

Principales sources et références

| Pour en savoir plus

POUR EN SAVOIR PLUS SUR LA MIGRAINE :

- Dossier *Migraine*, INSERM
www.inserm.fr/thematiques/neurosciences-sciences-cognitives-neurologie-psychiatrie/dossiers-d-information/migraine
- Oliver Sacks, *Migraine : comprendre un trouble commun* ou *Migraine* (en anglais)
- *Reconnaître et traiter la migraine chronique* http://migrainequebec.com/images/stories/PDFs/Robinson_%20Chronic%20Migraine_FR.pdf
- Sur la névralgie d'Arnold : <http://reflexosteo.com/nevralgie-darnold-arnoldalgie-et-osteopathie/>

POUR EN SAVOIR PLUS SUR LA FRÉQUENCE DE LA MIGRAINE :

- Michel Lanteri Minet, *Épidémiologie et impact des céphalées* dans G Géraud et al, *Les céphalées*, Elsevier-Masson, 2009, 16-24
- Stovner LJ et al, Epidemiology of headache in Europe, *European Journal of Neurology*, 2006, 13, 333-45
- Henry P et al, A nationwide survey of migraine in France. Prevalence and clinical features in adults, *Cephalgia*, 1992, 12 : 229-237

POUR EN SAVOIR PLUS SUR LES CONSÉQUENCES DE LA MIGRAINE :

- P Henry et C Tzourio, *Épidémiologie de la migraine* : www.ipubli.inserm.fr/bitstream/handle/10608/200/?sequence=7
- Carolei A et al, History of migraine and risk of cerebral ischemia in young adults, *Lancet*, 1996, 347 : 1503-1506
- Henrich JB et al, A controlled study of ischaemic stroke risk in migraine patients, *Clin Epidemiol*, 1989, 42 : 773-780
- Tzourio C et al, Case-control study of migraine and risk of ischaemic stroke in young women, *Br Med J*, 1995, 310 : 830-833
- Andermann E et al, Migraine-epilepsy relationships : epidemiological and genetic aspects. In FA Andermann, E Lugaresi : *Migraine and epilepsy*. Butterworths, 1987, 281-291
- Granella F et al, Drug abuse in chronic headache : a clinico-epidemiologic study, *Cephalgia*, 1987, 7:15-19

POUR EN SAVOIR PLUS SUR LES CAUSES DE LA MIGRAINE :

- Tepper SJ et al, The pathophysiology of migraine, *Neurologist*, 2001, 7 : 279-86
- Moskowitz MA et al, Neurovascular and molecular mechanisms in migraine headaches, *Cerebrovasc Brain Metab Rev*, 1993, 5 : 159-77
- *Les aliments impliqués dans la migraine*, <http://migrainequebec.com/index.php/le-yoga-pour-contrer-la-migraine?catid=0&cid=194>

POUR EN SAVOIR PLUS SUR LES TRAITEMENTS DE LA MIGRAINE :

- Sur les effets secondaires des bêta-bloquants : www.besancon-cardio.org/cours/67-beta-bloquants.php
- Sur les effets secondaires des anti-épileptiques : www.associationquebeoisepilepsie.com/quest-ce-que-lepilepsie/les-medicaments/
- Dominique Valade et al, L'oxygénothérapie dans le traitement des céphalées: revue des indications, *Neurologie.com*, 2009,1 (6) :173-6

POUR EN SAVOIR PLUS SUR LE RÉCEPTEUR NMDA :

- Parsons CG et al, Memantine : a NMDA receptor antagonist that improves memory by restoration of homeostasis in the glutamatergic system - too little activation is bad, too much is even worse, *Neuropharmacology*, 2007, 53, 6, 699-723
- Thèse sur la douleur, les récepteurs NMDA et les opioïdes : http://oatao.univ-toulouse.fr/3376/1/hartmann_3376.pdf

POUR EN SAVOIR PLUS SUR LES DANGERS DU GLUTAMATE, DE L'ASPARTATE ET DE LEURS DÉRIVÉS :

- Nicholas J Maragakis et al, Glutamate Transporters in Neurologic Disease, *Neurology*, 2001, 58 : 365-370
- Olney JW, Excitotoxic food additives — relevance of animal studies to human safety, *Neurobehavioral toxicology and teratology*, 1984, 6, 6, 455-462
- Olney JW, Excitotoxin-mediated neuron death in youth and old age, *Progress in brain research*, 1990, 86, 37-51
- Olney JW, Excitotoxins in foods, *Neurotoxicology*, 1994, 15, 3, 535-544
- Nathan, Pradeep et al, The Neuropharmacology of L-Theanine (N-Ethyl-L-Glutamine), *Journal of Herbal Pharmacotherapy*, 2006, 6 (2) : 21-30

POUR EN SAVOIR PLUS SUR LES INTOLÉRANCES À L'HISTAMINE :

