

The next meeting of the Haywards Heath research hub will take place on Tuesday 13th April, 2021 from 7-9pm. The papers for discussion at this meeting are listed below.

National Institute for Health and Care Excellence. Migraine (October, 2020).

<https://cks.nice.org.uk/topics/migraine/>

Rist PM, Hernandez A, Bernstein C, Kowalski M, Osypiuk K, Vining R, Long CR, Goertz C, Song R, Wayne PM. The Impact of Spinal Manipulation on Migraine Pain and Disability: A Systematic Review and Meta-Analysis. *Headache*. 2019 Apr;59(4):532-

542. <https://pubmed.ncbi.nlm.nih.gov/30973196/>

Hannan K. Orthodontic braces and migraine headache: prevalence of migraine headache in females aged 12-18 years with and without orthodontic braces. *International Journal of Osteopathic Medicine* 2005;8:146-151

Fernández-de-Las-Peñas C, Cuadrado ML. Physical therapy for headaches. *Cephalalgia*. 2016 Oct;36(12):1134-1142. <https://pubmed.ncbi.nlm.nih.gov/26660851/>

Milstine D, Chen CY, Bauer B. Complementary and integrative medicine in the management of headache. *BMJ* 2017; 357. <https://pubmed.ncbi.nlm.nih.gov/28512119/>

Xu J, Zhang F-Q, Pei J, Ji J. Acupuncture for migraine without aura: a systematic review and meta-analysis. *J Integr Med* . 2018 Sep;16(5):312-321. <https://pubmed.ncbi.nlm.nih.gov/30007828/>

Orr SL, Kabbouche MA, O'Brien H, Kacperski J, Powers SC, Hershey AD. Paediatric migraine: evidence-based management and future directions. *Nature Reviews Neurology* 2018; 14: 515-527.

<https://pubmed.ncbi.nlm.nih.gov/30038237/>

Exercise as migraine prophylaxis: a randomized study using relaxation and topiramate as controls. *Cephalalgia*. 2011 Oct;31(14):1428-38. Varkey E, Cider A, Carlsson J, Linde M.

<https://pubmed.ncbi.nlm.nih.gov/21890526/>

Hindiye NA, Zghang N, Farrar M, Benerjee P, Lombard L, Aurora SK. The Role of Diet and Nutrition in Migraine Triggers and Treatment: A Systematic Literature Review. *Headache*. 2020

Jul;60(7):1300-1316. <https://pubmed.ncbi.nlm.nih.gov/32449944/>