



# 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



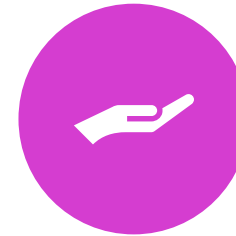
NO CURE TO DATE



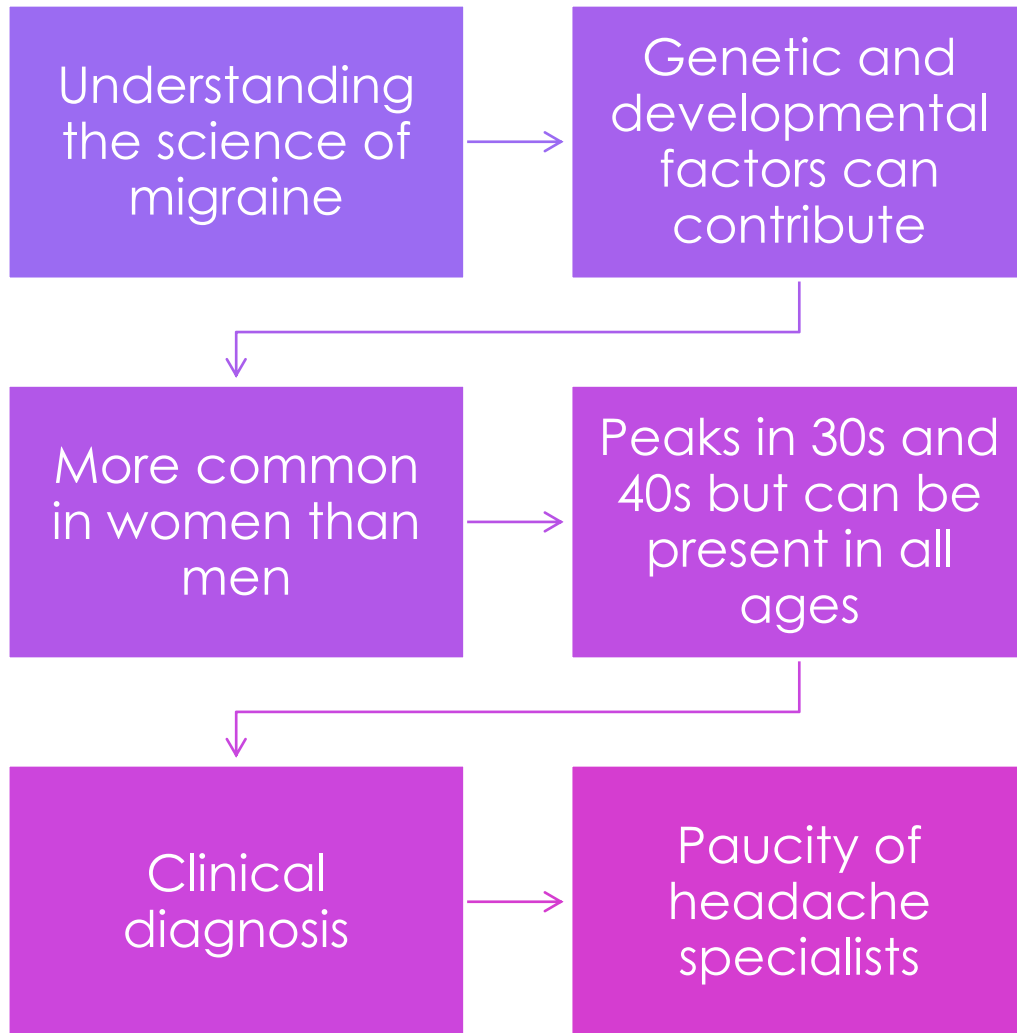
TREATMENT HAS  
TRADITIONALLY  
FOCUSED ON  
MEDICATION



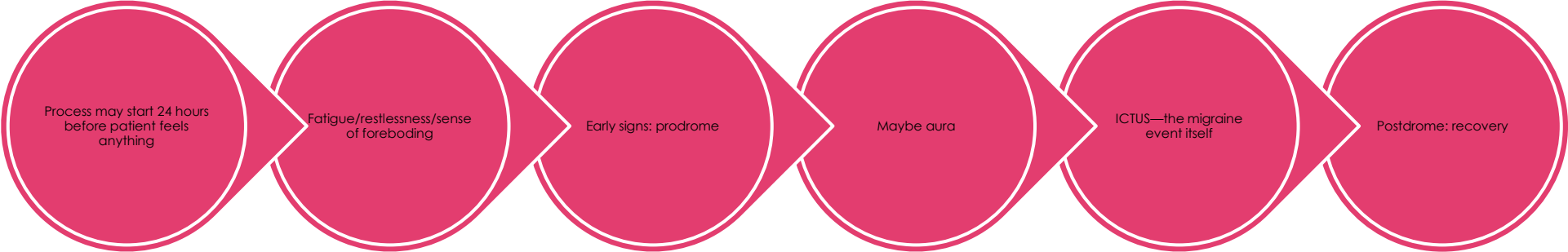
HOW CAN MIGRAINE  
SUFFERERS FEEL LIKE THEY  
HAVE CONTROL OVER  
THEIR DISEASE?

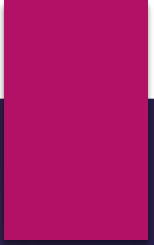


WHAT ARE SOME WAYS  
TO FIND RESOURCES,  
SUPPORT AND HELP?



Breaking it down



- 
- ▶ 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?

# Lifestyle



EXERCISE?



HYDRATION



SLEEP



STRESS



What is homeostasis?

