



2024 INTERVIEW SUMMARY SHEET

SPEAKER

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TITLE & ORGANIZATION

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TOPIC

The Gut Factor: Exploring the Role of Digestive Health in Migraine

KEY TAKEAWAYS

- The gut is linked to migraine because the trigeminal system, which is involved in migraine, is connected to the center in the brain that controls nausea.
- The same neurochemicals involved in migraine are also found in the gut.
- Abdominal migraine manifests as pain in the epigastrium, which can reoccur without any other migraine symptoms.
- Patients with abdominal migraine can have a more pronounced stress response.
- Abdominal migraine is more common in children and adolescents than in adults. It is more likely to occur if the child has had a migraine attack at some point or if there's a strong family history of migraine.
- Migraine may disrupt the movement of food from the stomach into the small intestine, which results in gastroparesis.
- The use of nasal sprays or subcutaneous injections or other devices can be used to bypass the stomach if gastroparesis does not allow for the absorption of medicines through the gut.
- "Leaky gut" implies that substances more readily cross the gut, including markers and chemicals related to inflammation. These chemicals travel through the bloodstream and can affect the brain or alter nerve cells in the brain's dura.

TREATMENTS CITED

Amitriptyline	Lactobacillus
Anti-inflammatories	Metoclopramide (Reglan)
Atogepant (Qulipta)	Nortriptyline (Pamelor)
Bifidobacterium	Omega-3 fatty acids
CGRP small-molecule receptor antagonists (gepants)	Probiotics
Compazine	Stress management
(Prochlorperazine)	Sumatriptan (Imitrex)
Diet	Tricyclic antidepressants
Erenumab (Aimovig)	Triptans
	Ubrogepant (Ubrovelvy)

QUOTES

"There seems to be this very intricate association between the brain and the gut. And that relates to the autonomic nervous system, particularly the vagus nerve, that comes from the brain and goes down into the gastrointestinal tract."

"The one thing about the migraine brain is, it can often adjust to some physical state, but it's during these periods of transition, whether it be a weather change, or whether it be a change in the levels of stress, where migraine becomes more common and more prevalent."

"They've looked at the microbiome of patients with migraine versus patients that don't have migraine and there are differences in the microbiome. Now you can't necessarily say that that's the reason why they have migraine per se, because it may just be occurring as kind of an incidental bystander."

"Cyclic vomiting syndrome is a syndrome where usually patients have some past history of migraine and they'll have these bouts where they will vomit, vomit, vomit for days, and sometimes even weeks, consecutively in attack periods. And it is thought to be a variant of migraine. That, too, occurs more commonly in young kids. But I've seen that in adults, too."

PRACTICAL STEPS

- Eat a diet rich in fruit, vegetables, and fibers to promote healthy bacteria in your gut.
- Eat a diet high in omega-3 fatty acids and low in omega-6 fatty acids.
- Include flaxseed meal in smoothies or other beverages to help get omega-3s into your diet.
- Increase the consumption of finned fish, such as salmon, swordfish, tuna, and bluefish.
- Incorporate chia seeds and olive oil into your diet to help improve the gut microbiome.