Mindfulness & Migraine

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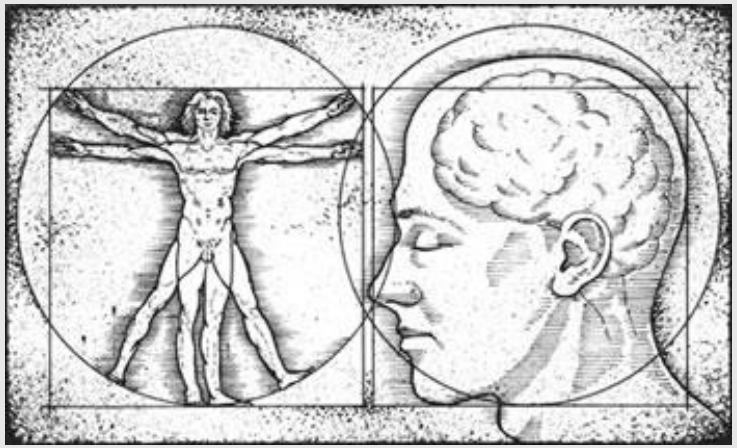
Wake Forest
School of Medicine

Objectives

- Define mindfulness meditation
- Evaluate evidence for mindfulness in migraine
- Explore the idea of mindfulness and how you may be able to incorporate into your life



Disclosures

- Nothing to report

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EPIC BURGER
A MORE MINDFUL BURGER

SHERWIN WILLIAMS®

COLLONADE GRAY SW7641

MINDFUL GRAY SW7016

DORIAN GRAY SW7017

INTELLECTUAL GRAY SW7

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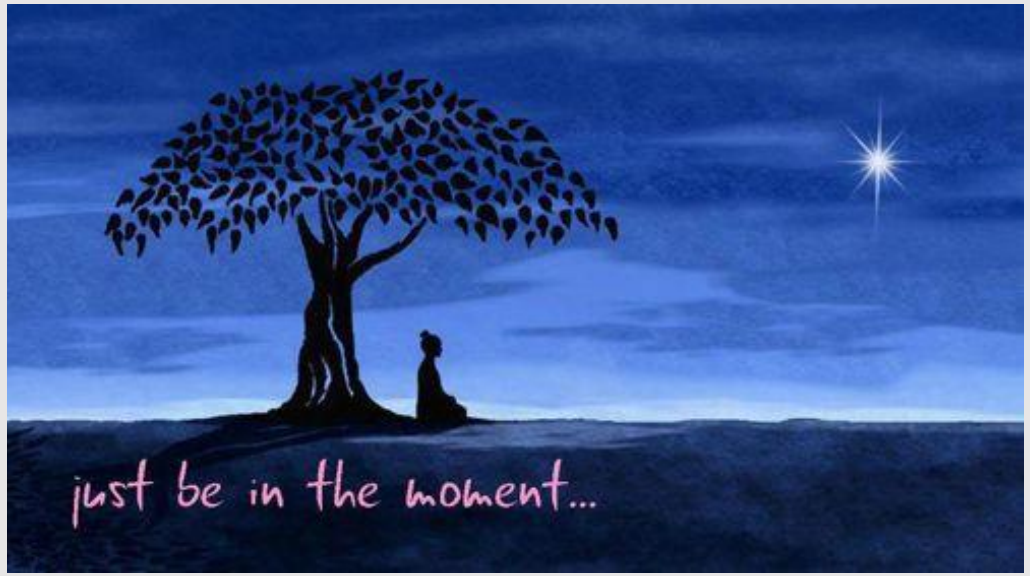
What is Mindfulness?

The act of paying full attention to whatever is happening in our present moments with qualities of

