



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



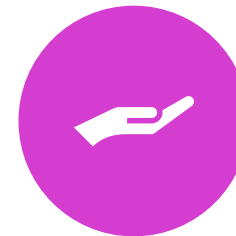
NO CURE TO DATE



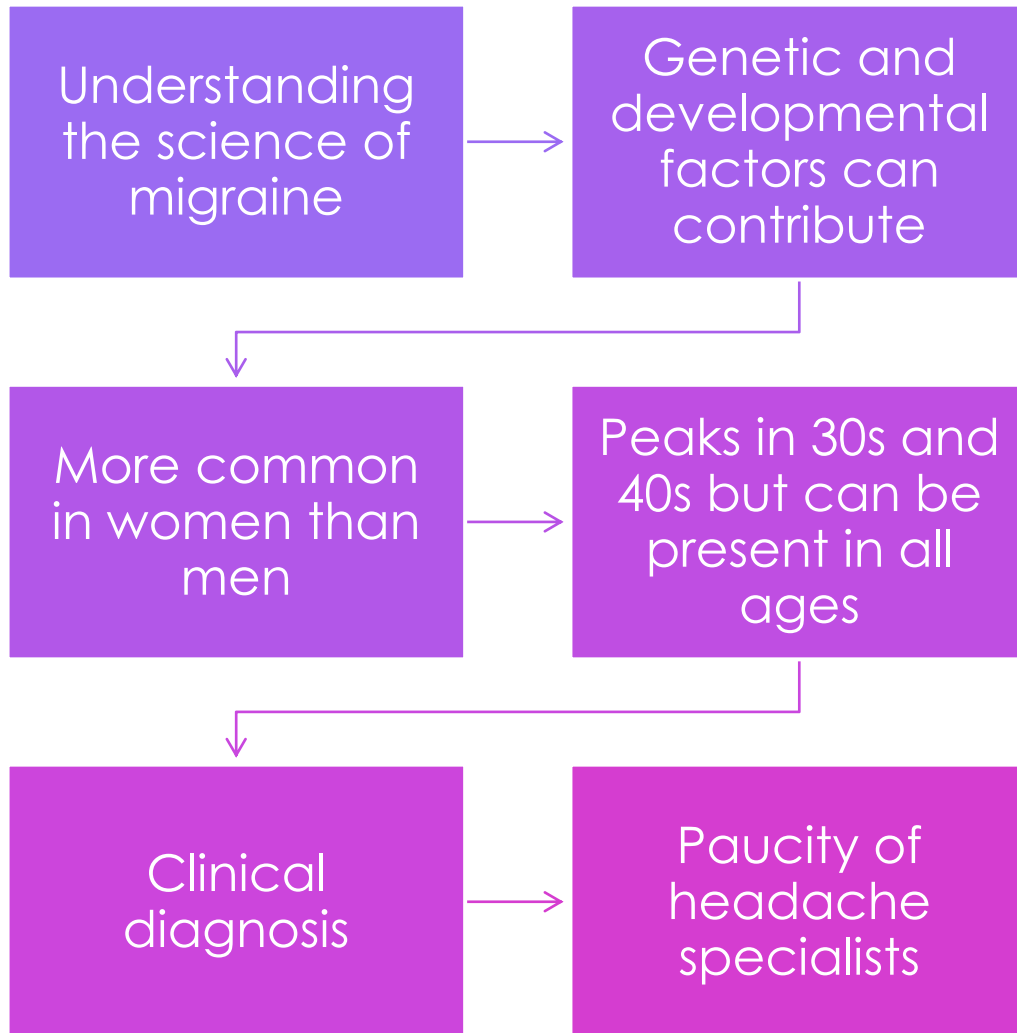
TREATMENT HAS
TRADITIONALLY
FOCUSED ON
MEDICATION



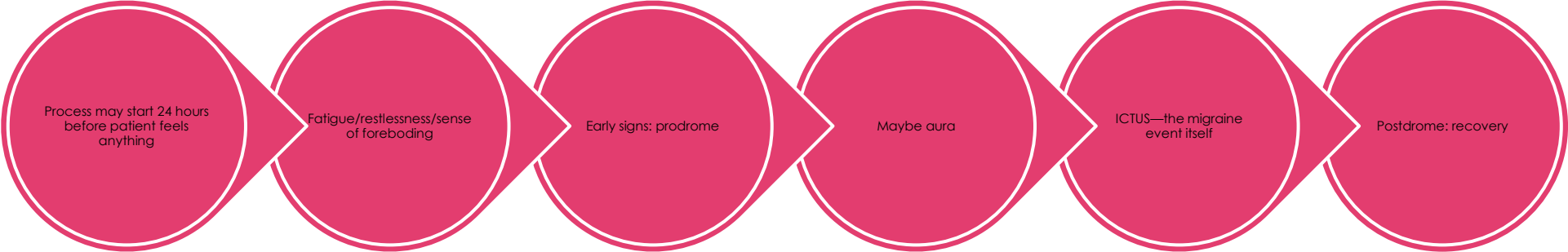
HOW CAN MIGRAINE
SUFFERERS FEEL LIKE THEY
HAVE CONTROL OVER
THEIR DISEASE?

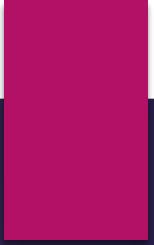


WHAT ARE SOME WAYS
TO FIND RESOURCES,
SUPPORT AND HELP?



Breaking it down



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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?

Lifestyle



EXERCISE?



HYDRATION



SLEEP



STRESS

What is homeostasis?

