



2024 INTERVIEW SUMMARY SHEET

SPEAKER

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TITLE & ORGANIZATION

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TOPIC

Finding Migraine Relief

KEY TAKEAWAYS

- Personalized treatment is necessary, as everyone experiences migraine differently.
- While osteopathy and chiropractic work can help with neck pain, strengthening spinal health and posture is more helpful for long-term health.
- Multiple classes of medications are used for migraine prevention: beta-blockers, calcium channel blockers, antiepileptics, antidepressants, and blood pressure medications.
- Essential oils like mint, lavender, and eucalyptus can have a chemical effect on sensory receptors and provide some relief during attacks.
- Supplements such as magnesium, vitamin B2, coenzyme Q10, and butterbur can be effective for migraine prevention. Melatonin, vitamin D, and feverfew may also have some effectiveness.
- Past trauma is increasingly understood to be a significant component of future health. More research and education are needed to help improve well-being and treat pain.

TREATMENTS CITED

ACE inhibitors	Gabapentinoids
Amitriptyline	Ginger
Analgesics	Headache diary
Antiemetics	Heat/ice therapy
Anti-inflammatories	Lasmiditan (Reyvow)
Behavioral therapies	Magnesium
Butterbur (Petadolex)	Meditation
Candesartan (Atacand)	Melatonin
CGRP inhibitors	Memantine (Namenda)
CGRP small-molecule receptor antagonists (gepants)	OnabotulinumtoxinA (Botox)
Coenzyme Q10 (CoQ10)	Metoclopramide (Metonia)
Contraception	Pet therapy
Dihydroergotamine (DHE)	Physical therapy (Physiotherapy)
Dimenhydrinate (Gravol)	Talk therapy
Dopamine blockers (IV)	Triptans
Exercise	Vitamins B2, B12, and D
Feverfew	Yoga

QUOTES

"Don't lose hope out there, because I know sometimes it seems like it's hopeless, but there are all those possible things — all those potential allies that you can find to help you on your way to relief."

"Support and talk therapy can be very helpful. Sometimes you need this neutral, supportive ear."

"Past trauma: it can be in childhood; it can be abuse at a later stage of life. And now research is showing that trauma, especially during childhood, is a significant component of future health."

"Caffeine is a double-edged sword: yes, it can help, but if you drink it all the time, it produces ... a medication or caffeine overuse headache as well."

PRACTICAL STEPS

- Track symptoms to improve yours and your doctor's understanding of your migraine, its treatment, and improvement over time.
- Try simple self-care techniques like essential oils, heat or cold therapy, meditation, pet therapy, and using masks and earplugs to find relief during migraine attacks.
- Consult with a trained professional (physical therapist, kinesiologist, or personal trainer) who can provide motivation and develop exercise routines tailored to your specific needs, and to help build strength and fitness.
- Consider having a resting place outside of your bedroom, such as a recliner.
- Try to optimize prevention strategies to minimize acute use of medication, as too much acute medication can lead to worsening and more frequent attacks.
- Be mindful of caffeine intake. While it can help boost the analgesic effect of medications, excessive caffeine can lead to worsening headache and medication overuse headache.
- Read *The Body Keeps the Score* to learn more about the impact of trauma on pain.