



MIGRAINE WORLD SUMMIT

INTERVIEWS WITH WORLD LEADING EXPERTS

# TRANSCRIPT



**ONSTAGE LIVE EVENT:  
MIGRAINE IS NO JOKE FOR THIS COMEDIAN**

**WHITNEY CUMMINGS  
EMMY-NOMINATED COMEDIAN, WRITER, AND PRODUCER**



*This video contains adult themes and mild profanity that may not be appropriate for all viewers.*

**Introduction (00:00):** Migraine people are some of my favorite people because we also have to stand up for ourselves sometimes. You know, there are times when, if someone's on the plane — this happened to me two days ago, and he was playing a YouTube video just with no headphones on. And I'm the person that's like, "Excuse me, sir! Put headphones on, obviously. You animal." [Laughter.] So, everyone loves the migraine person on the plane. I mean, we become the camp counselor on the plane. I remember one time, a woman pulled out, like, scented lotion, and I was like, "No, no, no. I'm sorry. You need to put that away. Your Bath and Body Works is not welcome here, ma'am."

**Paula K. Dumas (00:16):** So, who could use a little comic relief about now? [Applause.] Yeah? Yeah, me, too. So it's our honor to introduce our very special guest, Whitney Cummings. And for the first time ever, Whitney will bravely share her migraine story on stage and in public. So Whitney is not just an award-winning comedian, she's also a producer, a writer, a director, and a fierce migraine warrior. And anyone who's read her book, *I'm Fine ... And Other Lies* knows that she puts the same kind of tenacious brainpower into finding relief for her pain that she puts into her career in comedy.

**Carl Cincinnato (01:27):** In between producing Emmy-nominated television shows like *Two Broke Girls* and *Whitney*, making film appearances, and hosting a podcast, she actually had a robot built of herself. Her comedy is hailed by critics as edgy and smart.

**Paula K. Dumas (01:44):** Ladies and gentlemen, welcome, Whitney Cummings!

**Whitney Cummings (01:55):** Hi. Hi. Hi! Hello, hi, everybody! Hi, everybody, how's it going? Hi! Hi! Hi! Yes! Let's get some energy in here, I like it! Hi, Facebook!

**Paula K. Dumas (02:05):** They're all out there.

**Whitney Cummings (02:06):** Yeah, how's it going?

**Paula K. Dumas (02:08):** It's going great. Going great. How are you doing?

**Whitney Cummings (02:09):** Good, good. Very exciting to be here. Thanks, everybody. [Knocks over water bottle.] Oh my God, that was so stressful! I thought this was Purell! I just wanted to grab it. [Laughs.]

**Paula K. Dumas (02:20):** Do not put it on your hands. Yeah, it'll be good. You can drink it; drink as much as you need. Stay hydrated.

**Whitney Cummings (02:26):** Thank you.

**Paula K. Dumas (02:28):** Well, I love that clip because it makes me want to talk to 19-year-old Paula and give her a talking to.

**Whitney Cummings (02:31):** Yeah. Totally. Yeah.

**Paula K. Dumas (02:32):** So, we loved your book. In case you didn't notice the theme tonight about, "I'm fine."



**Whitney Cummings** (02:37): Yeah.

**Paula K. Dumas** (02:38): The doctors have talked about that, and we all do tend to suppress our pain. So, since you wrote your book, *I'm Fine ... And Other Lies* — a great read — how does it feel to come out about some of your health issues?

**Whitney Cummings** (02:52): You know, it's been such a relief. I was worried at first, maybe just because of how I was raised and how we were all raised, that people were going to go like, "Ah, stop complaining," or I thought maybe it would be self-indulgent, but I have easily six or seven people come up to me a day and be like, "Thank you so much. I never put this together. No one took my migraines seriously. I thought I was being dramatic. I thought I needed to relax, that I was too emotional." Like, I have people come up to me and they're so grateful or they say like, "I did that thing that you recommended; I went and got my vision checked; I switched perfumes," or whatever, you know, the little things I suggested. So, that to me is the greatest gift, that anything that I put in there is actually helping people and helping them piece together this sort of constellation of whatever their migraine looks like.

