



Topic

Shortening Attacks With Early
Migraine Intervention

Speaker

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KEY TAKEAWAYS

- Studies show that treating a migraine early, when the pain is still mild, is beneficial in terms of both outcome and recurrence.
- Common prodromal symptoms include excessive yawning, neck pain, light sensitivity, mood changes, and frequent urination.
- It is a misperception that migraine must feature aura in order to be considered "migraine." In fact, only about 30% to 40% of people with migraine experience aura.
- Nonmedicinal approaches, such as devices, meditation, and breathing exercises can be especially effective during the prodrome phase of an attack.
- There are now more new treatments and developments than ever in the history of headache medicine.

TREATMENTS CITED

Acupuncture
Biobehavioral therapies
Biofeedback
Cognitive behavioral therapy
Green light therapy
Mindfulness
Neurostimulation
Nutritional supplements
Social support
Yoga

QUOTES

"If you feel that you're not living the life that you want to live, and migraine is impacting your life in a negative way, sometimes we have to remember: I deserve this, I'm worth it and I need to and want to live the life I want to live."

"This is a great time in migraine ... Things are happening that are unprecedented in the history of headache medicine."

"Self-care isn't selfish. In fact, it's often the best gift that you can give others."



PRACTICAL STEPS

- Learn to identify early warning signs of an attack and treat them appropriately.
- Seek online education and support from organizations like the American Migraine Foundation, the National Headache Foundation, and CHAMP (Coalition for Headache and Migraine Patients).
- Work with your health care professional partners to put together a personalized, optimized treatment plan that incorporates a variety of modalities.
- Maintain a regular routine (sleep, exercise, nutrition, hydration) to keep your brain and nervous system happy.