- www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/
- <http://e-allergo.com/files/aliments-riches-en-histamine-et-en-tyramine.pdf>
- www.santeweb.ch/santeweb/Sujets_Prioritaires/Alimentation_allergie_intolerance/Maladies/Qu_est_ce_que_l_histamine_Qu_est_ce_que_l_intolerance_l_histamine.php
- HG Schwelberger et al, Histamine intolerance : a metabolic disease ? *Inflamm Res*, 2010, 59 (Suppl 2) : S219-S221
- Sarkadi L, Histamine in food. In: Falus A, *Histamine : biology and medical aspects*, SpringMed Publishing, 2004 : 176-85

POUR EN SAVOIR PLUS SUR MAGNÉSIUM ET MIGRAINE :

- Mazzotta G et al, Intracellular Mg⁺⁺ concentration and electromyographical ischemic test in juvenile headache, *Cephalalgia*, 1999, 19 (9) : 802-9
- Assarzadegan F et al, Serum concentration of magnesium as an independent risk factor in migraine attacks : a matched case-control study and review of the literature, *Int Clin Psychopharmacol*, 2016 May 2
- World Health Organization. Headache disorders. *Fact Sheet #277*. <http://www.who.int/mediacentre/factsheets/fs277/en/>, September 16, 2012
- Mauskop A et al, Role of magnesium in the pathogenesis and treatment of migraines, *Clin Neurosci*, 1998, 5 (1) : 24-7
- Mauskop A et al, Why all migraine patients should be treated with magnesium, *J Neural Transm*, 2012, 119 (5) : 575-9
- Pringsheim T, Canadian Headache Society Prophylactic Guidelines Development Group et al, Canadian Headache Society guideline for migraine prophylaxis, *Can J Neurol Sci*, 2012, 39 (2 Suppl 2) : S1-59
- Peikert A et al, Prophylaxis of migraine with oral magnesium : results from a prospective, multi-center, placebo-controlled and double-blind randomized study, *Cephalalgia*, 1996, 16 (4) : 257-63
- Bigal ME et al, Intravenous magnesium sulphate in the acute treatment of migraine without aura and migraine with aura. A randomized, double-blind, placebo-controlled study, *Cephalalgia*, 2002, 22 (5) : 345-53
- Shahrami A et al, Comparison of therapeutic effects of magnesium sulfate vs. dexamethasone/metoclopramide on alleviating acute migraine headache, *J Emerg Med*, 2015, 48 (1) : 69-76

POUR EN SAVOIR PLUS SUR LE ZINC, LA MIGRAINE ET LA NEUROPROTECTION :

- Vergnano AM et al, Zinc dynamics and action at excitatory synapses, *Neuron*, 2014, 82 (5) : 1101-14
- Westbrook GL et al, Micromolar concentrations of Zn²⁺ antagonize NMDA and GABA responses of hippocampal neurons, *Nature*, 1987, 328 : 640-643
- Takeda A et al, Differential effects of zinc on glutamatergic and GABAergic neurotransmitter systems in the hippocampus, *J Neurosci Res*, 2004, 75 : 225-229

POUR EN SAVOIR PLUS SUR VITAMINE B2 ET MIGRAINE :

- Schoenen J et al, Effectiveness of high-dose riboflavin in migraine prophylaxis. A randomized controlled trial, *Neurology*, 1998, 50 (2) : 466-70
- Maizels M et al, A combination of riboflavin, magnesium, and feverfew for migraine prophylaxis : a randomized trial, *Headache*, 2004, 44 (9) : 885-90
- Condò M et al, Riboflavin prophylaxis in pediatric and adolescent migraine, *J Headache Pain*, 2009, 10 (5) : 361-5

POUR EN SAVOIR PLUS SUR LE COENZYME Q10 ET LES AUTRES SOUTIENS DES MITOCHONDRIES :

- Cordero MD et al, Oxidative stress correlates with headache symptoms in fibromyalgia : coenzyme Q₁₀ effect on clinical improvement, *PLoS One*, 2012, 7 (4) : e35677
- Rozen TD et al, Open label trial of coenzyme Q₁₀ as a migraine preventive, *Cephalalgia*, 2002, 22 :137-41
- Slater SK et al, A randomized, double-blinded, placebo-controlled, crossover, add-on study of CoEnzyme Q₁₀ in the prevention of pediatric and adolescent migraine, *Cephalalgia*, 2011, 31 (8) : 897-905
- Markley HG, CoEnzyme Q₁₀ and riboflavin : the mitochondrial connection, *Headache*, 2012, 52 Suppl 2 : 81-7
- Gaul C et al, Improvement of migraine symptoms with a proprietary supplement containing riboflavin, magnesium and Q₁₀ : a randomized, placebo-controlled, double-blind, multicenter trial, *J Headache Pain*, 2015, 16 (1) : 516
- Tarighat Esfanjani A et al, The effects of magnesium, L-carnitine, and concurrent magnesium-L-carnitine supplementation in migraine prophylaxis, *Biol Trace Elem Res*. 2012, 150 (1-3) : 42-8
- Cunha MP et al, Creatine affords protection against glutamate-induced nitrosative and oxidative stress, *Neurochem Int*, 2016, 95 : 4-14
- Marriage B et al, Nutritional cofactor treatment in mitochondrial disorders, *J Am Diet Assoc*, 2003, 103 : 1029-38
- Schiapparelli P et al, Non-pharmacological approach to migraine prophylaxis : part II, *Neurol Sci*, 2010, 31 Suppl 1 : S137-9