# Migraine brains don't like uncertainty



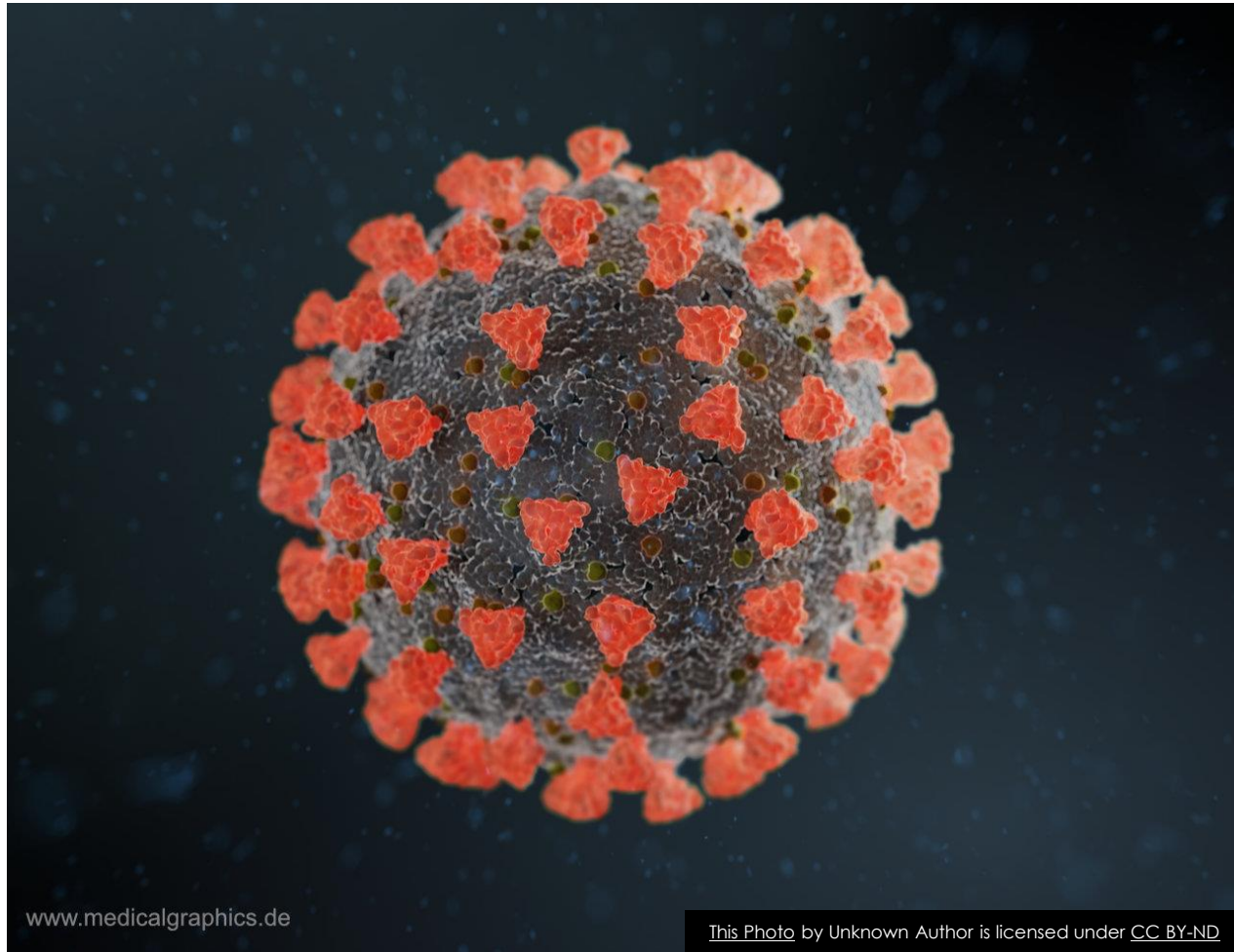
CHANGE IS THAT MUCH  
HARDER



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

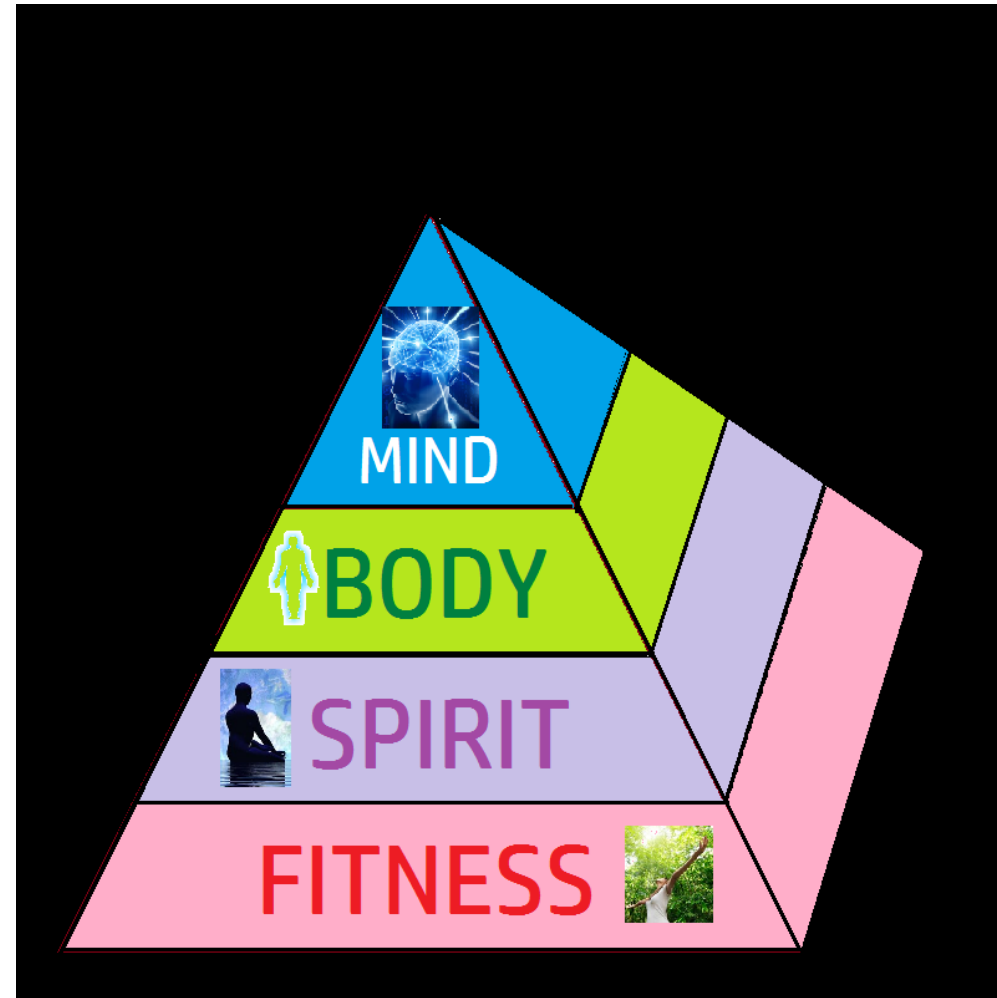
Fear and anxiety  
around getting  
infected



# Migraine Mayhem

SO MUCH CONTROL IS LOST

So what is the  
path to  
migraine  
wellness?



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

Work with  
your team  
and use  
what you  
know best

# Not helpful







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