

THE PING PONG THEORY

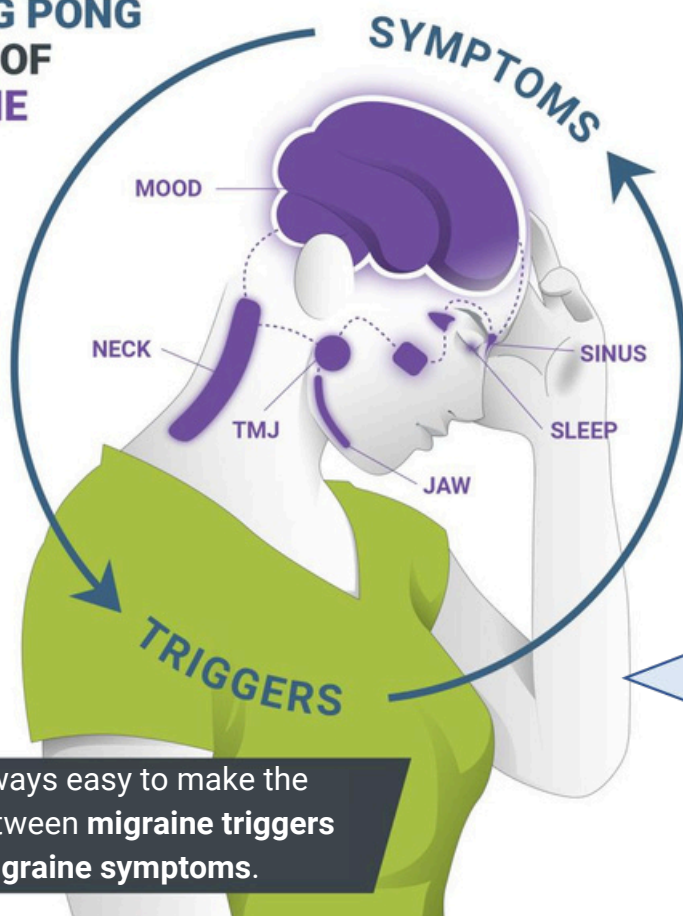
How the migraine brain interacts with the environment, the body, and how triggers can also be symptoms

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 difference 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.