**Paula K. Dumas** (03:40): It can be very gratifying when people validate your experience.

**Whitney Cummings** (03:44): Yes! Also, because there's, you know, for me it started getting to the point to where my fear of getting a migraine would actually cause a migraine. And so many people hadn't put that together either. So, it's just, it's cool to know you're not crazy. It's cool to know you're not overreacting; you're not being dramatic. And that asking for help is cool and admitting you're in pain is cool. It makes people like you more. I used to think it was gonna, you know, make people think I was annoying or needy, and it really bonds you to people. And I have this incredible network of kind of migraine friends, and we're always texting and you know, exchanging tips and [simulates texting], "This new med came out. Have you tried this? And what about this?" You know, "So did you go see that movie at IMAX? Don't recommend it. Got a migraine [laughter]. Wait until that comes onto Netflix." You know, so it's sort of, for me, when I meet someone that suffered from migraines, I feel closer to them than most family members that I've known my whole life. Just because it's a group of people that understand something that people who don't suffer just will never be able to understand. So it's a very intimate connection. It's like you make a best friend right away.

**Paula K. Dumas** (04:41): Exactly.

**Carl Cincinnato** (04:42): So what made you decide to share your story here tonight with us?

**Whitney Cummings** (04:55): You know, I ... Tonight? Tonight. Well, you know, when I found out that there was an organization dedicated to spreading information about migraines, it was just like, ugh God, I wish I knew about this, you know, 20 years ago. I wish this had been available to me. So anything that's going to help, you know, get the message out, help people understand their neurology better, promote medical research about it, I'm always available and down for that. And also to share stuff with some levity. We have to laugh every now and then and I think the average person probably doesn't know all the terms and all the neurology. So I'm always trying to find a way to keep it light, and keep it fun, and keep a sense of humor about myself.

**Paula K. Dumas** (05:38): The average person doesn't read *Neurology Reviews* like you do.



**Whitney Cummings** (05:40): [Laughs.] I had to start learning, you know, because I would go to these neurologists that would start talking about my hippocampus and my amygdala, and I would pretend to know what they were talking about. But I didn't. So I think that the gift of having migraine, in a way, is that you start learning a lot of stuff about your body that most people would never think to dive into.

**Paula K. Dumas** (06:03): So when do you remember your first migraine attack?

**Whitney Cummings** (06:05): Yeah. Yeah. I remember as a kid, I had a lot of them. I was always the kid when everyone went to Disneyland, I was in the car, you know, in fetal position with like a pillow over my head. I was always the kid that ruined the sleepovers. You know, I had to like go home at 2 a.m. and have my parents come pick me up. I remember dreading going on field trips because I was worried that I was going to get a migraine. I was always that kid. I was always the kid in the nurse's office who, you know, said I had a headache, but I had probably lied about having a couple tummy aches. So by the time I really had a headache, they didn't believe me, you know, and I just, I remember a lot of, "It's fine, calm down. You're OK. Relax. Here's some water." And then I'd have it for three or four days and being like, "Lady! Water is not gonna fix this." And you know, so I remember a lot of that. I remember a lot of missing classes, going home early, and also seeing my mom really stressed out. You know, from what I understand, there's a big genetic component to it. And I remember her specifically being stressed out about it because she suffered from migraines, too. And I think to see that this is something that her daughter was going to go through was particularly hard for her. But I remember watching her have to cancel work. You know, I had a working mom who had to stay home with me sometimes, and I remember specifically her frustration around it and me not wanting to disappoint her. And that's when I started going, "You know what? Suck it up. Just don't tell anyone. It's fine. You're going to have to get through this because you're inconveniencing so many people." That was kind of the message I got.

**Paula K. Dumas** (07:43): So your mom really understood.

**Whitney Cummings** (07:45): She got it.

**Paula K. Dumas** (07:46): Maybe felt a little bit guilty here?

**Whitney Cummings** (07:48): I think so. I talk to lots of people that have migraine that are like, "Uh, it breaks my heart. The idea that, you know, I would pass this on to my children, and I want to learn as much as possible so they don't have to suffer the way I did."

**Paula K. Dumas** (07:59): And your dad and your teachers and other people, how did they react to you?

**Whitney Cummings** (08:03): I think that once they understood that this was like a thing that would go on for three days, and I couldn't look at light, and I couldn't smell certain things, and I couldn't look at a computer for too long, I then, you know, didn't want to be the person everyone handled with kid gloves, either. Because that's embarrassing when you're a kid, you just want to fit in with everybody else and be on the playground and rough housing and stuff. So I do remember hiding it from teachers because I didn't want to not be able to go on the field trip. I didn't want to not be invited to prom or whatever it was. So that's when I really started kind of trying to repress them and trying to pretend it wasn't happening.



