



2024 INTERVIEW SUMMARY SHEET

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University of Toledo**TOPIC**

Inflammation & Chronic Migraine

KEY TAKEAWAYS

- The role of inflammation in migraine disease is still not fully understood, and more research is needed.
- There is ongoing debate among researchers about inflammation in migraine. Some argue that inflammation may be a cause of migraine while others consider it an innocent bystander.
- Autoimmune disorders, which involve the immune system attacking the body's own cells, are often associated with inflammation and have been found to be comorbid with migraine disease. However, it is unclear whether the inflammation in autoimmune disorders directly causes or amplifies existing migraine disease.
- Multiple sclerosis, rheumatoid arthritis, and inflammatory bowel disease are autoimmune disorders that have been associated with migraine disease.
- Diet and lifestyle factors can contribute to inflammation. Adopting an anti-inflammatory diet may help reduce migraine symptoms.
- Blood tests for certain biomarkers can be used to test for inflammation.
- Testing for inflammation and autoimmune conditions may be recommended for individuals with severe or worsening migraine symptoms, comorbidities like arthritis or GI distress, or those who have not responded to standard migraine treatments.

TREATMENTS CITED

Acupuncture	Indomethacin
C-reactive protein (CRP) test	Mediterranean diet
Erythrocyte sedimentation rate (ESR) test	Neuromodulation devices
Exercise	Omega-3s
Ice packs	Sleep
	Stress management
	Vagus nerve stimulation

QUOTES

"Inflammation is recognized as the most significant cause of disease today."

"It's hard to know exactly what the mechanism is, but it definitely does seem like if you have a condition that is causing you difficulty and you have underlying migraine, your migraine will be worse."

"If you have an underlying autoimmune disease and migraine, the inflammation from the autoimmune disease can amplify your migraines. It's like adding fuel to the fire."

"While there's still debate among researchers, it's clear that inflammation plays a role in certain types of headaches, including migraine. But the exact mechanisms and how it relates to the headache experience are still not fully understood."

PRACTICAL STEPS

- Stay up to date on your annual health visits and labs with your regular healthcare provider. Routine lab tests could help identify underlying conditions and comorbidities that may be contributing to migraine symptoms.
- If you have an autoimmune disease and migraine, treating the autoimmune condition may help improve your migraine disease.
- Consider trying an anti-inflammatory diet, such as the Mediterranean diet, which includes foods like fish with omega-3 fatty acids.
- Focus on reducing inflammation through lifestyle changes like exercise, maintaining a healthy weight, getting good sleep, and managing stress.
- During a migraine attack, consider using ice packs, as ice has an anti-inflammatory effect.
- If your symptoms are worsening despite migraine management efforts, consider getting tested for other conditions that may be contributing to inflammation and exacerbating your migraine attacks.