



2024 INTERVIEW SUMMARY SHEET

SPEAKER

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TOPIC

Finding Balance in Vestibular Migraine Diagnosis & Treatment

TITLE & ORGANIZATION

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KEY TAKEAWAYS

- Vestibular migraine is a subtype of migraine in which the brain is hypersensitive to motion — the brain cannot interpret motion correctly.
- Up to 2.7% of the general population meets the criteria for vestibular migraine, but experts believe that it's so common that up to 3 in 100 people actually have it.
- Headache is not the most common symptom of vestibular migraine; sometimes it's not even present at all.
- Patients with vestibular migraine will exhibit symptoms like imbalance; not feeling connected to their body; and cognitive changes, such as brain fog, short-term memory loss, and word-finding difficulty.
- Around perimenopause, women may transition from classic migraine to vestibular migraine due to changes in estrogen levels.
- Over 50% of people with migraine experience motion sickness. Motion sickness may even be a mini-form of vestibular migraine — one that's situational but exhibits similar symptoms.
- Gentle movement with a phased increase in physical activity can help retrain the brain to be less sensitive to motion.

TREATMENTS CITED

Aerobic exercise	Magnesium
Antidepressants	Mindfulness
Anti-nausea medications	Meditation
Anti-seizure medications	Remote electrical
Blood pressure	neuromodulation
medications	Strength training
CGRP inhibitors	Trigeminal nerve
Cognitive behavioral	stimulation
therapy (CBT)	Triptans
Cool compress	Vagus (vagal) nerve
Coenzyme Q10 (CoQ10)	stimulation
Dopamine antagonist	Vestibular physical
Essential oils	therapy
Feverfew	Vitamin B2 (riboflavin)
Grounding techniques	

QUOTES

"Probably another one of the challenges of diagnosing vestibular migraine is that we love to call vestibular migraine the chameleon of neurology because it can mimic so many other vestibular disorders. And we also know that vestibular migraine can be easily triggered by other vestibular disorders. So it's really common for patients to have symptoms that sound like other vestibular disorders or to get vestibular migraine in response to another vestibular disorder that they're experiencing independently."

"We know that dizziness and vertigo is really common in regular migraine ... vestibular migraine can mimic other vestibular disorders."

"Vestibular physical therapists are just fantastic aids in treatment plans ... to train the motion system to desensitize and habituate."

"But what we're learning instead is that migraine grows with us as we go through our different life stages and life cycles — it presents differently as children, as adolescents, as young adults; and definitely through menopause and perimenopause, there seem to be changes in the quality of migraine."

PRACTICAL STEPS

- Ask your healthcare provider if combining therapies such as triptans, anti-nausea medications, blood pressure medicines, and/or antidepressants may alleviate symptoms of vestibular migraine.
- Explore meditation and mindfulness practices, which can help people feel more grounded and oriented in their environment.
- Explore neuromodulation devices for management of vestibular migraine, especially those that stimulate the vagus nerve and the trigeminal nerve.
- Consider supplementing your treatment plan with vestibular physical therapy.