



2024 INTERVIEW SUMMARY SHEET

SPEAKER

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TITLE & ORGANIZATION

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TOPIC

Controlling Chronic Migraine

KEY TAKEAWAYS

- Chronic migraine is defined by having headaches more than 15 days a month, with at least eight of them being migraine.
- Managing chronic migraine often involves a combination of preventive and acute treatments, and it may take time to find the right combination that works for each individual.
- Risk factors for migraine chronification include hormonal changes, European heritage, higher-frequency episodic migraine, and obesity.
- Transitioning from chronic migraine to lower-frequency or episodic migraine is possible for about 30%-40% of patients.
- Overuse of NSAIDs for migraine treatment can have negative health effects, including peptic ulcer disorder, high blood pressure, heart disease, and kidney and liver damage.
- The primary goals of treatment for chronic migraine are individualized and based on the patient's needs and expectations, with a focus on reducing the burden of disease and improving function.

TREATMENTS CITED

Acupuncture	Neuromodulation
Behavioral therapy	NSAIDs
CGRP inhibitors	OnabotulinumtoxinA
CGRP monoclonal antibodies (mAbs)	(Botox)
CGRP small-molecule receptor antagonists (gepants)	Pilates
CBD (cannabidiol)	Physical therapy
Dry needling	Psilocybin
Exercise — cardio	Psychologists
Guided meditation apps	SEEDS (Sleep, Exercise, Eat healthy, Diary & Stress management)
Indomethacin	THC (tetra-hydrocannabinol)
Ketamine	Trigger point injections
Massage	Triptans
Meditation	Yoga
Mindful breathing	

QUOTES

"My primary goal when treating chronic migraine is to really understand what the patient is looking to achieve. I know that sounds very backwards in this answer, but it's really true. Every person is looking for something different."

"We know that our newer treatment options that focus on CGRP are effective. We know that onabotulinumtoxinA is effective. Some of our older treatments may or may not be effective. So, this might be why patients with chronic migraine have gone several, several, several years trying treatments and feeling they don't work because they really weren't studied in that patient population."

"The diagnosis is not only important for the right treatment options, but really to allow that individual with this disease to identify it as a disease and start to have these discussions that are very important."

PRACTICAL STEPS

- It is important to get an accurate diagnosis. Find a healthcare team that really listens to you and is willing to try lots of options.
- Track your symptoms and frequency of attacks, which will help guide treatment plans and assess the effectiveness of different approaches.
- Be open to re-trying treatments that didn't seem to work initially. Sometimes a medication or modality that didn't work before wasn't given enough time or wasn't properly implemented.
- Work with your doctor to establish treatment goals for both acute and preventive treatment.
- Explore behavioral therapies, which can be practiced daily and may reduce the migraine burden. These can include no-cost options, like relaxation breathing, mindfulness, and meditation. Smartphone apps make these therapies even more accessible and affordable.
- Stay informed about the latest research and treatment options.