

WEBVTT Kind: captions Language: en

00:00:13.113 --> 00:00:18.018 Migraine is far and away the most common debilitating primary headache disorder

00:00:18.184 --> 00:00:21.721 and it comes with a constellation of things beyond the headache pain

00:00:21.721 --> 00:00:24.924 that impact them and the impact their activities of daily living

00:00:25.258 --> 00:00:29.529 and affect their ability to do the things that they love most.

00:00:30.597 --> 00:00:33.900 We know that it's from changes in the body and the brain chemistry

00:00:34.667 --> 00:00:37.303 and we know that genetics accounts for about half of all migraines

00:00:37.837 --> 00:00:41.941 and sometimes we think about the migraine as just the headache

00:00:42.742 --> 00:00:44.244 when really it goes well beyond that.

00:00:48.348 --> 00:00:52.318 Migraine is the type of headache that typically affects one side of the head

00:00:52.318 --> 00:00:55.622 and oftentimes are associated with nausea,

00:00:55.622 --> 00:00:59.893 vomiting, light sensitivity, sound sensitivity, smell sensitivity.

00:01:00.226 --> 00:01:02.762 Also, in terms of what the pain feels like to someone.

00:01:03.463 --> 00:01:06.666 Is it short, stabbing, dull, aching, throbbing?

00:01:06.933 --> 00:01:10.036 They don't feel well or they don't feel like they're their usual selves

00:01:10.036 --> 00:01:11.771 for the days before their migraine attack.

00:01:13.406 --> 00:01:15.475 Sometimes they're present physically,

00:01:15.475 --> 00:01:17.143 but they're not fully there.

00:01:17.243 --> 00:01:18.478 Sometimes people feel washed out,

00:01:18.478 --> 00:01:19.612 they don't feel themselves

00:01:19.612 --> 00:01:21.481 after the headache pain has gone away

00:01:21.481 --> 00:01:23.783 and sometimes also those same people would share that

00:01:24.150 --> 00:01:27.353 it took a while to speak up and have courage to talk about

00:01:27.520 --> 00:01:29.756 the migraine or their headache, in part

00:01:29.756 --> 00:01:32.792 because if they had in the past, it was sort of dismissed.

00:01:33.660 --> 00:01:34.894 It's just in your head.

00:01:34.894 --> 00:01:35.862 It's just a migraine.

00:01:35.862 --> 00:01:37.864 It's just a headache when it's not.

00:01:38.331 --> 00:01:40.233 It's something that profoundly affects someone,

00:01:40.700 --> 00:01:41.968 it profoundly effects their family.

00:01:47.874 --> 00:01:50.844 If people are taking over-the-counter medication to treat their pain

00:01:51.177 --> 00:01:53.847 multiple times a day or even on a daily basis,

00:01:53.847 --> 00:01:57.217 that tells me that there's something going on that we need to investigate further

00:01:57.450 --> 00:02:00.520 and paradoxically, over time, if people are taking daily,

00:02:00.520 --> 00:02:04.224 multiple times, daily as needed, pain medication,

00:02:04.224 --> 00:02:07.393 that can actually make the headache worse that they're treating

00:02:07.393 --> 00:02:09.863 and sometimes they can develop a new type of headache on top of that.

00:02:10.163 --> 00:02:12.866 But also that typically tells me that someone would benefit

00:02:12.866 --> 00:02:16.202 from a preventive medication or some other preventive therapy.

00:02:16.503 --> 00:02:20.707 In the last almost decade, there's been dozens of new treatments

00:02:20.707 --> 00:02:23.209 that have come out for migraine and other types of headache disease.

00:02:24.010 --> 00:02:26.946 Some of these are in completely new families of medications.

00:02:27.881 --> 00:02:31.050 Some of these are new formulations of medications

00:02:31.050 --> 00:02:32.986 that have been around for quite some time.

00:02:32.986 --> 00:02:35.221 Some of these are not medications at all.

00:02:35.455 --> 00:02:38.224 There's some really good evidence for some vitamins and supplements

00:02:38.691 --> 00:02:42.095 that can work really well to help prevent migraines

00:02:42.629 --> 00:02:45.899 and to help to reduce the severity of migraine attacks when people get them.

00:02:46.699 --> 00:02:48.401 There's neuromodulation devices.

00:02:49.469 --> 00:02:51.671 There's several of them on the market and there's more coming.

00:02:51.905 --> 00:02:53.940 They can be used for prevention.

00:02:53.940 --> 00:02:56.242 So use it every day or sometimes more than once a day

00:02:56.276 --> 00:02:59.646 and there's some of that you could use in the throes of a migraine attack as well

00:03:00.914 --> 00:03:02.582 Talk to someone about it.

00:03:02.582 --> 00:03:03.616 Bring it up.

00:03:03.616 --> 00:03:06.753 Headache and headache pain is not just in your head.

00:03:06.753 --> 00:03:08.154 It is very real.

00:03:08.154 --> 00:03:11.090 And if you bring it up to a doctor and they're dismissive,

00:03:11.324 --> 00:03:13.626 find someone else to talk to you about it

00:03:13.626 --> 00:03:16.262 because there are people out there that want to understand your pain,

00:03:16.262 --> 00:03:18.798 want to understand it so we can help treat it.

00:03:19.065 --> 00:03:20.633 You don't have to suffer in silence.