

Migraine – Disease Overview

Clinical Features and Diagnostic Criteria Migraine: Recurrent headaches $\geq 4-72$ h, unilateral/moderate-severe, pulsating, aggravated by activity, with nausea/photophobia/phonophobia. ICHD-3: ≥ 5 attacks; with aura (30%, transient visual/sensory, 5-60 min). Chronic: ≥ 15 days/month (>8 migrainous).

Pathophysiologic Concepts (Brief, High-Level) Trigeminovascular activation releases CGRP, causing meningeal inflammation and pain. Cortical spreading depression underlies aura. Genetic (familial hemiplegic) and triggers sensitize central pathways.

Burden on Daily Functioning and Productivity Affects 1 billion globally; 15% U.S. adults (women 3:1). Lost productivity: \$13B/year U.S.; 40% severe attacks cause bedrest, anxiety/depression comorbidity (50%).

Common Comorbidities

- Psychiatric: Depression, anxiety (2-5x).
- CV: Raynaud's, patent foramen ovale.
- Neurologic: Epilepsy, stroke (2x in women <45). Screen/treat holistically.

References

- American Headache Society. Migraine Guidelines, 2024.
- Headache Classification Committee. ICHD-3, 2018 (updated 2024).