**Carl Cincinnato (08:40):** What kind of symptoms did you experience?

**Whitney Cummings (08:42):** You know, I remember as a kid, it would start with nausea for me personally, I don't know if anyone relates. For me, it would start with nausea, and then it would start with the numbness and a little bit of vision loss and like a dizziness. And then the pain would set in a couple hours later. And anyone that has a migraine attack, it's the mind-numbing pain where you can't really even articulate what's going on.

**Whitney Cummings (09:06):** That was another thing that was hard about it, is I'd go to the school nurse and they'd be like, "Where do you feel it?" And I'd be like ... You can't formulate words. You know, by the time it gets so bad, you can't even ask for help. You can't even articulate what's happening. And it was always so funny to me when doctors would tell me like, "Are you keeping a journal?" I'm like, "I can't see when I have a migraine! What, do you want me to write in a journal? Like, I can't even ... The lights are off. I'm wearing sunglasses. Like, I'm crying in a bed, you know, I'm not Hemingway right now. I need a minute." And after a migraine attack, I couldn't remember anything. So they're like, "You need to write down if it's behind your eye or this or that," you know. And I really couldn't remember. So, as I got older and as every doctor told me, "You need to keep a journal; we can't help you if we don't know what's going on." As soon as I'd feel it coming on, I'd start writing, and I was able to piece together that it was ocular, and you know, I'd get the orbs and I was able to finally start being able to actually tell doctors what I was having.

**Paula K. Dumas (10:03):** I read about one of your stories when you were trying to drive and you couldn't read the street sign.

**Whitney Cummings (10:09):** That's right. And I remember I'd be able to see a word, but I couldn't read it. Like I knew what the letters were, but I mean, a simple street sign that says Second Street, I didn't know what that meant. And I remember when I first moved to Los Angeles before I had any concept of eating well or sleeping well or routine life. I had just turned 21 so I'm sure I was drinking a little bit. And migraine sufferers, you guys know we have to be very specific about what we drink and when we drink it. And I remember driving down Wilshire Boulevard, and I couldn't get home. I didn't know how at this point; I would have to read a map. This was before Waze. And I had to pull over and take a cab home because I couldn't read street signs, you know?

**Paula K. Dumas (10:50):** Yeah. It's dangerous.

**Whitney Cummings (10:51):** And which is just incredibly scary, you know? And for me it took a while for the pain to set in. It would go like, you know, numbness, nausea, dizziness. And then by that point it was too late. And then I got to a point where I had to just go to Cedars and I'd have to get like a morphine shot and I'd be out for a couple days. And you know, that's the other thing a lot of people don't talk about is, that's really expensive. I mean, I also couldn't afford to do that. So there were times where I was like, I can't afford to go to an emergency room and get a \$1,200 emergency room fee, so I'm just going to have to lay in bed for the next three days and cancel whatever I have going on.

**Paula K. Dumas (11:21):** You were one broke girl.

**Whitney Cummings (11:22):** I was one broke girl! [Laughs.]

**Paula K. Dumas (11:26):** OK. Triggers are a very personal thing.



**Whitney Cummings** (11:29): Yes, very.

**Paula K. Dumas** (11:30): We all have, I mean each of us would report very different triggers.

**Whitney Cummings** (11:32): Interesting.

**Paula K. Dumas** (11:33): What are yours?

**Whitney Cummings** (11:34): I love talking about this. I'm the person at the airport when someone comes up to me, I'm like, "What are your triggers?" Like I want to talk about it with people because you learn so much about someone. And for me, light is huge. So I always wear sunglasses when I'm outside. I also got my vision checked and I have to wear contacts. Usually if I'm doing distance, there are some times where I'm like, "Oh, it'll be fine. What's the worst that can happen?" And then you read two things from across the room and you're like, "Damn it!" So for me, eyes are a big thing. Sunglasses and making sure that my prescription is always up to date. I always have my phone on Dark Mode, as low as possible ... Dark Mode, which means the background is black, so it's less light being emitted. And then I also have it on grayscale, which means I don't see as much color, but I really find that it makes a difference. You know, so color, light, eye stuff is really big for me.

