

EMOTIONAL, COGNITIVE & IDENTITY



How Early Life Stress Affects Migraine Risk
Serena Laura Orr, MD, MSc

DAY 3



How To Harness the Power of Sleep When You Live With Migraine
Fred Cohen, MD

DAY 4



Living With Migraine Through Times of Grief & Loss
Dawn C. Buse, PhD

DAY 5



Our Evolving Understanding of What Causes Migraine
Vince Martin, MD, AQH

DAY 5



Understanding Migraine Drug Side Effects
Teshamae Monteith, MD, FAHS, FAAN

DAY 5



Navigating U.S. Social Security & Private Disability Options for Migraine
Stacy Monahan Tucker, JD

DAY 6



Brain Fog & Dementia: The Science on the Cognitive Impacts of Migraine
Laura (Libby) Sebrow, PhD

DAY 7



Why Isn't There a Cure for Headache Disorders?
Tom Zeller Jr.

DAY 8

PHYSICAL & ENVIRONMENTAL MANAGEMENT



What Everyone With Migraine Should Know About Gut Health
Robert Bonakdar, MD

DAY 1



How To Be Active When Exercise Triggers Your Migraine
Emily Cordes

DAY 1



Can Long COVID Cause Migraine or Make it Worse?
Patricia Pozo-Rosich, MD, PhD

DAY 2



Is Migraine a Sensory Processing Disorder?
Amaal J. Starling, MD, FAHS, FAAN

DAY 2



A Migraine Survival Guide to Weather & Climate Changes
Shivang Joshi, MD, MPH, RPh

DAY 3



Why Neck Pain Matters in Migraine — And What To Do About It
Zhiqi Liang, PhD, MPhty, BAppSci, FACP

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How Location & Lifestyle Influence Migraine Triggers
Tsubasa Takizawa, MD, PhD

DAY 6



Small, Sustainable Lifestyle Changes To Help Minimize Migraine
Rebecca Erwin Wells, MD, MPH, FAHS, FAAN

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PHARMACOLOGICAL TREATMENTS



What Everyone With Migraine Should Know About Gut Health

Robert Bonakdar, MD

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The Six Most Common Mistakes in Migraine Management

Deborah Friedman, MD, MPH, FAAN, FAHS

DAY 1



The Migraine Reset: How Pharmacology Helps Rebalance the Brain

Risa Ravitz, MD

DAY 3



Stopping Migraine Preventives: When, Why & How To Transition Off Safely

Matthew Robbins, MD

DAY 4



Understanding Migraine Drug Side Effects

Teshamae Monteith, MD, FAHS, FAAN

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Migraine in Older Adulthood: What Really Changes?

Robert P. Cowan, MD, FAAN, FAHS

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Told You're "Out of Options"? There's Hope

Lauren Natbony, MD, FAHS

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CGRP, PACAP & Beyond: The Future of Migraine Relief

Messoud Ashina, MD, PhD, DMSc

DAY 8

COMPLEMENTARY, ALTERNATIVE & INTEGRATIVE MEDICINE



What Everyone With Migraine Should Know About Gut Health

Robert Bonakdar, MD

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How To Be Active When Exercise Triggers Your Migraine

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Mind Your Body: The Role of Emotions in Chronic Pain

Nicole Sachs, LCSW

DAY 2



A Whole-Person Approach To Overcoming Chronic Dizziness & Vertigo

Yonit Arthur, AuD

DAY 2



A Migraine Survival Guide to Weather & Climate Changes

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How To Harness the Power of Sleep When You Live With Migraine

Fred Cohen, MD

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What the Science Says About Food & Migraine

Margaret Slavin, PhD, RDN

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Beyond Pills: Your Guide to Drug-Free Neuromodulation for Migraine

Stewart Tepper, MD, FAHS

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How Behavioral Therapies Help Prevent & Manage Migraine

Paul R. Martin, PhD

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Small, Sustainable Lifestyle Changes To Help Minimize Migraine

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MIND/BODY

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	Living With Migraine Through Times of Grief & Loss Dawn C. Buse, PhD	DAY 5
	How Behavioral Therapies Help Prevent & Manage Migraine Paul R. Martin, PhD	DAY 7
	Small, Sustainable Lifestyle Changes To Help Minimize Migraine Rebecca Erwin Wells, MD, MPH, FAHS, FAAN	DAY 8

CHRONIC MIGRAINE

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	Told You're "Out of Options"? There's Hope Lauren Natbony, MD, FAHS	DAY 8
	CGRP, PACAP & Beyond: The Future of Migraine Relief Messoud Ashina, MD, PhD, DMSc	DAY 8

MIGRAINE IN SPECIFIC POPULATIONS

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	Navigating the Migraine Chaos That Begins During Perimenopause Jan Lewis Brandes, MD, MS, FAAN, FAHS	DAY 4
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	Mast Cells: A Link Between Migraine, POTS & EDS? Jennifer Robblee, MD, MSc	DAY 5
	Migraine in Older Adulthood: What Really Changes? Robert P. Cowan, MD, FAAN, FAHS	DAY 6
	Helping Kids & Teens Manage Migraine Christina L. Szperka, MD, MSCE, FAHS	DAY 6
	Navigating U.S. Social Security & Private Disability Options for Migraine Stacy Monahan Tucker, JD	DAY 6

MIGRAINE SYMPTOMS



You're Not Imagining It: Migraine's Strange Symptoms Explained

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RESEARCH

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	Scents, Chemicals & the Migraine Brain Gudrun Gossrau, MD	DAY 7
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HOPE

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