



JUNE MONTHLY NEWSLETTER

2026

June is Migraine and Headache Awareness Month—a time to raise awareness about the impact migraines and chronic headaches can have on daily life and wellbeing.

This month, we're focusing on migraine and headache disorders, including common triggers, symptom management, and how personalized approaches to care, including medical cannabis, may support relief and quality of life.

Migraines & Headaches: Understanding the Difference

Headaches and migraines are often grouped together, but they can affect the body very differently.

Headaches

- Mild to moderate pain
- Pressure or tightness
- Usually affects both sides of the head
- Typically no other symptoms
- Daily activities can often continue

Migraines

- Moderate to severe pain
- Throbbing or pulsing pain
- Often affects one side of the head
- May include nausea, light sensitivity, or sound sensitivity
- Can interfere with daily activities

Understanding symptoms can help guide better management and treatment options.

Migraine triggers can vary from person to person. Common triggers may include:

- Stress
- Poor sleep or fatigue
- Hormonal changes
- Dehydration
- Bright lights or strong smells
- Certain foods or alcohol
- Changes in weather or routine



[Learn More Here](#)

Identifying triggers may help reduce symptom frequency or severity.

Medical Cannabis & Migraine Support

Medical cannabis is increasingly being explored as a supportive option for migraine and chronic headache management.

Some patients report benefits such as:

- Reduced migraine frequency
- Relief from pain and tension
- Improved sleep
- Support for nausea and stress management



As always, treatment should be guided by a qualified healthcare provider.

Learn More:

[Cannabis versus Placebo for Acute Migraine: A Randomized Controlled Trial](#)



DID YOU KNOW?

- Migraines are one of the leading causes of disability worldwide
- Women are more likely to experience migraines than men
- Migraines can last from hours to several days
- Sleep and stress are among the most common migraine triggers

Managing Symptoms Day-to-Day

Simple daily habits may help support migraine management:

- Stay hydrated
- Maintain a consistent sleep schedule
- Manage stress levels
- Limit known triggers when possible
- Take breaks from screens and bright lights

Small changes can make a meaningful difference over time.

Support Is Available

Consider speaking with a healthcare provider if you experience:

- Frequent or severe headaches
- Migraines that interfere with daily life
- New or worsening symptoms
- Ongoing nausea, dizziness, or visual changes

Support and personalized care options are available.

June is also **Men's Health Month**—a reminder of the importance of prioritizing physical and mental wellbeing.

Men are often less likely to seek medical support or discuss health concerns early. Regular check-ins with a healthcare provider, healthy lifestyle habits, stress management, and quality sleep can all play an important role in long-term health and wellbeing.

[Find out if medical cannabis is a safe option](#)
[Complete the TCN Intake HERE.](#)



The Clinic Network

Clinic News & Updates

We're Here to Support You.

Whether you're exploring medical cannabis for the first time or managing an existing treatment plan, the TCN team is here to help answer questions and provide ongoing support.

Reference(s):
<https://migrainecanada.org/>

<https://www.healthline.com/health/migraine/migraine-vs-headache>

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Questions? Contact us!



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