POUR EN SAVOIR PLUS SUR L'HOMOCYSTÉINE, LES VITAMINES B6, B9, B12 ET LA MIGRAINE :

- Munvar Miya Shaik, Vitamin Supplementation as Possible Prophylactic Treatment against Migraine with Aura and Menstrual Migraine, *Biomed Res Int*, 2015, 2015, 469529
- Mauskop A et al, Nonmedication, alternative, and complementary treatments for migraine, *Continuum (Minneapolis)*, 2012, 18 (4) : 796-806
- Sadeghi O et al, Effects of pyridoxine supplementation on severity, frequency and duration of migraine attacks in migraine patients with aura : a double-blind randomized clinical trial study in Iran, *Iran J Neurol*, 2015, 14 (2) : 74-80

POUR EN SAVOIR PLUS SUR VITAMINE D ET MIGRAINE :

- Wheeler SD, Vitamin D deficiency in chronic migraine, *Headache*, 2008, 48 : 52-3
- Mottaghi T et al, Effect of Vitamin D supplementation on symptoms and C-reactive protein in migraine patients, *J Res Med Sci*, 2015, 20 (5) : 477-82
- Thys-Jacobs S, Vitamin D and calcium in menstrual migraine, *Headache*, 1994, 34 : 544-6

- Thys-Jacobs S, Alleviation of migraines with therapeutic vitamin D and calcium, *Headache*, 1994, 34 : 590-2

POUR EN SAVOIR PLUS SUR LE MICROBIOTE ET LA MIGRAINE :

- Van Hemert S et al, Migraine associated with gastrointestinal disorders : review of the literature and clinical implications, *Front Neurol*. 2014 Nov 21, 5 : 241
- Dimitrova AK et al, Prevalence of migraine in patients with celiac disease and inflammatory bowel disease, *Headache*, 2013, 53 (2) : 344-55
- De Roos NM et al, Ecologic®Barrier on migraine : results of an open-label pilot study, *Benef Microbes*, 2015 Apr 13 : 1-6

POUR EN SAVOIR PLUS SUR SPORT ET MIGRAINE :

- Varkey E et al, A study to evaluate the feasibility of an aerobic exercise program in patients with migraine, *Headache*, 2009, 49 (4) : 563-70
- Busch V et al, Exercise in migraine therapy - is there any evidence for efficacy ? A critical review, *Headache*, 2008, 48 (6) : 890-9
- Luedtke K et al, Efficacy of interventions used by physiotherapists for patients with headache and migraine-systematic review and meta-analysis, *Cephalalgia*, 2016, 36 (5) : 474-92

POUR EN SAVOIR PLUS SUR LE BIOFEEDBACK ET LA RELAXATION :

- Meyer B et al, Progressive muscle relaxation reduces migraine frequency and normalizes amplitudes of contingent negative variation (CNV), *J Headache Pain*, 2016, 17 (1) : 37
- Mullally WJ et al, Efficacy of biofeedback in the treatment of migraine and tension type headaches, *Pain Physician*, 2009, 12 (6) : 1005-11
www.wikiwand.com/en/Alpha_wave

POUR EN SAVOIR PLUS SUR LA MÉDITATION ET LA MIGRAINE :

- Zeidan F et al, Brain Mechanisms Supporting the Modulation of Pain by Mindfulness Meditation, *J Neurosci*, 2011, 31 (14) : 5540-8
- Keller A et al, Migraine and Meditation : Characteristics of Cortical Activity and Stress Coping in Migraine Patients, Meditators and Healthy Controls-An Exploratory Cross-Sectional Study, *Appl Psychophysiol Biofeedback*, 2016 Mar 16

POUR EN SAVOIR PLUS SUR LES THÉRAPIES COGNITIVES ET COMPORTEMENTALES ET LA MIGRAINE :

- Une thérapie comportementale en prévention des crises migraineuses fréquentes ? *Minerva Online*, 28 septembre 2012
- Harris P et al, Systematic review of cognitive behavioural therapy for the management of headaches and migraines in adults, *Br J Pain*, 2015, 9 (4) : 213-24
- Kroner JW et al, Cognitive Behavioral Therapy plus Amitriptyline for Children and Adolescents with Chronic Migraine Reduces Headache Days to ≤4 Per Month, *Headache*, 2016, 56 (4) : 711-6
- Smitherman TA et al, Emerging behavioral treatments for migraine, *Curr Pain Headache Rep*. 2015, 19 (4) : 13
- Penzien DB et al, Well-Established and Empirically Supported Behavioral Treatments for Migraine, *Curr Pain Headache Rep*, 2015, 19 (7) : 34
- Singer AB et al, Behavioral treatments for migraine management : useful at each step of migraine care, *Curr Neurol Neurosci Rep*, 2015, 15 (4): 14