	18	53% n=28
		MMD>4days(2nd cycle)	MMD≤4days(2nd cycle)	
6M N=42	MMD>4 days(1st cycle)	5	7	76% n=32
	MDM≤4 days(1st cycle)	6	25	72% n=31
		MMD>4days(2nd cycle)	MMD≤4days(2nd cycle)	
12M N=27	MMD>4 days(1st cycle)	4	2	74% n=20
	MDM≤4 days(1st cycle)	3	18	77% n=21

*P=1,143** *P=1,00** *P=1,00** *teste McNemar

Table1. No statistically significant differences were observed in patients experiencing an average of four or fewer migraine days per month.

Response rate of ≥50% reduction in MMD from baseline to 3, 6, and 12 months of treatment with fremanezumab, across the two treatment cycles.



At the end of the second cycle, 77% of patients (n=21) achieved a **≥50% reduction in MMD.**

Scores <55 at HIT6:

- **3-month follow-up:** 52% in both the 1st and 2ndcycles
- **End of treatment:** 63% in the 1st cycle vs 67% in the 2ndcycle

		≥75% efficacy 2nd cycle	<75% efficacy 2nd cycle	
3M N=52	≥75% efficacy 1st cycle	11	5	
	<75% efficacy 1st cycle	11	25	30% n=16
				42% n=22
		≥75% efficacy 2nd cycle	<75% efficacy 2nd cycle	
6M N=42	≥75% efficacy 1st cycle	13	3	
	<75% efficacy 1st cycle	14	13	35% n=16
				63% n=27
		≥75% efficacy 2nd cycle	<75% efficacy 2nd cycle	
12M N=27	≥75% efficacy 1st cycle	14	5	
	<75% efficacy 1st cycle	3	4	70% n=19
				63% n=17

*P=0,04** *P=0,003** *P=1,00** *teste McNemar

Table2. A greater proportion of patients achieved a reduction of ≥75% at 3 and 6 months in the second cycle compared with the first cycle.

Conclusion:

- Reduction in migraine days was significant in both cycles, without differences between them.
- The second cycle showed additional benefit in the first 6 months, with more patients achieving ≥75% reduction, and sustained efficacy at 12 months.
- No differences were seen for ≥50% reduction.
- Most patients reported reduced migraine impact, supporting the benefit of reintroduction in previously responsive patients.