

**Letter to “NoGracias” from a patient suffering migraine. Boicot a Teva and the boycott of Ajovy (fremanezumab). A clinical case.**

**Health Workers For Palestine, Spain (HW4PS) and NoGracias**

**INTRODUCTION**

*Teva employs multiple mechanisms to maintain its business, from corruption to direct publicity, including the manipulation of opinion leaders (professionals and patients). Nothing compares to the impact of someone who suffers and "plays" in favor of Teva and against science and ethics. A personal narrative of suffering negates all the work that underpins rational and sensible decisions. We present a "clinical case": a patient suffering from migraines, for whom Ajovy (from Teva) has restored "normality" (even though it is a medication that is neither effective nor safe).*

**RESPONSE AND ORIGINAL LETTER SENT TO "NOGRACIAS" (to Carlos Ponte Mittelbrunn, first president of NoGracias)**

*In general, a response with basic considerations:*

1/ We understand the suffering caused by chronic migraines and we promote the best possible healthcare to alleviate that suffering as much as possible.

2/ We accept disagreement, of course, but not the assertion that the content of our publications is false.

3/ We are not the ones who evaluate the lack of efficacy of Ajovy; in this case, it was the best pharmacotherapeutic bulletin in the world, the journal *Prescrire*.

4/ Personal experience is not a criterion for objective evaluation, since the placebo effect achieves incredible results, so its improvement may be undeniable, but it has nothing to do with Ajovy itself.

5/ The boycott of Teva is required by medical ethics, for reasons of non-maleficence, beneficence, and justice (it is not, therefore, a matter of "political pressure" but of medical deontology).

6/ Incidentally, in the case of Ajovy, the boycott of Teva and the resulting savings will allow for better migraine treatment for a larger population with improved alternatives.

*Specifically, Carlos Ponte Mittelbrunn's response:*

"Thank you for your comments.

We are pleased that your migraine episodes have decreased, which you attribute to the start of treatment with fremanezumab (Ajovy). Our assessment of this medication is based exclusively on scientific evidence, without any political, moral, or other bias.

We rely, among other references, on the report from the journal Prescrire, recognized as one of the most rigorous independent journals in drug evaluation. A report from this journal concludes that Fremanezumab (Ajovy) 'DOES NOT OFFER ANYTHING NEW' in migraine prevention.

@RevuePrescrire <<https://x.com/RevuePrescrire>> <https://www.prescrire.org/avis-sur-les-medicaments/444-fremanezumab-ajovy-et-prevention-des-crisis-de-migraine>.

The moral and political assessment we have of the pharmaceutical company is a different matter." TEVA, in its capacity as a collaborator of the genocidal state of Israel.

Finally, I would like to inform you that I am the president of the Platform for Health and Public Healthcare of Asturias, but no longer of the NoThanks Platform, although I remain a member of this organization.

Sincerely, Carlos Ponte Mittelbrunn".

## NOTES

1/The wording of the letter is reminiscent of Teva's official publications.

2/ [The "NoGracias Platform" is an associate member of the International Society of Drugs Bulletins](#). "NoGracias" is a civil non-profit association, whose ultimate goal is to promote a democratic health system at the service of society, that is, public, sustainable, based on the best scientific knowledge and in which transparency, integrity and equity presides over the actions of all its agents. Founded in 2008, it was chaired by Carlos Ponte Mittelbrunn until 2013, when Abel Novoa Jurado took over until 2020 when Roberto Sánchez Sánchez took charge.

3/ "NoGracias" promote the boycott to Teva and Ajovy. In Spanish: ["Boicot a Teva, boicot a Ajovy \(un medicamento que no aporta nada bueno nuevo para "prevenir" crisis de migraña\)"](#). English version in: ["Boycott Teva, boycott Ajovy. Boicot Teva, boicot Ajovy ENG ESP"](#)

Letter from a patient, via email, March 5, 2026, with the title: "Boycott Teva, a pharmaceutical giant against the Palestinian people"

To the attention of Carlos Ponte Mittelbrunn, president of the NoThanks Platform (PNG), I am writing to you as a patient with chronic migraine, diagnosed with mixed headache, tension headache, and migraine, with a history of years of debilitating pain.

Before starting preventive treatment with Ajovy, I suffered 2-3 attacks per week, many of them severe, which affected my personal, family, and work life. The cumulative impact of this disease also led to a significant depressive episode, from which I am still recovering.

Since starting treatment with Ajovy (fremanezumab), my progress has been clinically and objectively remarkable: in the last two months, I have had only one attack. This substantial reduction in the frequency and intensity of migraines has meant a radical improvement in my quality of life, allowing me to regain autonomy, emotional stability, and functionality.

Therefore, I cannot agree with the assertion that this medication “doesn’t offer anything new” in migraine prevention. In my case—and in that of many other patients—it has represented a decisive therapeutic change after years of failure with other preventive treatments. Real-world clinical experience and the available scientific evidence support its usefulness in patients with a high disease burden.

I understand that ethical or political positions may exist regarding international conflicts. However, I find it deeply concerning that an armed conflict, regardless of its circumstances, is used as an argument for promoting a boycott of a medication that is providing effective relief to patients with serious and disabling illnesses is unacceptable.

Health should not become a tool for political pressure. Protecting some cannot mean indirectly punishing others, especially when we are talking about sick people whose only aspiration is to live without pain or with reduced disability.

Linking access to healthcare treatments with geopolitical conflicts sets a dangerous precedent that jeopardizes basic principles of equity and the protection of public health. Chronic migraine is not a minor inconvenience: it is a debilitating neurological disease that profoundly impairs quality of life and mental health.

For those of us who have recovered stability thanks to these treatments means that access to them is not a luxury or an ideological issue: it is a healthcare necessity.

I ask that, in this debate, the reality of patients be taken into account.

Decisions and public messages regarding health must be based on scientific evidence and the well-being of those suffering from the disease, not on considerations unrelated to the clinical field.

Sincerely, H.R.