



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TOPIC

Small, Sustainable Lifestyle Changes To Help Minimize Migraine

TITLE & ORGANIZATION

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KEY TAKEAWAYS

- Managing migraine requires addressing physical triggers, psychological responses, and social factors.
- Many "triggers," such as poor sleep or food cravings, may actually be early symptoms of a migraine attack that has already started.
- Identifying what is controllable (lifestyle) versus what is not controllable (genetics) helps reduce personal guilt and increases a sense of agency.
- Stress-related attacks are often triggered by the rapid change (increase or decrease) in stress hormones rather than the absolute level of stress.

KEY TREATMENTS

- Complementary medicine
- FAST (fluids, activity, sleep, trigger management)
- Integrative medicine
- SEEDS (sleep, exercise, eat, diary, stress)
- SMART (sleep, meals, activity, relaxation, trigger avoidance)

NOTABLE QUOTES

"Migraine is a disease, and sometimes attacks happen, and you're doing everything right, and you can't explain it."

"A migraine attack isn't a failure of something that you did or didn't do. It's a condition you have that presents itself sometimes."

PRACTICAL STEPS

- Begin to track and prioritize lifestyle habits using SEEDS, FAST, or SMART.
- Give yourself compassion during attacks to combat the guilt associated with the disease.
- Find an online or in-person mindfulness class to learn how to modulate your stress responses.
- Focus on fresh fruit and vegetables and increase your hydration, while making sure to re-evaluate your daily schedule to prioritize sleep.
- Look for groups or events like the Migraine World Summit to reduce the feeling of isolation.