- Openness
- Non-judgment &
- Curiosity

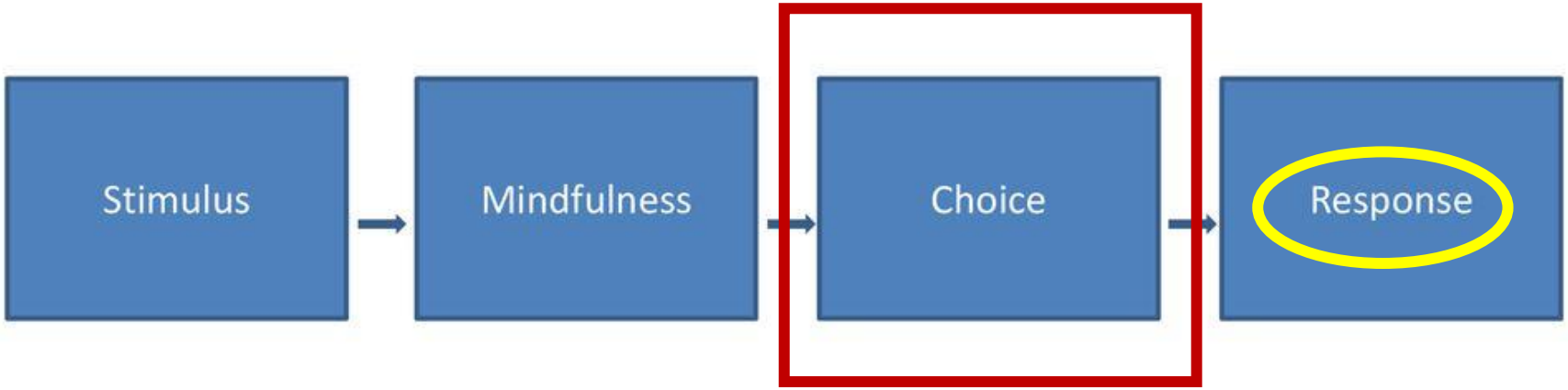
Mindfulness Meditation

- Secular contemplative practice
- Cultivate attention & awareness



Without Mindfulness

With Mindfulness



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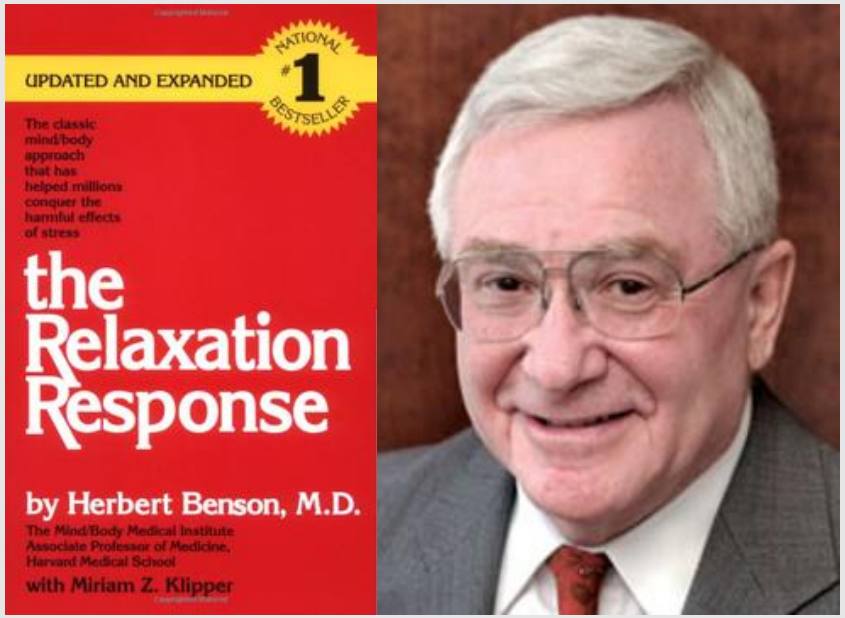
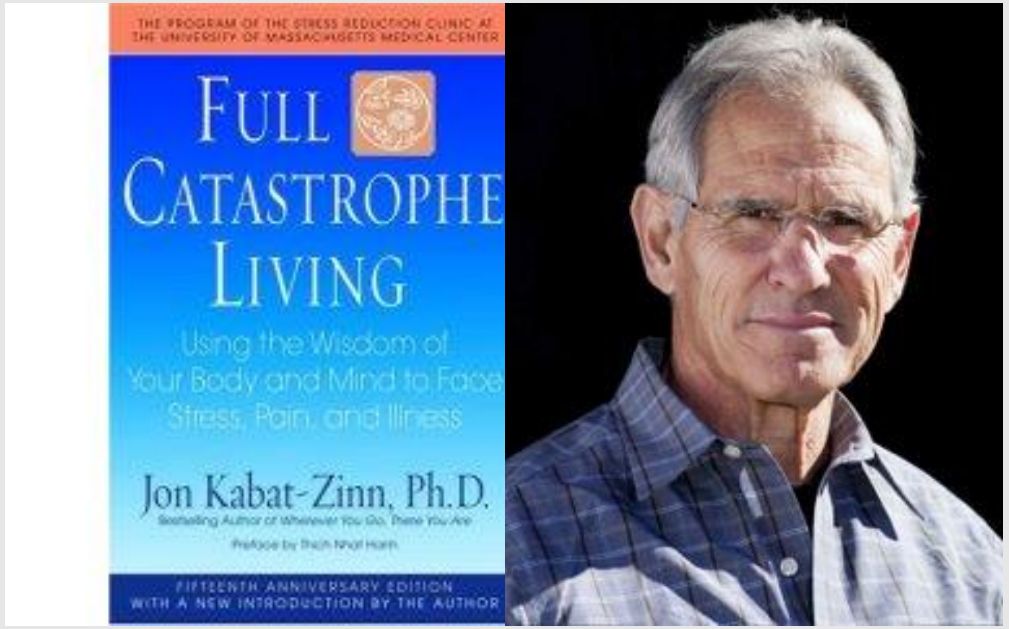
Historical Perspective

