

# New Treatment for Migraines

By Sam Kennedy / St. Lukes Hospital

Gwen Hercik enjoys the thrill of reading a good whodunit by James Patterson. The suspense makes the time fly as she follows the plot and tries to figure out who the villain is. But for the past decade, reading, along with spending time with family and baking, her favorite hobbies, were limited by her frequent migraine headaches.

That was before Hercik enrolled in a research study of Aimovig® at St. Luke's Center for Neurology.

About 15% of Americans suffer migraines, often-debilitating headaches for which there is no cure. They can be triggered by stress, loud noises, certain foods, hormonal changes, caffeine, tobacco, among other factors.

"They felt like a band around my head that got tighter and tighter," says Hercik, a 77-year-old resident of Fountain Hill. Light made them worse, too. "I was miserable and had to go into a dark room."

Some James Patterson mysteries went unfinished as she suffered from at least 2-3 migraines a month.

Hercik took over-the-counter and prescription medications that dulled the throbbing symptoms but didn't reduce the onset or duration of the migraines. They still came, unexpected and intense, consistently disrupting her life.

After Hercik enrolled in the research study of Aimovig® at St. Luke's Center for Neurology, it seemed she had found the key to a perplexing puzzle in a monthly shot she injects into her thigh.

According to Krista Verdi, PAC, Hercik's physician assistant at St. Luke's, Aimovig, FDA approved in 2018, is the first in a new class of preventive medications that blocks the trigger of a migraine and has "given many patients their lives back."

"It's a remarkable, life-changing medication," says Verdi, who has seen many of her patients respond favorably to the drug. Hercik hasn't had a single headache in several months, for which she praises Aimovig and Verdi.

"I've had fewer migraines, and when they come, they don't last as long," she explains. And, as a bonus, she hasn't had any side effects from Aimovig to date.

"I'm so thankful I was able to join this study and take this medicine." Now she's able to finish a James Patterson mystery, pain-free, and look forward to reading the next book. It's a joy she finds in this pastime for the first time in many years.



**NEW**

**BY APPOINTMENT ONLY!**

## OCTOBER 1

NORTHAMPTON COUNTY

# HOUSEHOLD HAZARDOUS

RESIDENTIAL DROP-OFF EVENT Waste

**ONLINE PRE-REGISTRATION IS REQUIRED & OPENS  
SEPTEMBER 1**

**LEARN MORE** [www.northamptoncounty.org](http://www.northamptoncounty.org)



## Fish with a Waterways Conservation Officer Event



FREE

ALL AGES WELCOME

Looking for a great way to connect with your family?

Participants will have the opportunity to fish with a local Waterways Conservation Officer during this event. This FREE program is a great way for families and participants to interact with our officers. All fishing equipment is provided and fishing licenses are waived during this program.

Saturday, August 13, 2022

9:00AM - 12:00PM

East Shore Access at Minsi Lake

PRE-REGISTRATION IS REQUIRED



Please register online at  
<https://www.register-ed.com/events/view/184640>  
 Contact Andrew Desko at (215) 968-3631 for more information.