



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TOPIC

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

TITLE & ORGANIZATION

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KEY TAKEAWAYS

- Migraine is not just a headache; it is a full-body neurological condition involving the entire nervous system.
- The fatigue and brain fog associated with migraine result from the intense metabolic activity and energy usage in the brain during an attack.
- Symptoms occurring in the prodrome (pre-pain) and postdrome (hangover) phases are just as much a part of the migraine process as the pain itself.
- People with migraine often have "superhuman" senses (e.g., smell, hearing), even between attacks, due to the way their brains process information.
- Any neurological symptom that is new, different, or lasts longer than usual (especially weakness or speech issues) requires urgent medical evaluation to rule out stroke or seizures.

KEY TREATMENTS

- CGRP inhibitors
- Neuromodulation devices
- Physical therapy/physiotherapy
- Ubrogapant (Ubrovelvy)

NOTABLE QUOTES

"Your brain is really busy throwing this giant party and it's not something that you maybe want to go to, but the brain is busy having it."

"The science does show us that if you have other comorbid pain conditions, that your migraine is actually more likely to be active as well."

PRACTICAL STEPS

- Use a tracking calendar: To identify migraine patterns, document not just head pain, but also neck pain, sensory changes, and boosts in energy.
- Consult a specialist: If it's been more than a few years, revisit a specialist to discuss new CGRP inhibitors, other treatments, and neuromodulation options.
- Schedule an eye exam: For interictal blurry vision, see an eye doctor to rule out dry eye, eye-alignment issues, or the need for corrective lenses.
- Evaluate the jaw: If experiencing ear pain or stabbing sensations, ask a healthcare provider to check for TMJ or bruxism.
- Establish an emergency plan: Know which aura symptoms are "normal" and which ones warrant a visit to the ER.