

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



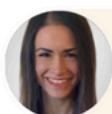
Understanding Migraine Drug Side Effects
Teshamae Monteith, MD, FAHS, FAAN

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.

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PHYSICAL & ENVIRONMENTAL MANAGEMENT



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

Emily Cordes

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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

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A Migraine Survival Guide to Weather & Climate Changes

Shivang Joshi, MD, MPH, RPh

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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

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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

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The Six Most Common Mistakes in Migraine Management

Deborah Friedman, MD, MPH, FAAN, FAHS

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The Migraine Reset: How Pharmacology Helps Rebalance the Brain

Risa Ravitz, MD

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

Matthew Robbins, MD

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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

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COMPLEMENTARY, ALTERNATIVE & INTEGRATIVE MEDICINE



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Mind Your Body: The Role of Emotions in Chronic Pain

Nicole Sachs, LCSW

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A Whole-Person Approach To Overcoming Chronic Dizziness & Vertigo

Yonit Arthur, AuD

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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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MIND/BODY



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CHRONIC MIGRAINE



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

Jessica Ailani, MD, FAHS, FAAN

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MIGRAINE IN SPECIFIC POPULATIONS



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Stopping Migraine Preventives: When, Why & How To Transition Off Safely
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Navigating the Migraine Chaos That Begins During Perimenopause
Jan Lewis Brandes, MD, MS, FAAN, FAHS

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Living With Migraine Through Times of Grief & Loss
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Mast Cells: A Link Between Migraine, POTS & EDS?
Jennifer Robblee, MD, MSc

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Migraine in Older Adulthood: What Really Changes?
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Helping Kids & Teens Manage Migraine
Christina L. Szperka, MD, MSCE, FAHS

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MIGRAINE SYMPTOMS



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RESEARCH



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Scents, Chemicals & the Migraine Brain

Gudrun Gossrau, MD

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HOPE



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