



2026 INTERVIEW SUMMARY SHEET

SPEAKER

Aarushi Suneja, MD

TITLE & ORGANIZATION

Headache Medicine Fellowship Program Director
Cleveland Clinic, OH

TOPIC

GLP-1s, Obesity & Migraine

KEY TAKEAWAYS

- GLP-1s are metabolic medications affecting blood sugar, appetite, weight, inflammation, cardiovascular health, and brain function.
- GLP-1s may indirectly improve migraine through metabolic health and potentially directly influence migraine pathways, including the trigeminal system.
- Evidence is preliminary for GLP-1s; they are not a standard migraine treatment and should not replace established therapies.
- Migraine patients may be more sensitive to GLP-1 side effects such as nausea, vomiting, diarrhea, constipation, or delayed gastric emptying.
- Effective migraine management requires a multidisciplinary approach addressing sleep, stress, genetics, and nutrition, rather than focusing on a single factor.

KEY TREATMENTS

NOTABLE QUOTES

“But a common misunderstanding is that these drugs are simply diet pills. In reality, they’re complex metabolic medications with effects, as I mentioned, on blood sugar, appetite, and, interestingly, even in the nervous system.”

“Treating migraine effectively often requires a multidisciplinary approach, addressing multiple aspects of a patient’s health and not just focusing or pinpointing on the patient’s weight.”

PRACTICAL STEPS

- Coordinate care with your primary care doctor and neurologist before starting GLP-1s, especially if you have diabetes, high blood pressure, high cholesterol, or are overweight.
- Ask to be screened for obstructive sleep apnea if obesity is present to improve sleep and morning headache control.
- Track migraine frequency and severity with a headache diary to monitor changes.
- Ask your neurologist about nonoral migraine medications if starting a GLP-1.
- Ask about GLP-1 possible side effects, ways to reduce them, and who to contact if issues arise.
- Follow up regularly with both doctors to tailor GLP-1 dosing and migraine care safely.