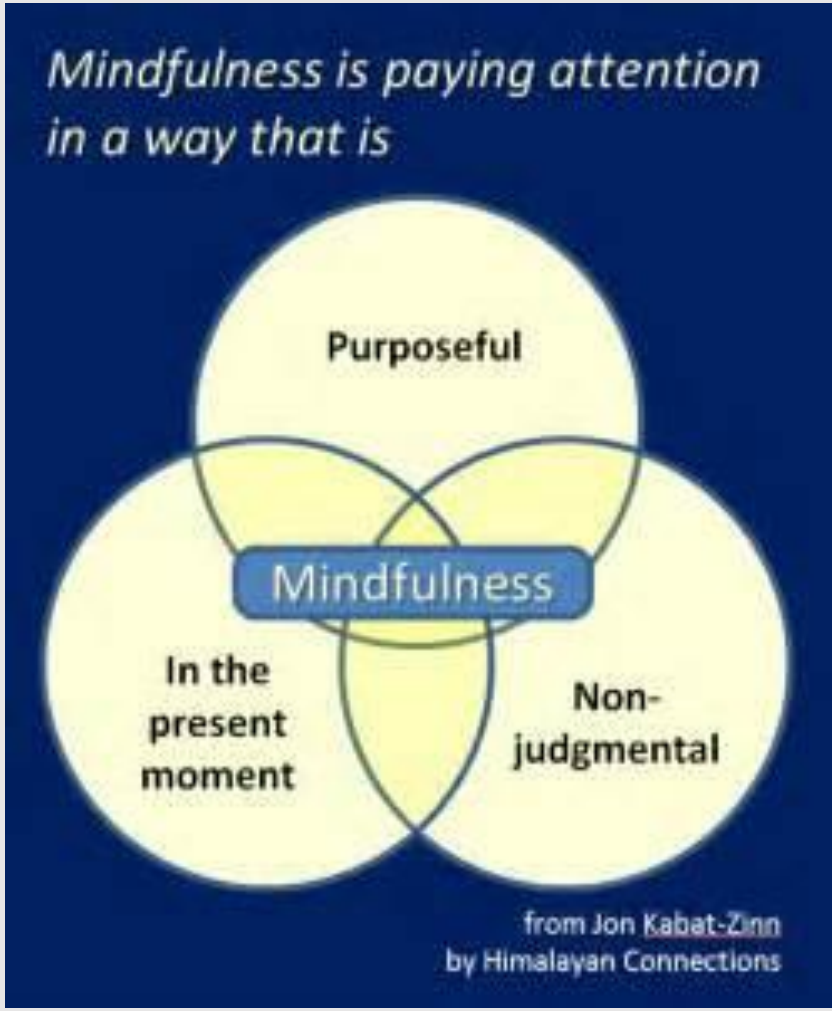
- Long historical roots (religious)
- Stress Reduction Clinic 1979
- Research
- Media





Mindfulness-Based Stress Reduction (MBSR)

- Standardized 8 weekly 2 hr classes + home
- Body scan, sitting meditation, yoga, mindfulness
- Teaches:
  - Focus on present moment
  - Practice without judgment



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Mindfulness Meditation-- Beyond Relaxation

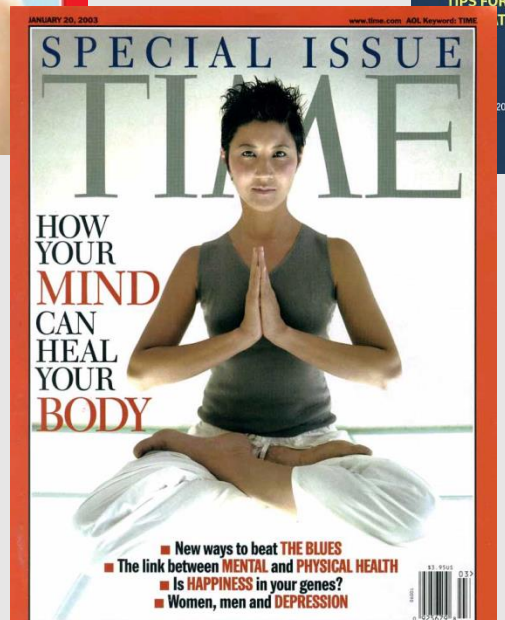
- Attention regulation
- Body awareness
- Emotion regulation
- Non-reactivity
- Meta-cognition

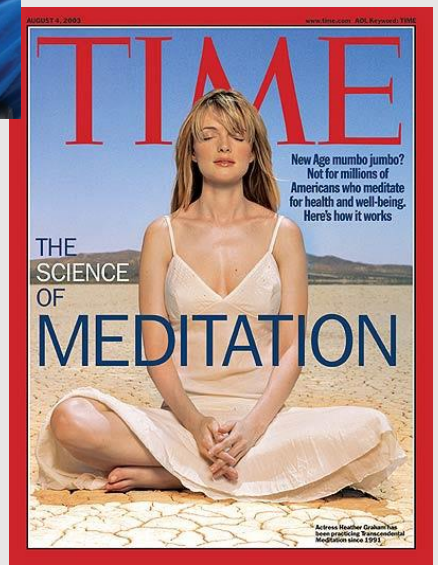
Kabat-Zinn 1982; Zeidan 2011; Goldin 2010; Farb 2012; Hoge 2013; Kerr 2013; Creswell 2014.

