



2024 INTERVIEW SUMMARY SHEET

SPEAKER

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TOPIC

Could Biomarkers Improve Migraine Diagnosis?

TITLE & ORGANIZATION

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KEY TAKEAWAYS

- Biomarkers are quantifiable measures of biological processes or diseases; they can help diagnose disease and predict its evolution and response to treatment.
- Biomarkers for migraine are still being explored and developed. Ideally, they should be easily assayed, practical, and applicable in different settings.
- Examples of potential biomarkers for migraine include blood tests, genetic or epigenetic testing, and measuring calcitonin gene-related peptides (CGRP).
- CGRP is currently being studied as a potential biomarker for migraine, but more research and validation are needed.
- The development of biomarkers could help reduce stigma around migraine by providing objective evidence of the disease. Also, in the next five or 10 years, biomarkers may be used to understand why certain patients respond to certain treatments or not.
- Brain imaging studies have provided insight into the different pathways and circuits involved in migraine attacks.
- Differences in brain imaging have been observed between episodic and chronic migraine, but the meaning behind these differences is still being studied.
- There is currently no evidence to suggest that gray matter in the brain shrinks in migraine.
- Chronic migraine may make individuals more vulnerable to other types of pain, but further research is needed to understand this relationship.
- Lifestyle factors, such as exercise and healthy eating, can play a role in managing migraine.

TREATMENTS CITED

CGRP inhibitors

QUOTES

"I'm quite sure even if I don't see it in my professional career, that we will be able to biologically phenotype migraine attacks and each patient more or less will know what peptides, and what genetics, and what epigenetics, and so on are actually conditioning their disease and making it different from others."

"When pain happens in the trigeminovascular system that is mainly mediated by different types of neurotransmitters, peptides ... Amongst them you have CGRP, also PACAP, you also have VIP, Substance P, nitric oxide, for example."

"We are still in the process of deciding which type of biomarkers [we could] eventually have for migraine, what type of information they would actually provide us; because as I said, different functions or different ideas of the whole disease can be measured in different ways."

PRACTICAL STEPS

- View migraine as a friend, not an enemy. Changing your perspective on migraine and seeing it as a protective mechanism rather than something to fight against can help you work with your body instead of against it.
- Stay updated on the latest research and developments in migraine treatment. This can help with making informed decisions about treatment and management strategies.
- Consider participating in clinical trials, which will help advance available treatments for everyone.
- Adopt a healthy lifestyle by exercising, eating well, and staying hydrated. These changes can help reduce the frequency and severity of attacks.
- If you are a Spanish-speaking physician or migraine patient, check out Dr. Pozo-Rosich's informational website: midolordeabceza.org.