



# 2026 INTERVIEW SUMMARY SHEET

## SPEAKER

Patricia Pozo-Rosich,  
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## TOPIC

Can Long COVID Cause Migraine or Make It Worse?

## TITLE & ORGANIZATION

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## KEY TAKEAWAYS

- Inflammation, especially of the blood vessels, plays a key role in both migraine and COVID and is one reason for the link between them.
- Viral infections, especially respiratory infections like COVID, can trigger migraine due to a combination of inflammation, stress, and fatigue.
- COVID-19 infection can cause new migraine symptoms and/or more severe migraine attacks, as well as new cases of migraine in individuals who previously did not have the disease.
- Both chronic migraine and other chronic illnesses (e.g., Ehlers-Danlos syndrome, POTS) can potentially increase susceptibility to long COVID.
- Functional disorders involve the brain perceiving something as being protective or functional, like a seizure, even when there isn't anything technically wrong in the brain.

## KEY TREATMENTS

- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- SEEDS (sleep, eating, exercise, diary, stress)
- Vaccines (e.g., flu, COVID-19, polio, measles)

## NOTABLE QUOTES

*"We need ways of measuring and quantifying migraine at a biological level — what we call biomarkers — because it will be the only way of dignifying the disease in a tangible way. It will also probably give us further insights on what is going on during migraine attacks in a migraine body and brain."*

*"Migraine is somewhat of an adaptive, protective reaction that the body might trigger in order to try and rest and protect itself."*

## PRACTICAL STEPS

- Engage in gradual rehabilitation, especially with the help of coaches and/or psychologists, and learn more about the interplay between brain, body, and energy levels.
- Figure out what your energy threshold is (the amount of energy expended that typically triggers migraine), and avoid pushing past that level toward exhaustion.
- Find the right provider for you and your symptomatology, even if it takes a lot of trial.
- Remember that there is always something else or new to try.
- Incorporate multiple strategies, treatments, and medications for managing migraine.
- Consider flu and COVID vaccination to prevent the inflammatory damage associated with these viral infections.