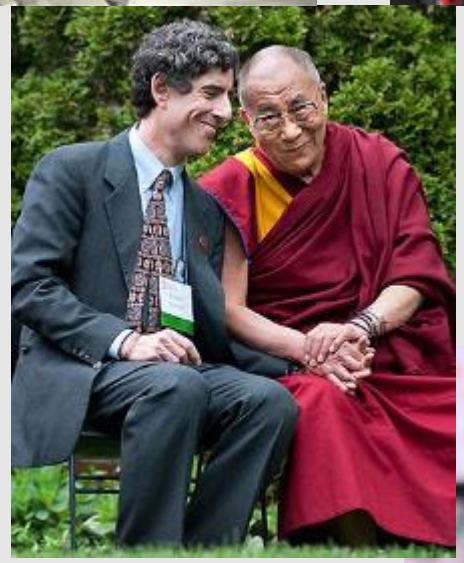
How Meditation May Change the Brain

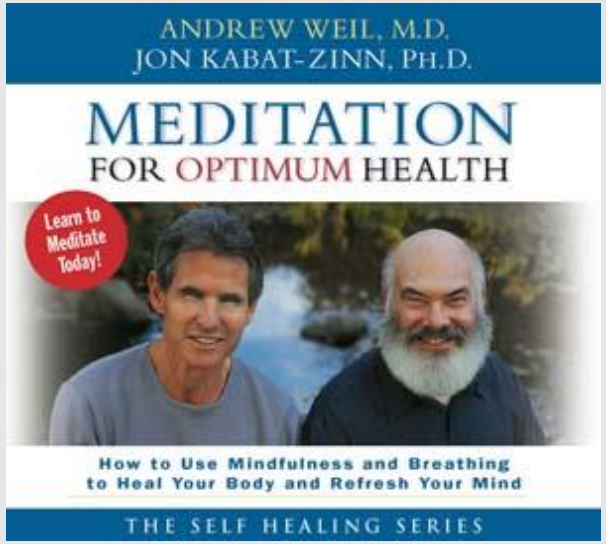
By SINDYA N. BHANOO JANUARY 28, 2011 10:29 AM

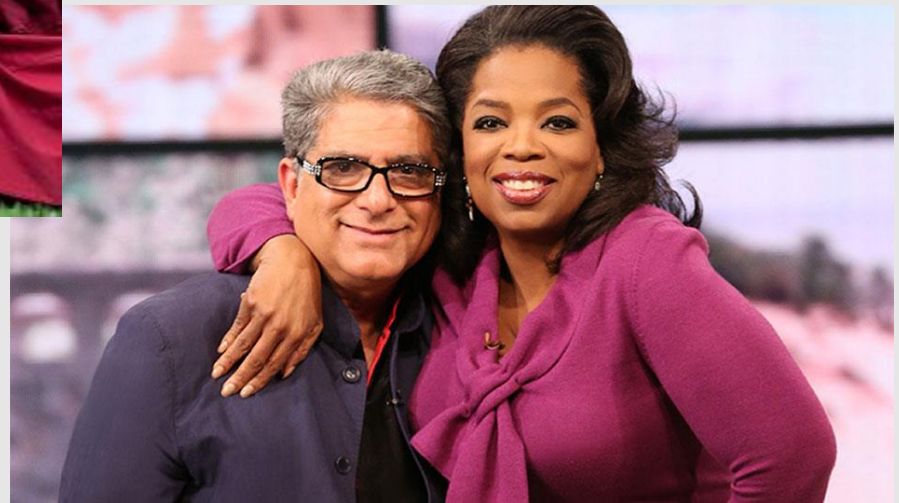
The New York Times











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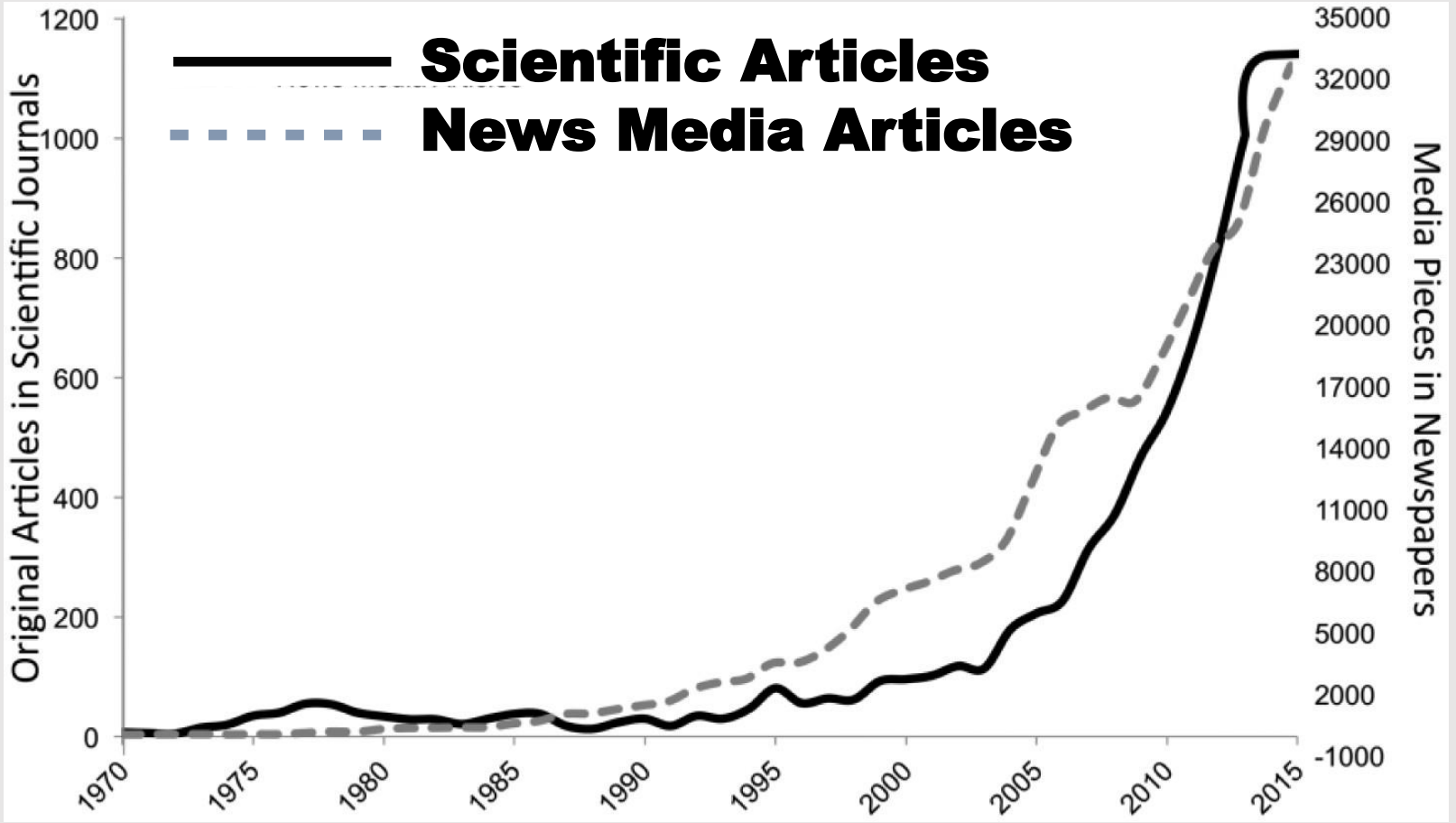
Number of Media Articles Relative to Meditation Published by Year: "Mind the Hype"