**Whitney Cummings** (12:28): Fragrance is also a big thing for me. You know, we all can probably relate to walking onto a plane or going through an airport or something and you smell, like, some woman's Charlie Girl or something and you're just like, "ah, goddamn it, there goes the rest of my day." So, there are certain perfumes and fragrances, so smell is one for me. Not eating or hydrating is such a basic one. So, there are times when I'm like late to the airport, I'm rushing, I had my coffee late, I'll be like, "You know what, I'll just eat something on the plane." 11:30, I feel it. And I'm like, "Gosh darn it." So I early on was told that the migraine brain likes routine, same thing every time, every day: You go to bed at the same time; you wake up at the same time.

**Whitney Cummings** (13:08): It doesn't matter how much coffee you have for me or how much sugar is in the coffee, you just have to have it the same time every day and eat the same time every day. So, routine is a big one. Lack of routine is a trigger. Hormones for me are a thing. I did go on the hormonal IUD, which helped for me personally; any kind of neurochemical changes are a big one for me. I also was prescribed a couple years ago, beta blockers, which essentially stop adrenaline when you get nervous, because this one doctor had identified for me, "Your nervousness about getting a migraine [attack] is probably what's causing your migraine [attacks], so...."

**Paula K. Dumas** (13:45): Anxiety is not helpful.

**Whitney Cummings** (13:46): Not at all. And so I have those. Even just knowing I have them is a big deal for me, whether it's psychosomatic or not. That's huge. This is going to sound maybe, you know, a little extreme, but, you know, toxic relationships.

**Paula K. Dumas** (14:03): Oh, yeah.

**Whitney Cummings** (14:04): You know, I also was in a lot of very stressful relationships, you know. So there were certain relationships, it was like, "Yeah, I can't date you unless I want to have a migraine attack once a month," you know? That was a big one for me.



**Paula K. Dumas (14:17):** "You ARE my migraine!"

**Whitney Cummings (14:18):** [Laughs.] Yeah, you're causing my headaches. You're the actual headache, you know. But I'm also big on, you know, I think there's something beautiful about people that have migraines because we know so much about ourselves and we're so clear about what we need. And I think that it really does gravitate the right kind of people to have in our lives because you really have to be OK with someone else putting themselves and their health first. You know, I'm the person that goes to a party, and 20 minutes in, I might be like, "Sorry, I gotta go home." Like, I just, I know that I have to. Or I'm the person that at New Year's Eve, it's like, "Sorry, I can't have the champagne." I'm just, I'm going to be out for three days if I do. And it ends up gravitating the right kind of people. People that don't interpret you taking care of yourself as a rejection to them. People that aren't like, "Oh, come on, just have a drink!" So I'm really proud of the friends that I have and the people in my life because they get it, and they don't pressure me. Drinking is another big one. I personally can't do champagne. I tend to do tequila or the organic red wine. Very specific about what I drink. And I also did the Daith piercing. I don't know if anyone's talked about that yet.

**Paula K. Dumas (15:28):** Yeah, it's been out there in in social media for sure.

**Whitney Cummings (15:31):** I have no idea, you know, whether it's psychosomatic or not. I was doing so many other things, that I did do that. Because I remember early on, doctors told me, always hold this part of your hands [holds between index finger and thumb] when you're getting a headache.

**Paula K. Dumas (15:45):** Right. Acupressure. Yes.

**Whitney Cummings (15:46):** Yeah. And this. [Gestures toward ear.] So I'm sure it's a confluence of a lot of the different things that I was doing. I also carry with me at all times the inhalers — the Imitrex and the Relpax inhalers. But that was a little bit of a journey because I was taking those too much, which apparently causes migraine attacks if you overdo it with that, you know, so it's been quite a journey in terms of all that. But I'd say that, you know, it's really important to talk about this right now because I think we're on our computer screens more than ever. And really limiting computer exposure is a big one for me because right when I feel like I got my migraine under control, now we're expected to be on our phones 10 hours a day. So that's been a little bit of a curveball for sure. Also, sorry, little things: headbands? I can't wear headbands. I can't wear some of the cute hair accessories that I see out there. Headbands. Even pulling my hair to tighten a ponytail or a bobby pin in a weird place will get me. I also wear a night guard, because the teeth grinding is a big one. I don't know what everyone's experience is with exercise, but when I go to exercise too much, the lactic acid triggers a migraine attack for me, so I have to be careful. I'm like, "I can't exercise. I get migraines." That's kind of a relief. [Laughter.] And sometimes nice. You know, so it's so many things. And food, for me, I've gone through a lot of experimenting with food as I'm sure everybody here has, but I find that for me, the thing that works the best is whatever it is, just eating consistently, and never going too long without eating. Never letting yourself get dehydrated or hungry is a really big thing.

