A Path to Migraine Wellness

CAROLYN BERNSTEIN MD FAHS
NEUROLOGIST AND HEADACHE SPECIALIST, BRIGHAM AND WOMEN’S HOSPITAL
Migraine: Chronic Medical Condition

More than just a headache

No cure to date

Treatment has traditionally focused on medication

How can migraine sufferers feel like they have control over their disease?

What are some ways to find resources, support and help?
Understanding the science of migraine

Genetic and developmental factors can contribute

More common in women than men

Peaks in 30s and 40s but can be present in all ages

Clinical diagnosis

Paucity of headache specialists

Breaking it down
Postdrome: recovery

ICTUS—the migraine event itself

Maybe aura

Early signs: prodrome

Fatigue/restlessness/sense of foreboding

Process may start 24 hours before patient feels anything

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Step one: recognizing what is happening and finding a medical care provider

Resources: American Headache Society, Migraine Research Foundation and others

Ask friends—it’s a common condition: 38 million Americans have migraine

Ask your PCP or gyn provider

If the first visit is not a positive one, feel empowered to keep searching

It’s not your fault that you have migraine and the condition should NOT be minimized
You have a migraine specialist that you want to work with—then what?

- Take charge
- Start keeping a diary!
- Log everything you think is important: menstrual cycle, sleep, exercise and food.
- Stress is important, pandemic or not
- Bring this to visit or send electronically ahead of your appointment
- Study it yourself—nobody knows your brain as well as you do
Make a list of treatments you’ve tried

- Medications: preventive and abortive
- Any of the newer biologics?
- Botox?
- Elimination diet?
What is homeostasis?
Migraine brains don’t like uncertainty

Change is that much harder.

The more you can do to improve overall wellness, the better!

Scheduling your time if you can.
And then there was a pandemic
STRESS OF EVERY TYPE

- Family
- Job
- Kids and school
- Finances
- Loneliness/isolation
- Fear and anxiety around getting infected
Migraine Mayhem

SO MUCH CONTROL IS LOST
So what is the path to migraine wellness?
Work with your team and use what you know best.

- Schedule
- Stick to all those healthy habits
- Line up your care providers
- See what can be virtual
- Plan ahead
- Shore up your support
- Create boundaries
Not helpful

Dismissive treatment → Being told migraines are the least of it all → Not giving yourself some space → Getting caught in an anxiety loop
trying to limit screens!

let's face it, that's pretty much impossible right now
- Chiropractor
- Movement therapy
- Yoga
- Integrative health coaching
- Integrative nutrition
- Acupuncture
- Craniosacral therapy
- Meditation and mindfulness
Support from other migraine sufferers
On the agenda for today

- MIGRAINE ADVOCACY
- NEW TREATMENTS IN THE PIPELINE
- MEDITATION AND MINDFULNESS