Van Dam NT et al: Perspectives on Psychological Science 2018.

Meditation for Migraines: A Pilot Randomized Controlled Trial

Rebecca Erwin Wells, MD, MPH*; Rebecca Burch, MD; Randall H. Paulsen, MD; Peter M. Wayne, PhD; Timothy T. Houle, PhD; Elizabeth Loder, MD, MPH

Headache, 2014 Oct;54(9):1484-95

- MBSR for adults with episodic migraine (4-14 migraine/mo)
- No drop-outs, no adverse events, daily home practice 34 +/- 11 minutes
- Although underpowered, migraines were:
  - Less frequent by 1.4/mo d=0.32
  - Less severe (0-10) by 1.3 d=0.61
  - Shorter by 3 hrs* d=0.75
- Lower Disability scores*
  - MIDAS -13 d=1.37
  - HIT-6 -5 d=0.91
- Self efficacy and mindfulness improved* (d=0.8)
- ↓Emotional reactivity, ↓ pain catastrophizing, ↑ pain acceptance

TIME SUBSCRIBE

Meditation Shortens Migraines By 3 Hours

Mandy Oaklander @mandyoaklander | Sept. 12, 2014 SHARE

Can you namaste your migraines away? A new, small study published in the journal *Headache* suggests that meditation may help relieve the

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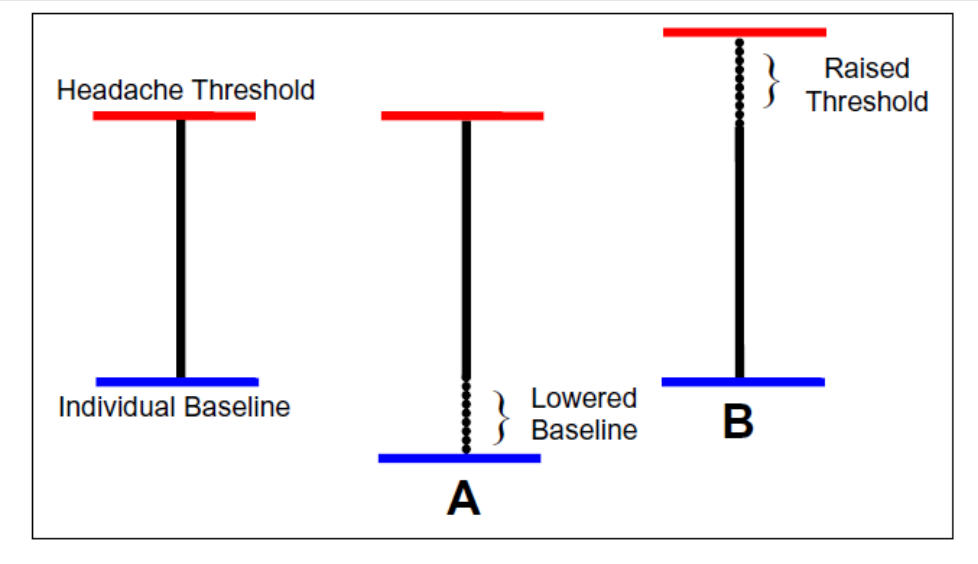
*Statistically significant

Potential Mechanisms

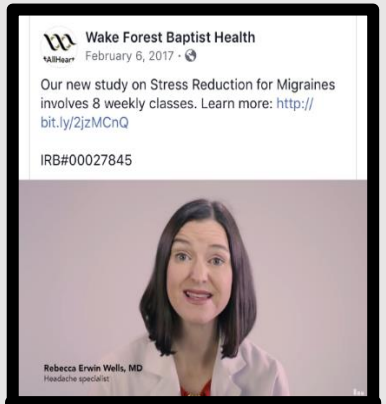
- Non-reactive approach to life stressors
  - Decreases emotional reactivity
  - Decreases affective response to stress

