



Thursday, March 6, 2025

# NC Brain Injury Conference Presentation Upload Form

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Presentation Title	A well-balanced approach to post-traumatic headache: Integrative approaches to evaluation and treatment

**Presentation Summary (Optional)**

Chronic headaches are a common and debilitating challenge for individuals affected by traumatic brain injury (TBI). This session will explore two innovative approaches to managing these symptoms, beginning with a focus on the intricate relationship between headaches and balance orientation. Attendees will gain insights into various sensory phenotypes—specific patterns of sensory response linked to vestibular (balance-related) and somatosensory (body-awareness) systems—that influence headache development. Practical strategies will be shared to help clinicians differentiate headaches originating from visual-vestibular versus somatosensory-vestibular disturbances. The session will also provide actionable recommendations to address neuromuscular fatigue, empowering clinicians and caregivers with tailored approaches to improve balance, orientation, and headache management.

The second part of the session will delve into a dietary intervention for post-traumatic headache (PTH). A recent clinical trial has demonstrated the benefit of a diet high in omega-3 and low in omega-6 fatty acids (H3L6) in reducing headache frequency and severity by modifying pain-modulating bioactive lipids. Attendees will learn about the impact of this diet on headaches and other TBI symptoms. A licensed dietitian will provide practical guidance on implementing the H3L6 diet in clinical settings and everyday life, offering accessible strategies for clinicians, caregivers, and TBI survivors. By integrating sensory and dietary interventions, this session equips attendees with a comprehensive toolkit to enhance headache management and improve quality of life for individuals living with TBI.

This session aims to empower attendees with the knowledge and tools to enhance headache assessment and management, promoting a better quality of life for those affected by PTH.

**Presentation File Upload (PDF's Only)**

 Well-Balanced-VVP-PTH\_v2.pdf