Neurocognitive Considerations and Impacts in Chronic Migraines

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Migraine patients typically present with decreased focus, organization, memory, and other neuropsychological functions.

Background

Migraine Principal Effects
- Neuromuscular dysfunction
- Increased neuronal firing
- Inflammation
- Cortical spreading depression.

Migraine Principal Symptoms
- Pain
- Aura
- Brain fog
- Confusion
- Hangover
- Multiple hypersensitivities
- Decreased memory capacity

Effects and Symptoms lead to neurocognitive and neuropsychological deficiencies in many patients. This study aims to investigate migraines and neurocognitive function.

Methods

Neurocognitive skills were elevated across migraine patients utilizing Creyos for data collection and analysis. Preliminary data (n=173) gathered neuropsychiatric results individually via computer program across 12 neurocognitive metrics. Migraine patients were compared to standardized results for significant variations in cognitive performance. Additionally, following treatments including chiropractic manipulations, diet modifications, posture aids, medications, and injections, several neurocognitive performance areas improved.

Conclusion

These findings indicate a significant negative relationship between migraines and neurocognitive performance. As migraine frequency increases, neurocognitive performance decreases. With these treatment methods reducing the frequency of migraines, our data suggests that these patients will have increased neurocognitive skills and a decrease in negative symptoms associated with focus, organization, memory, and other neuropsychological functions.