Beyond Migraine: Recognising & Managing Comorbidities

Salford Royal
Northern Care Alliance

Lead Headache Nurse – Angela Stockley

Disclosures

AbbVie

Pfizer

Lundbeck

Why Comorbidities Matter

- Increase disease burden & disability
- Complicate diagnosis (symptom overlap)
- Limit treatment options (contraindications, drug interactions)
- Worsen prognosis (risk of chronic migraine)

Key Comorbidities

- 🧠 Depression / Anxiety → Higher frequency & disability
- 🛌 Sleep Disorders → Poor sleep worsens attacks
- ⚖️ Obesity → Higher risk of chronic migraine
- 💙 Cardiovascular disease → Stroke risk, treatment limits
- ⚡ Epilepsy → Shared mechanisms, overlapping drugs

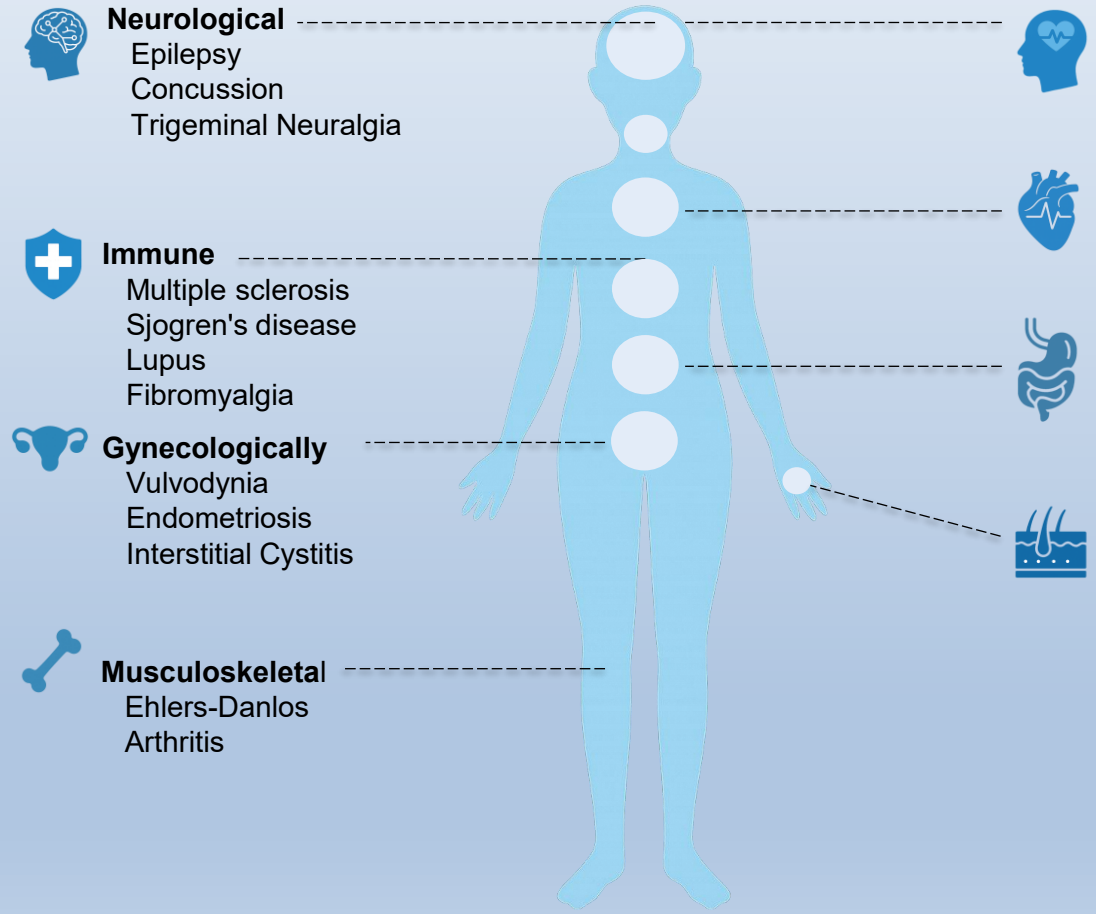
Treatment Implications

- 💊 Medication choices must avoid contraindications
- 🔄 Some therapies benefit both migraine and comorbidities
- 🛌 Lifestyle interventions (sleep hygiene, weight loss)
- 👤 Integrated, personalised approach is essential

Take-Home Message

- ✅ Comorbidities are common in migraine
- ✅ They worsen outcomes but also guide therapy
- ✅ Holistic, integrated care improves results
- ✅ Have realistic expectations
- ✅ Treating migraine won’t fix everything

Migraine and Comorbidities – Overview



Neurological
- Epilepsy
- Concussion
- Trigeminal Neuralgia

Immune
- Multiple sclerosis
- Sjogren's disease
- Lupus
- Fibromyalgia

Gynecologically
- Vulvodynia
- Endometriosis
- Interstitial Cystitis

Musculoskeletal
- Ehlers-Danlos
- Arthritis

Mental Health
- Anxiety
- Depression
- PTSD
- Bipolar disorder

Cardiovascular
- POTS
- Patent Foramen Ovale
- SCAD

Gastrointestinal
- Irritable Bowle syndrome
- Celiac disease
- Cyclic vomiting syndrome

Skin
- Psoriasis
- Rosacea
- keloids

Other
- Chronic fatigue syndrome
- Temporomandibular disorders
- Complex regional pain syndrome

References

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3. American Headache Society. The American Headache Society position statement on integrating new migraine treatments into clinical practice. Headache. 2019.

4. Charles A. The pathophysiology of migraine: Implications for clinical management. Lancet Neurol. 2018.

Questions?

Thank You For Listening