**Paula K. Dumas (17:21):** Definitely. Here's your water.

**Whitney Cummings (17:22):** Thank you. [Laughs.]



**Paula K. Dumas (17:23):** Have a drink.

**Whitney Cummings (17:24):** Thank you.

**Carl Cincinnato (17:25):** It sounds like you've got it pretty figured out there. I mean, the amount of travel that you do ... Like for me, as soon as I walk into an airport, it's like the ultimate test. It's like the pressure cooker because you've got the food on the plane, the bright lights of the airport, the loud announcements, the stress of the travel, the people all around you, the fragrances ...

**Whitney Cummings (17:42):** The dry air ...

**Carl Cincinnato (17:44):** And then the altitude from the plane ... Like, if you're surviving that, you're doing pretty well.

**Whitney Cummings (17:48):** Yeah, totally. And I also travel with, at all times, menthol gel and those little migraine patches. And if I struggle on a plane, I'll ask for ice because to me the quickest thing I can do is that, it's pure menthol gel. It's like blue and I put it all over my face and neck — I look like one of the Blue Man Group guys. And it really has helped me, and that's something I just learned about recently. But I always have that on the plane with me, and if I feel one coming on I'll ask them for ice right away, and sunglasses, and I look like a bitchy diva. And I'm fine with that. [Laughter.]

**Carl Cincinnato (18:22):** I use the tinted lenses that block the blue light. So when you're on an overnight flight, as you are coming from Australia, you watch a movie and then you try to go to sleep, but you'd been watching a movie with blue light stimulating you and it's impossible. But if you wear the tinted lenses, and I have a little bit of melatonin, it's kind of like my little hack, and I can sleep on the plane.

**Whitney Cummings (18:41):** Nice. Nice. Yeah, I mean, you know, there's so many things that work, I've found recently: The Imitrex inhalers — game changer; always have the Relpax and the Imitrex and I'll alternate them. But I also work really hard, you know, not everyone is necessarily able to make their own schedule, but I really try to avoid red-eyes; I really try to avoid super early flights. If a flight's too long, I might just go to a city and stay the night somewhere and connect the next day. Because I know, like the trouble it's going to take to do this is going to be less than losing five days to a migraine attack.

**Paula K. Dumas (19:17):** So you've got a tour coming up starting in two days.

**Whitney Cummings (19:20):** Yes.

**Paula K. Dumas (19:21):** Right? How are you going to manage that tour and migraine? I know you're a lot better now, but...

**Whitney Cummings (19:26):** Yeah, yeah. You know, for me, I mean again, the hormonal IUD was a game changer for me. So now I feel, like secure that I can go to another city and not ... That's been a miracle. Again, I travel — like, I have a whole suitcase that's just kinda my ... I bring my own pillow so that I'm not sleeping at a weird angle and then having a stressed neck; I bring my mouth guard. I have something called an ostrich pillow, which goes all around your head and totally blocks out light. I've got two pairs of sunglasses. I've got my phone in Dark Mode and then I've got it in grayscale. When I go on the plane, I just avoid



contact with pretty much everybody at all costs. And try to tune out the stress. I'm also ... I have to be honest with you, like, migraine people are some of my favorite people because we also have to stand up for ourselves sometimes, you know; there are times when if someone's on the plane — this happened to me two days ago — and he was playing a YouTube video just with no headphones on. And I'm the person that's like, "Excuse me, sir! Put headphones on, obviously. You animal." [Laughter.] So everyone loves the migraine person on the plane. I mean, we become the camp counselor of the plane. I remember one time, a woman pulled out, like, scented lotion and I was like, "No, no, no. I'm sorry. You need to put that away. Your Bath and Body Works is not welcome here, ma'am." And so, you know, we have to stand up for ourselves sometimes because some people can be so incredibly inconsiderate, yelling on their phone, spraying perfume, you know, whatever it is, you know. But I do have my beta blockers with me, as well, if I start feeling my heart rate go up a little too much. I bring my snacks with me; I've got my almonds, I've got my ... So I really, I'm incredibly prepared.

