

# THE PING PONG THEORY

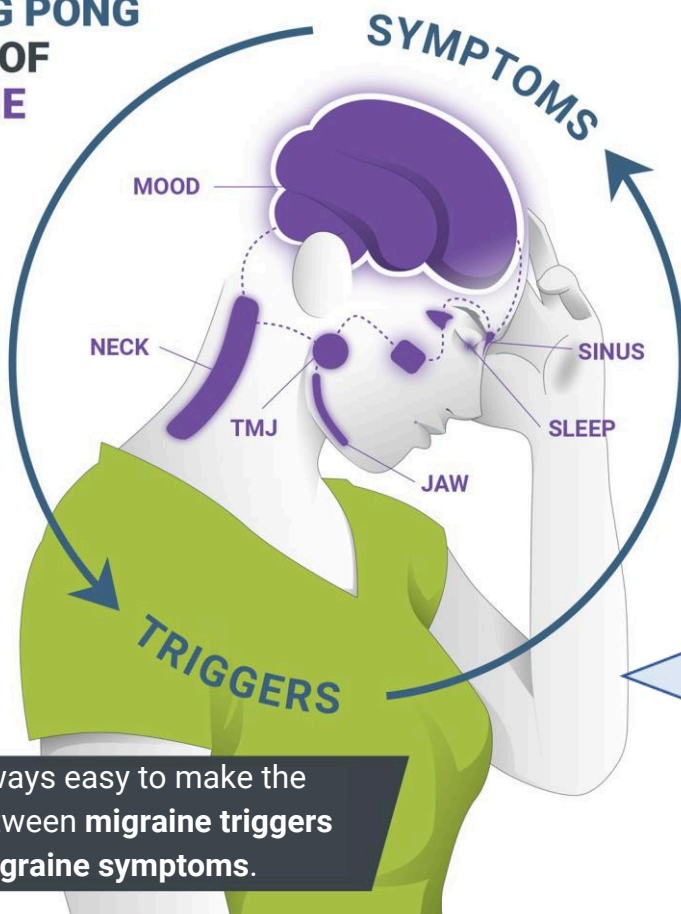
How the migraine brain interacts with the environment, the body, and how triggers can also be symptoms

**Neck pain, inflamed sinuses, disrupted sleep, crappy mood.... are they causes or consequences of migraine? Well...probably they can be both.**

*My doctor says my anxiety causes my migraine...but I think it's the opposite! Just get rid of the migraine and I won't be anxious!*

*Neck tensions always trigger a migraine...but sometimes a migraine starts in my eye and then goes to my neck? What is this mess?*

## THE PING PONG THEORY OF MIGRAINE



*I crave sweet foods (OK...chocolate) before an attack. But I read online that cravings could be part of my attack.*

*I thought I was prone to sinusitis, but my doc told me migraine could cause sinus inflammation. Still... allergy season is hell for me!*

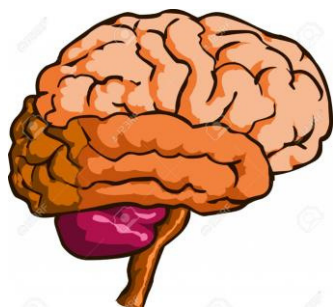
It's not always easy to make the different between migraine triggers and migraine symptoms.

# Two approaches to treat migraine

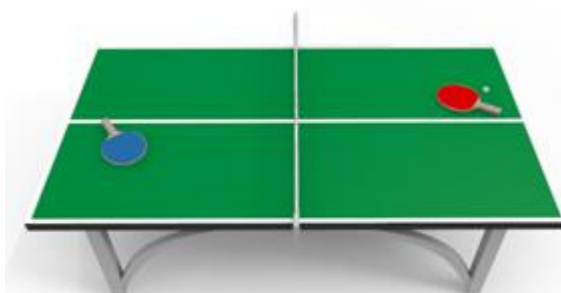
Increase brain stability/resistance

Decrease the trigger load

## The Brain



## The Body



- Sinus
- Neck
- Stress
- Sleep
- Etc...

### Raise the tolerance of the brain

- SEEDS Stabilizing lifestyle
- Medications/preventives to improve brain chemistry
- Neuromodulation modifies the brain's electrical systems

### Decrease the trigger load

- SEEDS stabilizing lifestyle
- Avoid triggers when feasible
- Treat medical and psychological health issues

SEEDS: Sleep, Exercise, Eat, Drink, Stress management

**Find your own balance**



**Keep trying new options**

Discuss available options with your healthcare provider. Remember that migraine is a disease of the brain that will evolve over life. Do not hesitate to combine approaches for optimal control.