



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TOPIC

Told You're "Out of Options"? There's Hope

TITLE & ORGANIZATION

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KEY TAKEAWAYS

- It's important to tease out the various layers of diagnoses, whether chronic migraine, refractory migraine, treatment-resistant migraine, or new daily persistent headache.
- Many patients believe they have "tried everything," but often trials were at insufficient doses and/or durations so efficacy can't be adequately determined.
- Treatments that failed individually in the past may be effective when combined with newer therapies.
- The migraine brain needs consistency in daily habits to lower the threshold for attacks.
- Breaking the cycle of overuse requires a bridge therapy (such as steroid treatments or neuromodulation) to manage withdrawal during the transition to newer preventive therapies.

KEY TREATMENTS

- CGRP monoclonal antibodies
- Combination analgesics
- Gepants
- Infusion therapy
- Nerve blocks
- Neuromodulation devices
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Steroids
- Supplements
- Triptans

NOTABLE QUOTES

"Just because this didn't work for me doesn't mean that my body failed. It's that the medication failed me."

"There is never nothing. Medicine and science is constantly evolving. Just because we don't have the answer today doesn't mean we won't have the answer tomorrow."

PRACTICAL STEPS

- Keep records: Compile a list of every medication and treatment tried, including the dose, trial duration, and reasons for discontinuation.
- Follow routines: Commit to waking up at the same time every day, eating a protein-rich breakfast, and hydrating consistently as part of a stable lifestyle.
- Evaluate possible comorbidities: Ask your healthcare provider to investigate potential sleep, thyroid, gut, and autonomic nervous system disorders, all of which can play a role in migraine instability.
- Start small: Rather than focusing on eliminating all pain, pick one small thing you'd like to achieve, like attending a concert or walking.
- Discuss neuromodulation devices with your healthcare provider.