**KEY TAKEAWAYS**

- There is strong evidence to show that the rapid drop in estrogen before the onset of a menstrual period is a potent migraine trigger.
- Genetics play a significant role in determining whether a woman will develop migraine, but lifestyle factors can influence that, as well.
- There isn’t a “one size fits all” solution for migraine; treatment must be individualized.
- Migraine affects women throughout their entire lifetime, and it can change from one stage of life to another.
- Pharmacologic therapy can be supplemented with nonmedicinal treatment to treat menstrual and hormonally related migraine.
- Migraine may coexist with other conditions, and symptoms may overlap with one another.

**QUOTES**

“Just keep persisting, advocate for yourself, find ways to get the best help that you need. Because the vast, vast majority of patients can be helped, and their disability can go down dramatically once the right therapy is found, and not to give up on it.”

“It's definitely best to look for a provider who has some headache expertise — that might be a neurologist, that might be an internist, that might be a primary care provider who has comfort and expertise in [treating] headache.”

**PRACTICAL STEPS**

- Keep track of your menstrual cycle to identify patterns and create a “mini-prevention” plan.
- Modify lifestyle factors and explore other nonmedicinal options to enhance prevention, such as device therapy.
- Talk to your provider about adjustments you can make to your treatment on the days leading up to your menstrual cycle.
- Find a provider who is knowledgeable about headache; telemedicine may be an available option if you can't find a specialist near you.
- Discuss with your provider the changes that may occur in migraine throughout your lifespan, including perimenopause and menopause.

**TREATMENTS CITED**

- Anti-inflammatories
- B vitamins
- Coenzyme Q10
- Cognitive behavioral therapy
- Device therapy
- Ditans
- Gepants
- Hormone-replacement therapy
- Magnesium
- Triptans
- Vitamin D

**2021 INTERVIEW SUMMARY SHEET**

**Topic**
Overcoming Monthly Menstrual Migraine

**Speaker**
Christine Lay, M.D., FAHS

**Title & Organization**
Professor of Neurology & Deborah Ivey Christiani Brill Chair, University of Toronto