- Practice non-judgmental awareness of sensory events
  - Detached observation of sensory experiences (pain)
  - Reducing affective>sensory component of pain

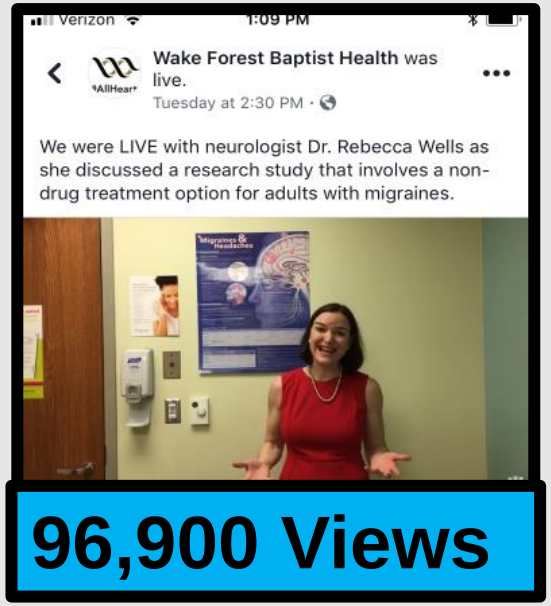


Wells & Loder, Headache 2012.

Stress Reduction for Migraine Study



99,100 Views



96,900 Views

Significant Provider Referrals

- >1700 online provider referrals (EMR)
- 133 Direct provider referrals

	Impressions (number of times post displayed)	Views/Reach	Engagement (likes, reactions, shares, comments)	Clicks
TOTAL	**1,073,559**	**463,946**	**2,128**	**1648**

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Wells et al, Headache 2018. Presented at 60th Annual Scientific Meeting American Headache Society, June 28-July 1, 2018, San Francisco, CA, *oral presentation.*

Multitude of Studies: Mindfulness in Migraine

- Studies conducted: US, Italy, Germany, Iran, Australia
  - Cross-cultural interest, applicability
- Mindfulness Based Cognitive Therapy (MBCT), New York (Seng, PI)
  - Patients with 6-30 days/mo migraine
  - Improvement in Headache related disability
- Mindfulness for Chronic Migraine-Medication Overuse HA, Italy (Grazzi, PI)
  - Choice: medication or mindfulness
  - Both groups: improvement in HA frequency, disability
- Enhanced MBSR vs. stress management, Maryland (Seminowicz, PI)
  - Decreased HA frequency, disability
  - MRI evaluation: improvement in cognitive efficiency

Be on the Lookout: The Next 5 Years

- AAN Guidelines: Complimentary and Integrative Medicine-Migraine

PI	Intervention	Control	Population	Sample Size	Key Outcomes	Location	Status
Wells	MBSR	HA education	Migraine 4-20/mo	91	• HA frequency • HA disability • QST	NC	Analyses
Pressman	MBSR	Usual care	Migraine 4-14/mo	66	• Recruitment Adherence	CA	Analyses
D'Amico	Mindfulness	Med	CM-MOH	170	• HA frequency • fMRI • Cost-efficacy	Italy	Recruiting
Napadow	Stress Rx	VNS	Migraine	120	• MRI • PET	MA	Not yet Recruiting

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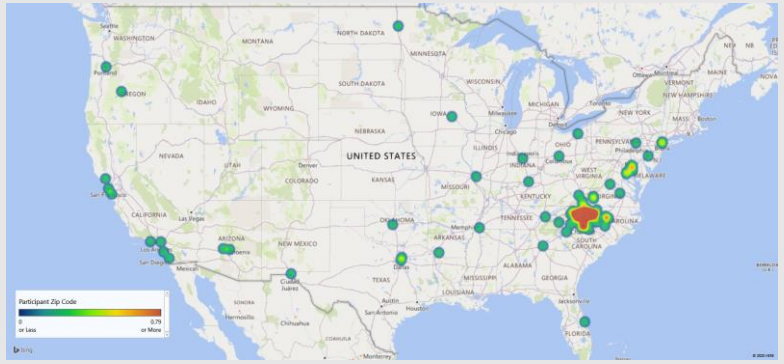
Mindfulness During COVID

- Headache physicians leading mindfulness sessions for patients

Licia Grazzi, MD
Milano, Italy
Licia.Grazzi@istituto-besta.it

Rebecca Erwin Wells, MD, MPH, FAHS
Winston-Salem, NC
WFBH_Mindfulness@Wakehealth.edu

- Virtual mindfulness session available anytime (with brief pre/post survey)
  - If interested, email: WFBH_Mindfulness@wakehealth.edu



- Live virtual sessions continue
  - Available for patients/providers, contact if interested
    - WFBH_Mindfulness@wakehealth.edu