**Paula K. Dumas** (21:08): You're a planner.

**Whitney Cummings** (21:09): Yes, I'm a planner ... But then also when I do go do shows, there are times that there are going to be spotlights and I have to tell everyone, "Please don't flash your cameras. I'd love to take pictures with everybody, but let's do a selfie with no flash." So I just have to tell everybody that because one flash, you all know, flash from a camera could be your whole week. So I just have to really enforce boundaries kindly and hope people are gonna, you know, be patient with me and get it.

**Paula K. Dumas** (21:35): You talked about your pillows, and anybody who follows you on Instagram knows that you have some sleep issues. [Laughter.] And you had some very funny sleep stories.

**Whitney Cummings** (21:46): That's right. Oh, that's right. [Laughs.] OK, I do sleepwalk, but in all fairness, weed just became legal in California. So ... Those might be coinciding. I have been experimenting a little bit with the legal cannabis in the migraine area, just to sort of see. I don't have a definitive answer yet. Exactly. I think we're all going to figure out how ...

**Paula K. Dumas** (22:08): Yeah. More research.

**Whitney Cummings** (22:09): I think we just don't have enough research yet. I'm sure it works for a lot of people. For me, it worked a little bit. The vape didn't particularly work for me. But the edibles worked a little too well for me. So we're finding the balance and yeah, occasionally I do wake up in the middle of the night and sleepwalk, and my security person came in and said, you know, "Someone broke into your house and peed in your yard at 3 a.m." And it was me. [Laughter.] So, you know, we're just one day at a time. Blame it on the migraines.

**Paula K. Dumas** (22:43): "It wasn't me, it was my migraine!"

**Whitney Cummings** (22:45): Yeah, it wasn't me, it was my migraine. I don't know what I did. I black out. I dunno. [Laughs.] So, yeah. You know ... It was interesting, when I did *The Dr. Oz Show* today, he did say something that I had never heard before. He said about one in 17 people suffer from debilitating migraine. And he said that is about the number of people that used to be in tribes when we lived in tribes. And that one person per tribe was meant to be the most sensitive person in the tribe, that heard everything, that felt everything, that



warned everyone if there were lions coming or if there was danger, the hypervigilant protector of the tribe. And essentially, those are migraine people.

**Paula K. Dumas (23:23):** Absolutely.

**Whitney Cummings (23:24):** The people that were sensitive to light and sound and noise ...

**Paula K. Dumas (23:27):** And weather.

**Whitney Cummings (23:28):** And weather!

**Paula K. Dumas (23:29):** We know that there's weather changes coming or we can smell gas a mile away.

**Whitney Cummings (23:33):** Right.

**Paula K. Dumas (23:34):** We're the friend you want to have.

**Whitney Cummings (23:35):** That's right.

**Paula K. Dumas (23:36):** Yes.

**Whitney Cummings (23:36):** That's right.

**Paula K. Dumas (23:37):** Yeah. We take care of you.

**Whitney Cummings (23:39):** So, yeah, that's really fascinating. We're kind of these super-sensitive empaths, you know, who saved civilization. And it's the same can be said for, you know, when people are insomniacs, they say those were the night watchers, that often were migraine people also that stayed up all night to make sure there was no danger coming. So we're basically the heroes of society. [Laughter and applause.]

**Paula K. Dumas (24:02):** Oh, yes we are.

**Carl Cincinnato (24:04):** So you're in the middle of your tour at the moment. That sounds like a pretty busy time, and you're having late nights, parties minus the champagne. What's happening with your sleep during all that?

**Whitney Cummings (24:14):** You know, I, again, I'm super vigilant about, you know, making sure that time zone wise, I'm in bed at a certain time. I schedule my shows — if I'm on the East Coast, I'll do like a 7:30 show so that I can get in bed. And if I'm on the West Coast, I can usually do an 8:30 or 9:00 show. I'll just sort of, you know, go from there. If I'm going to add shows, I'll just make sure that the next day, my flight's not until 2 or 3 in the afternoon so that I'm going to get a full eight hours. I call ahead and I gotta get the quiet room, and I gotta be in the courtyard, and I ... Can't be near the elevators, because there's noise that, you know, I got the whole ... As soon as I go into a hotel room ... You guys are probably my people: The first thing I do is duct tape all the lights in the room, that TV light and the, you know, there's lights everywhere, you know, the smoke alarm, the this... So that's the first thing I do, covering things up with pillows and towels ... We all look like Dexter, our rooms look so crazy, right? [Laughter.] So I have to cover up all the lights, you know. So, I always make sure I stay at a hotel that's not in a super busy place. And then I've got my routine, you



know, I've got my whole thing: I unpack my crazy bag full of, you know, a pharmacy, and make sure I have everything that I need. And for me, also just knowing how prepared I am, I think alleviates the stress, the cortisol, the adrenaline coming on of, "Oh my God, could I get a migraine [attack]?"

