



Topic

Autoimmune Disease and Migraine: What's the Link?

Title & Organization

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KEY TAKEAWAYS

- Migraine and autoimmune disorders preferentially affect women.
- A woman's immune system is different than that of a man because a woman must carry a baby, which is only 50% genetically the same as the woman.
- There are several autoimmune conditions that are comorbid with migraine.
- Migraine disease can adversely affect how you respond to your autoimmune disorder.
- Inflammation appears to be a common denominator between migraine and autoimmune disorders.
- Good lifestyle behaviors like sleep, exercise, and nutrition promote good health and can reduce inflammation.
- Biologic treatments like CGRP medications for migraine can be safely taken with biologics for other conditions like autoimmune disorders.

TREATMENTS CITED

CGRP medications
Diet
Exercise
Lifestyle modifications
Mindfulness
Relaxation
Sleep
Vitamin C
Vitamin D

QUOTES

"Don't forget that the brain, and the mind contained therein, is an incredibly powerful organ. So, stress, depression, anxiety, lack of sleep, etc., these would all be a common factor to flare up both migraines and autoimmune disorders."

"The state of the mind has a lot to do with our body. And again, it's not just autoimmune conditions and migraine — it's a whole host of other conditions. We have a little bit of control over that."

"Sleep is incredibly important as an anti-inflammatory-state inducer."

PRACTICAL STEPS

- Do your research and seek a professional with proper credentials to diagnose and treat your conditions.
- Seek ways to manage and reduce inflammation.
- Work with your health care professional to optimize treatment of all your medical conditions so that treatment of one disorder is not adversely affecting another.
- Positive lifestyle behaviors like good sleep, regular exercise, good nutrition, and relaxation and mindfulness practice, are all helpful in reducing inflammation and preventing flare-ups in both migraine and autoimmune disorders.