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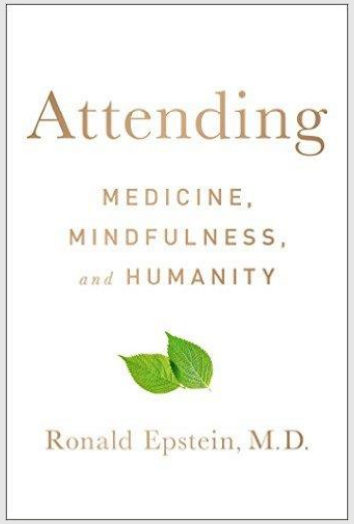
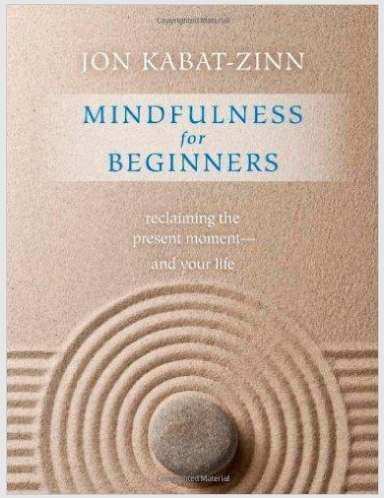
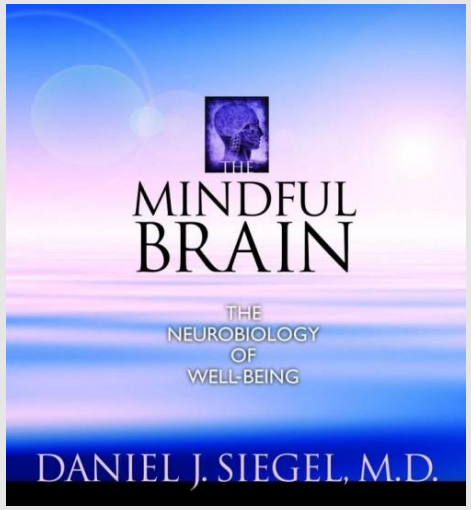
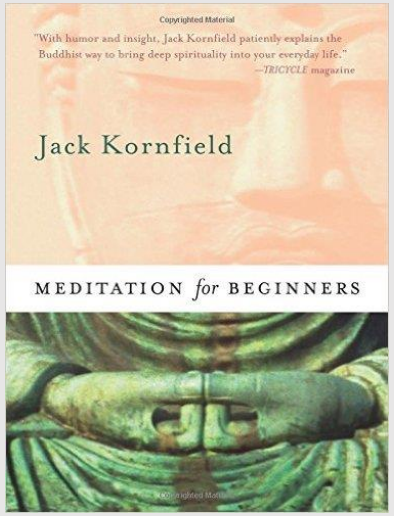
A Mindful Moment

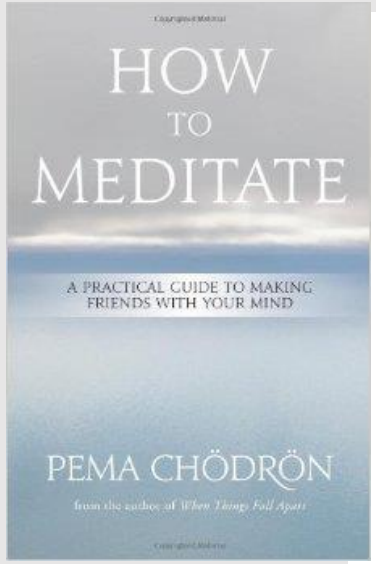
How to Learn More: Books (Ideas, NOT Endorsements)

