**KEY TAKEAWAYS**

- It's important to notify the doctor treating your migraine of other conditions you have, because it might affect your diagnosis and treatment.
- The majority of people with migraine have one or more comorbidities, the most common of which are psychiatric conditions like depression and anxiety; cardiovascular conditions; sleep disorders, including restless legs syndrome and insomnia; and chronic pain conditions, such as fibromyalgia and back pain.
- Research can provide clues if something is a cause or a correlation of migraine, but an individual's migraine history and their lifestyle are just as important.
- People who have episodic migraine and other chronic pain have a higher risk of developing chronic migraine, and the more pain conditions they have, the higher the risk of their migraine worsening.

**QUOTES**

“Migraine has a lot of fellow travelers in terms of medical conditions. I think that if you lined up a hundred people, the vast majority of them would have something else going on, as well.”

“People with PTSD are a little over twice as likely to have migraine as people without PTSD. Having experienced trauma itself may not be a risk factor as much as the post-traumatic piece of it — the PTSD development afterwards. But that also, of course, depends on the kind of trauma. A history of abuse is strongly associated with migraine.”

**PRACTICAL STEPS**

- Be thorough in filling out your patient-history form, making sure to include any other conditions and medications you take that could affect your diagnosis and treatment.
- Recognize that past trauma, including a history of abuse, combat trauma, or concussion, all can be linked to migraine.
- Discuss with your doctor the possibility of combining medications to treat both migraine and its comorbidities.
- If you have a cardiovascular condition, discuss with your doctor some of the new acute treatments available for treating migraine, including the ditans, gepants, and CGRP medications.

**TREATMENTS CITED**

- Antianxiety medications
- Antidepressants (amitriptyline)
- Antiepileptic medications (topiramate)
- Antinausea medications (ondansetron)

- Beta blockers
- CGRP monoclonal antibodies
- Ditans (lasmiditan)
- Gepants (ubrogepant, rimegepant)
- Triptans
- Verapamil