



MASTERING **MIGRAINE** THERAPIES

Conquer Headache
Medicine Education

2026 Mastering Migraine Therapies On Demand Program Agenda

Introduction

Claire Sandoe, MD, MS

University of Toronto, Women's College Hospital, Toronto, Ontario

Migraine: Making the Diagnosis and Key Considerations

Kathleen B. Digre, MD, FAHS

University of Utah, Salt Lake City, UT

This session reviews the burden of migraine, including its epidemiology and its impact on patients, families, and society. The program covers how to apply diagnostic criteria for migraine, differentiate episodic migraine from chronic migraine, and recognize the association between migraine and cardiovascular disease, including the implications for clinical practice.

How Do I Explain Migraine to my Patients?

Amaal Starling, MD, MS, FAHS

Mayo Clinic, Scottsdale, AZ

This session explores the prevalence of migraine in the United States and the distinction between episodic and chronic migraine. The program examines the broad impact of migraine on quality of life, relationships, interictal burden, and economic costs, while also explaining the underlying pathophysiology, including the involvement of multiple brain regions, the trigeminovascular system, and the role of CGRP. In addition, it reviews the clinical progression of migraine, factors that contribute to the transition from episodic to chronic migraine, and the modifiable risk factors that can inform prevention and management strategies.

A Comprehensive Approach to Migraine Prevention

Stephanie J. Nahas, MD, MEd, FAHS

Thomas Jefferson University, Philadelphia, PA

This session reviews current patterns of preventive medication use for migraine and highlights tools to help clinicians select the most appropriate treatment option for individual patients. It also addresses common

adverse events associated with therapies and strategies for managing them, along with evidence-based nonpharmacological interventions that can be tailored to individual patient needs.

A Comprehensive Approach to Acute Migraine Treatment

Jessica Ailani, MD, FAHS

Medstar Georgetown University Hospital, Washington, D.C.

This session examines unmet needs in acute migraine treatment and their implications for the natural history of migraine. It reviews how migraine pathophysiology informs the use of medications and neuromodulation devices for acute treatment, while also addressing how cardiovascular risk factors, comorbidities, and concomitant medications influence treatment selection in clinical practice. In addition, the program evaluates medications for acute migraine treatment that are FDA-approved or in late-stage development and explores the use and optimization of neuromodulation devices that are FDA-cleared or in late-stage development.

Neuromodulation for Migraine and Other Primary Headaches: Integration into Clinical Practice

Teshamae S. Monteith, MD, FAHS

University of Miami, Miller School of Medicine, Miami, FL

This session describes FDA-cleared Non-invasive Neuromodulation (NIN) devices for migraine and trigeminal autonomic cephalalgias, including cluster headache, paroxysmal hemicrania, and hemicrania continua. It reviews the potential mechanisms of action of these devices, as well as their cost and recommended protocols for use.

Behavioral Treatments for Migraine

Scott W. Powers, PhD, FAHS

Cincinnati Children's Hospital Medical Center, Cincinnati, OH

This session explores the science and art of communication in migraine care and highlights strategies to enhance patient motivation and adherence. It also addresses how to incorporate behavioral strategies into individualized treatment plans and when to incorporate or refer patients for empirically supported behavioral treatments in clinical practice.

Migraine in Children and Adolescents

Rashmi Rao, MD, FAHS

Louisiana State University Services Center, Children's Hospital, New Orleans, LA

This session reviews migraine as a prevalent and disabling neurologic condition in children and adolescents. It focuses on differentiating primary from secondary headache disorders to support accurate diagnosis and on developing treatment plans that address acute management, prevention of attack frequency, and the use of behavioral therapy.