

Title / Subject Line: Why I'm Looking Forward to the 2024 Migraine World Summit

Here's the story of one person with migraine disease and what the Migraine World Summit meant to her.

“For me, migraine started happening later in life. Blinding, pounding headaches that arrived in the night, accompanied by severe nausea. At first, I wrote it off as a bad meal. But one night I noticed that the left side of my body was feeling...*different*. After five hours in the emergency room, the diagnosis was hemiplegic migraine.

“And so began my journey. I learned many new words and terms: triggers, aura, prodrome, postdrome, triptans, Botox, CGRP. I was both hungry for information and overwhelmed by it.

“I stumbled upon a free online event called the Migraine World Summit. This exceptional eight-day event gave me and others with migraine disease access to an amazing wealth of information from the world’s leading researchers and clinicians. And I didn’t have to get on a plane. Sitting at my computer, at my convenience, I could listen and learn. Each day included four 30-minute, one-on-one interviews on topics varying from the newest treatments to understanding triggers, nutrition and exercise, and strategies for managing migraine. Here’s what I experienced:

“**Experts from all over the world.** The Migraine World Summit gave me the opportunity to learn from doctors and researchers from across the globe. There’s no need to dig through scientific journals. The people on the front line of migraine clinical care and research were right on my laptop, sharing the latest research and best practices.

“**Empathy, not just sympathy.** Because many of these experts do clinical work as well as research, they demonstrate a deep understanding of what people living with migraine actually experience. I was also surprised to learn that many of the speakers have migraine disease themselves.

“**Simple language, but not simplistic.** The interviewees and interviewers spoke in a language that lay people could understand without ‘dumbing it down.’ The discussions were intelligent and accessible.

“**Knowledgeable interviewers.** A good interviewer makes for a great interview. The Migraine World Summit interviewers themselves were steeped in the latest research and understood what people with migraine are up against.

“Validation and support. Migraine can be isolating. Family and friends are sympathetic, but unless they’ve experienced migraine, it’s difficult for them to understand that it’s not ‘just a headache.’ Listening to the presenters describe what their patients feel and say, I felt part of a larger community, one that understands what I face. I also came away feeling stronger, more educated, and better able to advocate for myself with medical professionals.

“Convenient, digestible, and affordable. 32 interviews spread over eight days with a live Highlights Webinar on the ninth day is very manageable. And it’s free; you can watch each day’s interviews at your convenience during the 24-hour period when they’re open. If you choose to buy an All Access Pass, you can watch all the programming at any time and indefinitely; it’s well-priced.

Whether you’re new to migraine or have been living with it for years, there’s something for you to learn at the 2024 Migraine World Summit. Here’s a sample of topics in this year’s Summit:

- Controlling Chronic Migraine
- Best Exercise Options for People with Migraine
- Supplements and Food That Ease Migraine
- Balancing Risk vs. Benefit of Migraine Treatments
- Finding Migraine Relief
- How to Manage Migraine at Work

Join us on **March 6-13, 2024** for the 9th annual Migraine World Summit.

Get free access when you register today.

View all the topics and register now at:

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See you at the Summit!

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