



2024 INTERVIEW SUMMARY SHEET

SPEAKER

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TITLE & ORGANIZATION

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TOPIC

Brain-Related Comorbidities of Migraine

KEY TAKEAWAYS

- Comorbidity refers to the occurrence of two or more conditions at higher rates than would be expected by chance.
- The relationship between comorbid conditions and migraine can be due to chance, causation, shared genetics or environment, or shared neurologic pathways.
- Depression and anxiety are common comorbidities of migraine.
- The severity of depression in people with migraine can increase the risk of developing chronic migraine.
- People with epilepsy are about twice as likely to have migraine. Both conditions involve brain hyperexcitability and are more common in women.
- Multiple sclerosis (MS) is a chronic brain disease comorbid with migraine. People with MS are 3 to 4 times more likely to have migraine.
- Fibromyalgia is a chronic disorder characterized by widespread pain and tenderness. It is bidirectionally comorbid with migraine.
- Insomnia is a common sleep disorder comorbid with migraine. People with migraine are almost 4 times more likely to have insomnia.
- Stroke is a medical emergency. It can be differentiated from migraine by the sudden onset of symptoms. Migraine does not significantly increase the risk of stroke, but risk factors like cardiovascular history may require modification of migraine medication.

TREATMENTS CITED

Biofeedback	Oral contraceptives
Cognitive behavioral therapy (CBT)	Relaxation techniques
Exercise/movement	Sleep hygiene
Healthy diet	Stress management
Hydration	Triptans
Mindfulness	Weight management

QUOTES

"Life with migraine is life with comorbidities. It's normal, so please don't feel stigmatized or embarrassed."

"You are the expert. If you think there might be a comorbidity, please let your healthcare professional know."

"Depression and anxiety are as real of a disease as anything else. They respond to treatment and are treatable."

PRACTICAL STEPS

- Advocate for yourself. You are the expert on your own experience with migraine.
- If you suspect a comorbidity or have symptoms that may be related, let your healthcare professional know. They can help determine if there is a connection and develop an appropriate treatment plan.
- In addition to medication, consider nonpharmacologic approaches like CBT, mindfulness, biofeedback, and healthy lifestyle habits. These can be effective in managing depression, anxiety, and migraine.
- Practice healthy lifestyle habits: Focus on healthy sleep hygiene, staying hydrated, eating a balanced diet, maintaining a healthy weight, engaging in regular exercise and movement, and managing stress.
- Don't feel stigmatized, guilty, or embarrassed about experiencing symptoms of depression and anxiety. These are common in individuals with chronic migraine and are treatable.
- Stay informed and educated through resources like PubMed and the Migraine World Summit, which can empower you to better understand your condition and make informed decisions.
- Connect with others with migraine through support groups or online forums, which can help you feel less alone in your journey with migraine.