**KEY TAKEAWAYS**

- Migraine pathways are concepts and explanations used by medical researchers and professionals to build a framework to understand what is happening: A framework that can be tested, and a framework to develop new therapies for treatment.

- Understanding a single symptom of migraine (like yawning) can help narrow down the brain chemical and the pathway that may be involved, allowing for targeted and optimized treatment. This is the goal of understanding migraine pathways.

- Many migraine pathway concepts exist including: the trigeminal, the serotonin, the dopamine, the GABA, the vascular, and the inflammatory pathways.

- Migraine is not static in patients, and changes over time; this is an element of migraine that requires better understanding.

- Research on migraine and migraine pathways is leading to better therapy and treatment options for patients.

**QUOTES**

“Pathogenesis: Why do you have migraine and someone else doesn't? Pathophysiology: What hurts? Why do you have nausea? Why are you sensitive to light?”

“If we understood all of the pathways, and if we understood all of the connections, and all of the chemicals involved, and we understood how they produced individual symptoms ... and if you understood exactly what was going on, you could target therapy at that ... So, the better we get at this, the better we'll get at therapy.”

“Every day you lose to migraine is a day you shouldn't lose. Let's try and join hands and really demand more resource so that your migraine gets understood the way it should be. So you can have all the life that you want.”

**PRACTICAL STEPS**

- When speaking to your health care professional, provide as much detail as possible about your headache, including other symptoms that come with it, to ensure your provider can accurately diagnose your condition.

- Consider participating in medical research when asked to do so. It helps doctors and the entire migraine community learn valuable insight into migraine disease.

- Understanding migraine better will help you and your health care provider with optimal treatment plans.

**TREATMENTS CITED**

Antidepressants
Antiemetics
CGRP
Ditans
Gepants
Naproxen
Triptans