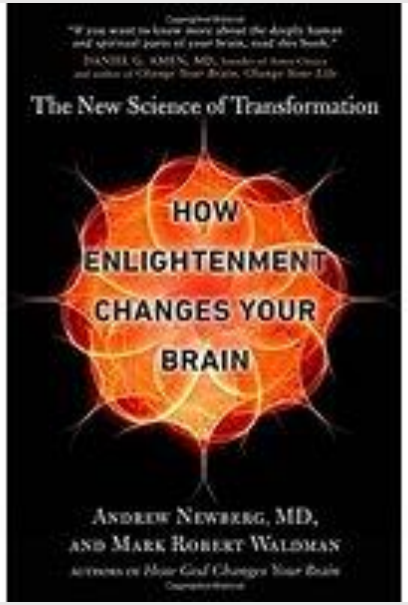


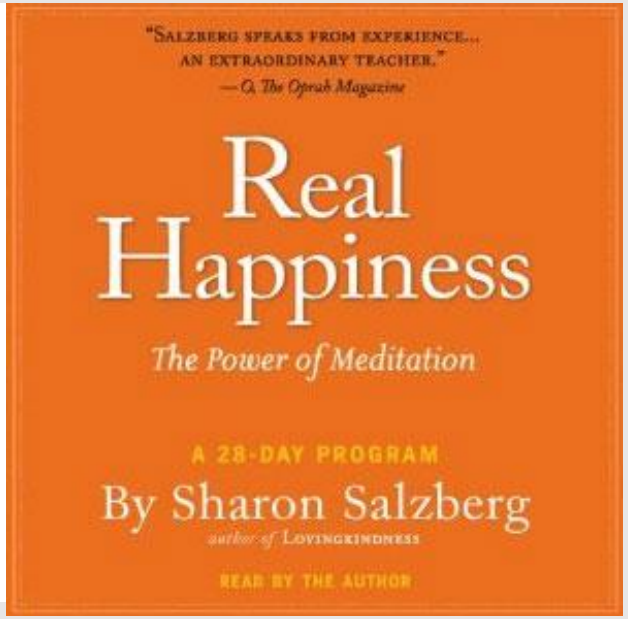


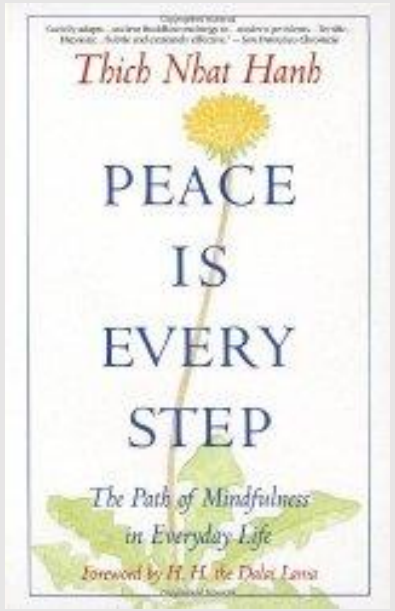












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How to Learn More: Retreats (Ideas, NOT endorsements)

THE ART OF LIVING
Retreat Center

INSIGHT
Meditation Society

OMEGA
awakening the best in the human spirit

Kripalu®
Center for Yoga & Health

MIND & LIFE
INSTITUTE

Spirit Rock
An Insight Meditation Center

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Center for Mindfulness
in Medicine, Health Care, and Society

University of Massachusetts
UMASS Medical School

How to Learn More: YouTube/Websites (Ideas, NOT endorsements)

- Wisdom 2.0
- Dr. Kristen Neff, Self-Compassion
- UCLA Mindful Awareness Research Center
- Osmosis
- UC Berkeley Mindful Breathing, Greater Good Science Center
- Heart Alchemy Yoga
- The Chopra Well
- UC San Diego Health
- Angel Souls
- Dr. Karthik Ramanan
- Psychocongress.com

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How to Learn More: Apps (Ideas, NOT endorsements)

HEADSPACE
TREAT YOUR HEAD RIGHT

TEN PERCENT HAPPIER

SIMPLE HABIT

Calm

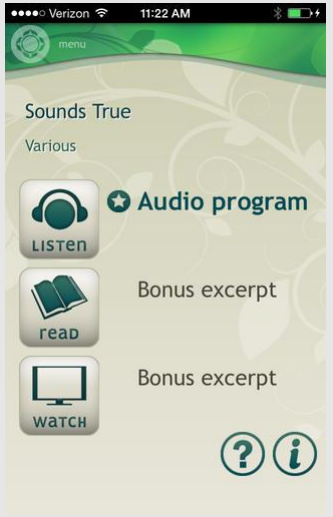
SMILING MIND

MINDFI

INSIGHT TIMER

SANVELLO

MEDITATION STUDIO
#untangleyourmind



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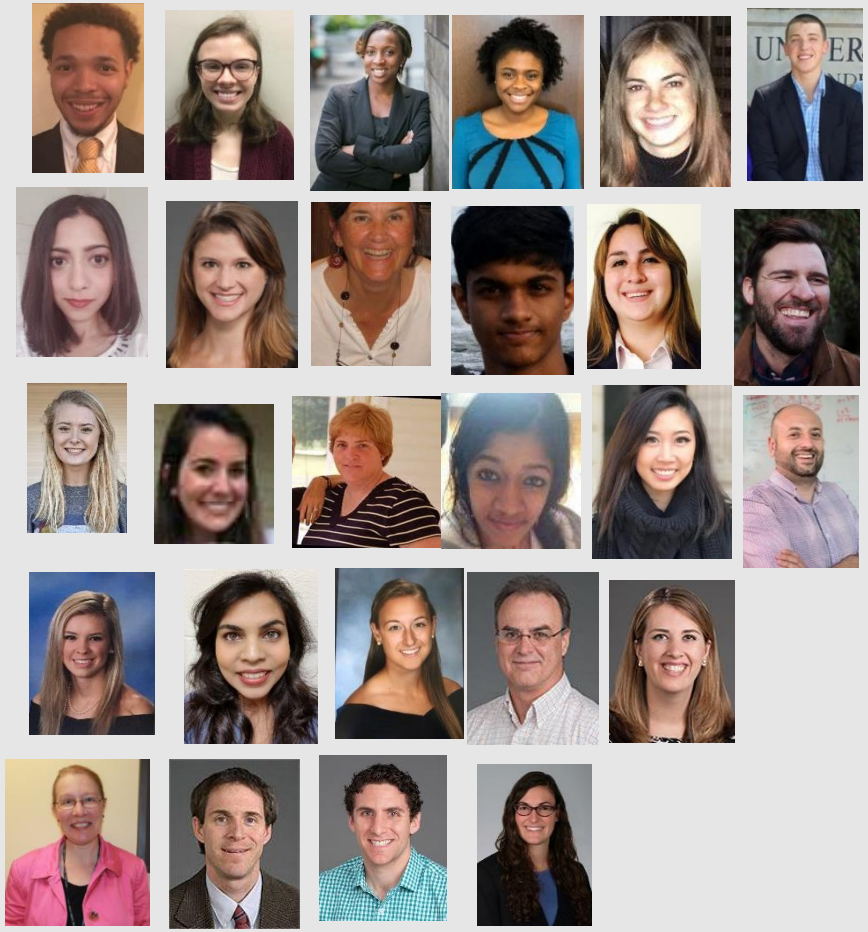

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