Migraine brains don't like uncertainty



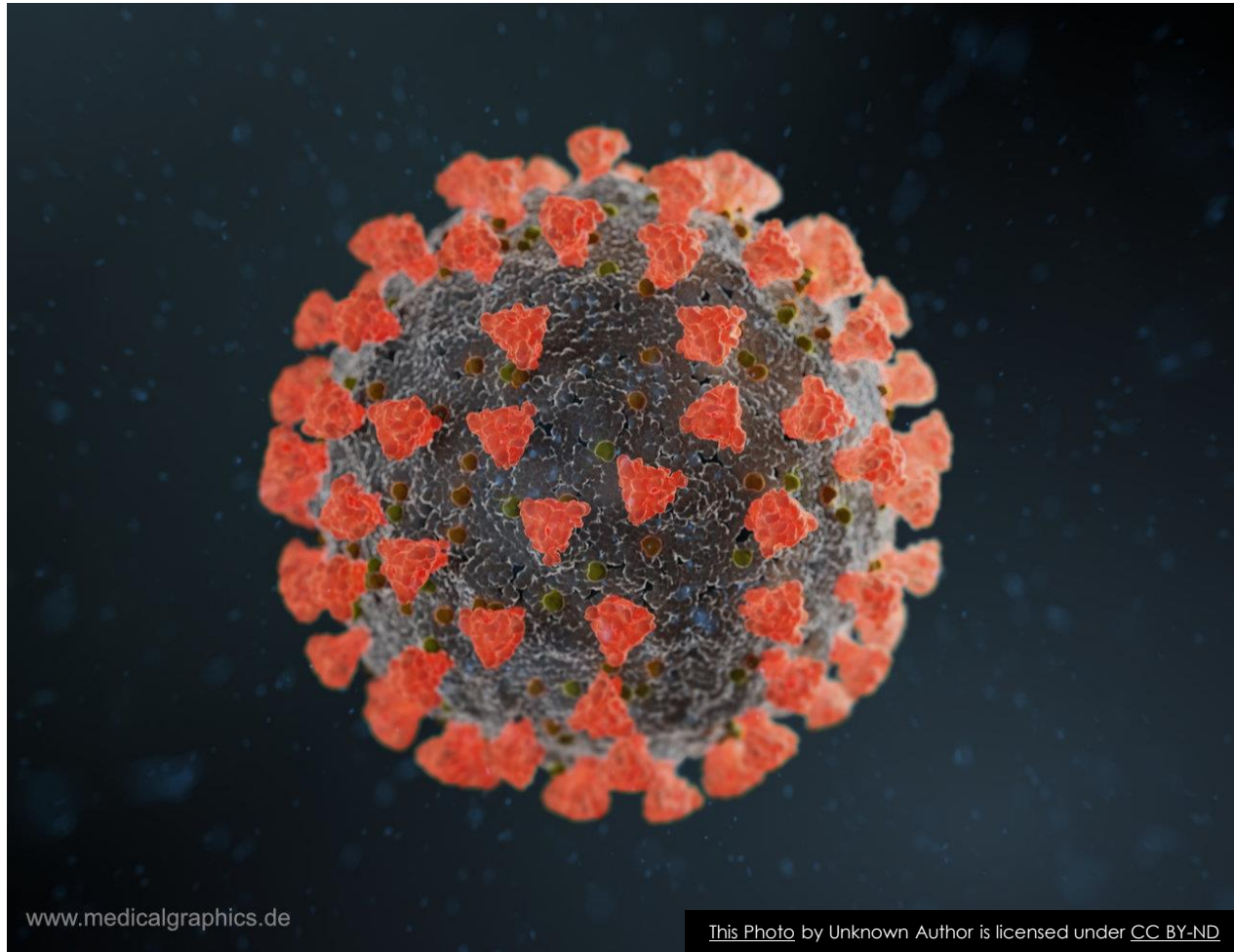
CHANGE IS THAT MUCH
HARDER



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

