



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TITLE & ORGANIZATION

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TOPIC

From Settling to Small Wins: 3 Perspectives on Redefining Progress in Migraine Care

KEY TAKEAWAYS

- Successful treatment addresses every headache day, not just the most severe episodes, to provide a complete picture of the patient’s condition.
- Effective therapy works by raising the neurological threshold, reducing the likelihood that external triggers — such as stress or weather — will provoke attacks.
- Optimal outcomes rely on shared decision-making, where the clinician provides guidance and options, and the patient determines the best path forward.
- Progress is rarely linear; ups and downs are normal and should not be interpreted as treatment failure.
- Success should be measured by improvements in daily functioning — such as household tasks, exercising, or working — rather than solely by pain reduction.

KEY TREATMENTS

NOTABLE QUOTES

“The concept that’s so important to understand is we can’t cure the condition, but we can definitely get better control.”

“I appreciate the shared approach as someone that has been living life with migraine my whole life — no one knows my body better than me. So having a conversation with you about it instead of you telling me about it is refreshing, and I think really exciting at the same time.”

PRACTICAL STEPS

- Track every day with any level of head pain, not just “bad” days, to give your doctor a complete picture.
- Identify triggers (e.g., screen time, exercise) that provoke attacks and discuss ways to raise that threshold.
- List “small wins” — activities you cannot do now but would like to — as treatment goals.
- Establish a three-to-six-month window to evaluate a new medication.
- Ask your doctor whether a new treatment can be added to your current regimen rather than replacing it.