



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TOPIC

CGRP, PACAP & Beyond: The Future of Migraine Relief

TITLE & ORGANIZATION

Professor of Neurology | Centre Leader Danish Headache Center | Center for Discoveries in Migraine Rigshospitalet Glostrup, University of Copenhagen

KEY TAKEAWAYS

- While CGRP inhibitors are a game changer, they are not a cure; many patients still suffer from residual migraine symptoms and require alternative treatment targets.
- PACAP is a promising target currently in the research pipeline; it acts as a potent vasodilator that can induce attacks independently of the CGRP pathway.
- Migraine-specific drugs have higher adherence and lower side effect profiles compared to traditional, non-specific preventives like blood pressure or seizure medications.
- Clinicians continue to use a trial-and-error approach because there are no biomarkers to predict which patient will respond to which treatment.
- Newer treatments are not yet available to many patients worldwide, so older medications are still vital to global clinical practice.

KEY TREATMENTS

- CGRP inhibitors
- CGRP monoclonal antibodies (mAbs)
- CGRP small-molecule receptor antagonists (gepants)
- OnabotulinumtoxinA (Botox)
- Opioids
- PACAP (pituitary adenylate cyclase-activating polypeptide) inhibitors

NOTABLE QUOTES

"Didn't we solve the whole problem of migraine? And my answer is, no, we didn't. We still have unmet need for new medications."

"The best biomarker ... is that you have a diagnosis; you have a chance ... to respond."

"...migraine is a disease with specific mechanisms. And when you have specific mechanisms, you can develop specific drugs acting on those mechanisms."

PRACTICAL STEPS

- Reconsider current treatments if headaches still cause disability 15+ days per month, even with a 50% reduction in attacks.
- Explore multiple triptans by trying two or three different types before deciding they don't work.
- Investigate trials when standard and CGRP therapies fail, including Phase 2 or 3 studies on PACAP or amylin.
- Explore combination therapy by asking your provider if layering treatments, like Botox plus a CGRP antibody, could help.
- Be proactive by following specialist organizations for the latest research and trial updates.