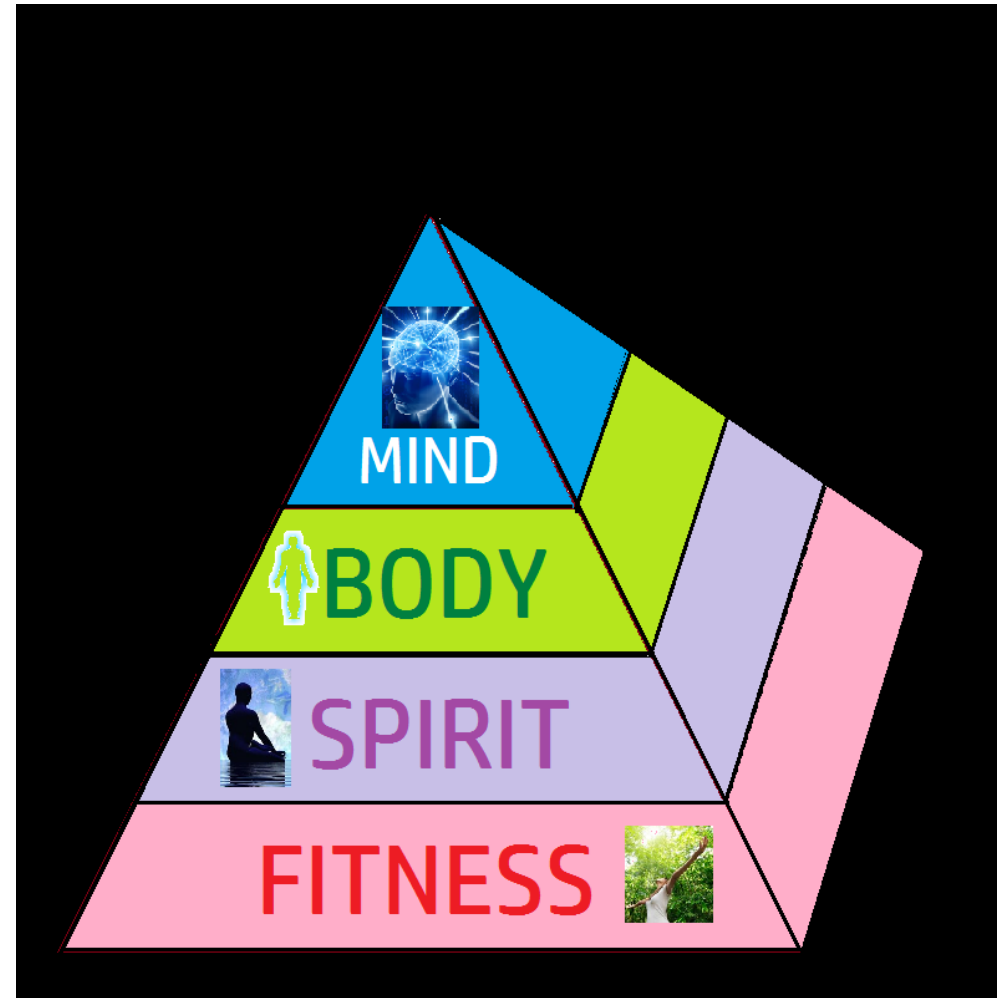
Fear and anxiety
around getting
infected



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