“Being open and honest with your partners is the most important thing. And letting them know about your migraine condition and how migraine affects you and that it can cause symptoms more than just a headache.”

“Whether it's a headache during exercise or exertion, or during sexual activity, or at any time — really, the most concerning feature that you want to seek medical care for is if the headache is maximal intensity within seconds.”

“Communicate with your partners how migraine affects normal activities, including sex, to foster a healthy relationship.”

“Discuss with your provider every detail that might be helpful for creating the best course of treatment, no matter how awkward or embarrassing the topic might be.”

“If you experience a sudden-onset headache at any time, seek emergency care to identify or rule out any dangerous causes for the headache.”

“Use the MigraineAgain and American Migraine Foundation websites to learn more about headaches associated with sexual activity.”