



# 2026 INTERVIEW SUMMARY SHEET

## SPEAKER

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## TOPIC

**Mast Cells: A Link Between Migraine, POTS & EDS?**

## TITLE & ORGANIZATION

Associate Professor of Neurology  
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## KEY TAKEAWAYS

- Mast cell activation syndrome (MCAS), postural orthostatic tachycardia syndrome (POTS), and Ehlers-Danlos syndrome (EDS) frequently coexist with migraine, creating a highly complex and debilitating clinical picture.
- Many patients receive these diagnoses based on symptoms alone, but it's vitally important to confirm them through specific evaluation protocols like the tilt table test and biomarker tracking.
- Patients with these comorbidities often react strongly to treatments, necessitating a "start low and go slow" approach to avoid adverse reactions.
- No single medical specialty "owns" these conditions, making it difficult for patients to find coordinated care.
- A flare in one condition often triggers a flare in the others, suggesting that they are deeply interconnected.

## KEY TREATMENTS

- Antileukotrienes
- Aspirin
- Omalizumab
- Cyproheptadine
- EpiPen (Epinephrine)
- Histamine receptor antagonists
- Mast cell stabilizers (Cromolyn, Ketotifen)
- Prostaglandin blockers

## NOTABLE QUOTES

*"At the end of the day, a lot of the treatment for [EDS] is really going to be more physical therapy oriented."*

*"Even if things aren't great right now, there are new things that will potentially be on the horizon that will really help."*

## PRACTICAL STEPS

- See an allergist for MCAS biomarker testing, and if POTS is suspected, a cardiologist or neurologist for a tilt table test.
- Track symptoms across skin, gastrointestinal, respiratory, and cardiac systems to see if this "trifecta" aligns with migraine attacks.
- Start new medications at the lowest possible dose, like half-tablets or liquids, with your doctor to test for sensitivity safely.
- If you have hypermobility, work with a physical therapist familiar with EDS to support joint stability.
- Join patient registries, especially for EDS and POTS, to contribute to research that can improve care standards.