



2026 INTERVIEW SUMMARY SHEET

SPEAKER

Vince Martin, MD, AQH

TITLE & ORGANIZATION

Director, Headache & Facial Pain Center
University of Cincinnati Gardner Neuroscience
Institute

TOPIC

Our Evolving Understanding of What Causes Migraine

KEY TAKEAWAYS

- Migraine is increasingly understood as a neurovascular, systemic disorder involving vascular, immune, and gastrointestinal systems.
- Conditions such as depression, thyroid disease, lupus, and sleep apnea have been scientifically identified as causative factors for migraine attacks.
- Genetics account for only half of migraine cases; the rest may be driven by other factors such as head trauma and environmental factors.
- Migraine and conditions like depression often interact bidirectionally, where treating one can lead to improvements in the other.
- Research is moving toward "trigger factor therapy," which will target specific genetic or environmental pathways unique to each patient.

KEY TREATMENTS

- CGRP monoclonal antibodies (mAbs)
- CGRP small-molecule receptor antagonists (gepants)
- CPAP device
- Steroid nasal sprays

NOTABLE QUOTES

"There are many different roads to Rome ... once we find out the way that your migraine is being triggered or even caused, there might be very specific interventions that just pertain to your specific genetic defect or your specific environmental trigger or your specific internal trigger that causes the migraines."

PRACTICAL STEPS

- Evaluate existing health conditions (e.g., sleep apnea, depression, thyroid issues, allergies) or physical issues like neck pain or TMJ disorder to see if they are potentially driving migraine frequency.
- Discuss a "whole-body" treatment approach with a provider that includes managing systemic health alongside traditional migraine-specific medications.
- Maintain regular neurological check-ups to monitor for long-term impacts and to stay updated on emerging targeted therapies.