



# Schedule

March 11-18, 2026

**Preview Webinar February 25<sup>th</sup> at 3:00pm ET**

Topic		Speaker
<b>Day 1</b>		
	You're Not Imagining It: Migraine's Strange Symptoms Explained	Jessica Ailani, MD, FAHS, FAAN
	What Everyone With Migraine Should Know About Gut Health	Robert Bonakdar, MD
	The Six Most Common Mistakes in Migraine Management	Deborah Friedman, MD, MPH, FAAN, FAHS
	How To Be Active When Exercise Triggers Your Migraine	Emily Cordes
<b>Day 2</b>		
	Mind Your Body: The Role of Emotions in Chronic Pain	Nicole Sachs, LCSW
	Can Long COVID Cause Migraine or Make it Worse?	Patricia Pozo-Rosich, MD, PhD
	Is Migraine a Sensory Processing Disorder?	Amaal J. Starling, MD, FAHS, FAAN
	A Whole-Person Approach To Overcoming Chronic Dizziness & Vertigo	Yonit Arthur, AuD
<b>Day 3</b>		
	A Migraine Survival Guide to Weather & Climate Changes	Shivang Joshi, MD, MPH, RPh
	How Early Life Stress Affects Migraine Risk	Serena Laura Orr, MD, MSc
	Why Neck Pain Matters in Migraine — And What To Do About It	Zhiqi Liang, PhD, MPhty, BAppSci, FACP
	The Migraine Reset: How Pharmacology Helps Rebalance the Brain	Risa Ravitz, MD

<b>Day 4</b>		
	Stopping Migraine Preventives: When, Why & How To Transition Off Safely	Matthew Robbins, MD
	How To Harness the Power of Sleep When You Live With Migraine	Fred Cohen, MD
	Navigating the Migraine Chaos That Begins During Perimenopause	Jan Lewis Brandes, MD, MS, FAAN, FAHS
	What the Science Says About Food & Migraine	Margaret Slavin, PhD, RDN
<b>Day 5</b>		
	Living With Migraine Through Times of Grief & Loss	Dawn C. Buse, PhD
	Our Evolving Understanding of What Causes Migraine	Vince Martin, MD, AQH
	Mast Cells: A Link Between Migraine, POTS & EDS?	Jennifer Robblee, MD, MSc
	Understanding Migraine Drug Side Effects	Teshamae Monteith, MD, FAHS, FAAN
<b>Day 6</b>		
	Migraine in Older Adulthood: What Really Changes?	Robert P. Cowan, MD, FAAN, FAHS
	Helping Kids & Teens Manage Migraine	Christina L. Szperka, MD, MSCE, FAHS
	Navigating U.S. Social Security & Private Disability Options for Migraine	Stacy Monahan Tucker, JD
	How Location & Lifestyle Influence Migraine Triggers	Tsubasa Takizawa, MD, PhD
<b>Day 7</b>		
	Brain Fog & Dementia: The Science on the Cognitive Impacts of Migraine	Laura (Libby) Sebow, PhD
	Beyond Pills: Your Guide to Drug-Free Neuromodulation for Migraine	Stewart Tepper, MD, FAHS
	How Behavioral Therapies Help Prevent & Manage Migraine	Paul R. Martin, PhD
	Scents, Chemicals & the Migraine Brain	Gudrun Gossrau, MD
<b>Day 8</b>		
	Why Isn't There a Cure for Headache Disorders?	Tom Zeller Jr.
	Small, Sustainable Lifestyle Changes To Help Minimize Migraine	Rebecca Erwin Wells, MD, MPH, FAHS, FAAN
	Told You're "Out of Options"? There's Hope	Lauren Natbony, MD, FAHS
	CGRP, PACAP & Beyond: The Future of Migraine Relief	Messoud Ashina, MD, PhD, DMSc