**Whitney Cummings (25:33):** And then I try to really take control of my space. You know, when I go to a theater, I'll show up a couple hours early and check out the lights and do a lighting and sound check. So I make sure there's not a spotlight right in my eyes, you know, stuff like that. So it really is just, you know, taking control of my environment to sort of set myself up to win. That's kind of what I do. I can't come up with a plan when I get there. That's what I've learned.

**Paula K. Dumas (25:56):** You're not winging it.

**Whitney Cummings (25:57):** Yes, that's right.

**Paula K. Dumas (25:58):** Right. So we all heard your resume and it's really only a fraction of all the things you've been working on. I left out a couple of things. There's a lot. You work really hard and you employ teams of people. How have you managed migraine with your work?

**Whitney Cummings (26:16):** When I first started having a lot of people that I had to essentially employ — at one time I had like 200 or 300 employees — and I was so stressed out and taking so many migraine medications, which at the time I didn't understand could actually cause a migraine. It was bad. You know, it was bad, and I thought the thing to do was just tell everyone you have a migraine attack so they, you know, won't expect a lot from me: "I have a migraine, I have a migraine!" And I stopped doing that in that way because I think it really makes people scared and shuts people down. It's almost dismissive. I now just remove myself. I don't try to work through a migraine attack anymore. I don't go, "Hey guys, I have a migraine. Everybody shut up, turn your phones off, turn the lights off!" I just stay home and it's taken me a long time to understand that you have to put on your oxygen mask before you put it on the person next to you.

**Whitney Cummings (27:12):** Us suffering through a migraine attack for five days, martyring ourselves, doesn't benefit anybody. And I actually find that when you lead from, "You know what, I'm not going to come in today. I have a migraine. I'm going to reduce this to a five-hour episode instead of a five-day episode." It empowers everybody else to take control of their mental and physical health, as well. You have more people not coming to work when they're sick. You have more people saying, "You know what, I need to go to the doctor," or, you know, whatever it is. And it just creates an environment of people that take better care of themselves. So everybody is healthier, you know, so I don't lie about it anymore. And I also don't say, "I'm going to have a migraine for five days. Everyone walk on eggshells." Because I used to think, "I'm going to be honest; I'm going to be authentic," and it really just confuses people. So I just stay home and I'm really humbled to it now, and I don't try to outsmart it. I don't try to ... I'm not in denial about it anymore. I just surrender.

**Paula K. Dumas (28:14):** It sounds like what you called radical self-care.

**Whitney Cummings (28:17):** Radical self-care. And radical self-care is such a gift to people because it shows people that they can treat themselves that way, too. And when you put yourself first, you put everyone first. Putting yourself last is so annoying to everybody else



because then they just have to hear about your headache for five days. You know, they don't want that. Everyone wants your headache to go away too, you know? And no one wants to walk on eggshells around Mom's headache or, you know, their wife's headache, you know? So it's something that again, I just really surrender to right away now, and the more I learn about the science, the more I'm like, "Oh, I'm not gonna outsmart this thing." [Laughs.]

**Paula K. Dumas (28:51):** If all the doctors who have migraine haven't outsmarted it themselves, there's no simple answer.

**Whitney Cummings (28:57):** Totally.

**Paula K. Dumas (28:57):** Right. It's a really tricky disease. Now, anybody who's watched your comedy specials knows that you talk a lot about your love life and dating. How has migraine factored into that?

**Whitney Cummings (29:10):** You know, I have to be honest, my love life caused migraine attacks for most of my 20s. But as I got older, you know, I found that I had had a couple relationships end because me taking care of myself was overwhelming to them or confusing to them. Because I'm the person that's like, "We have to stop" — we're on a road trip — "We have to stop right now. Like, I need something to eat right now." "Well can you wait two hours?" "No. I need to eat right now." "Here's a Nutri-Grain bar." "No, I need like an actual meal. Right now."

**Whitney Cummings (29:45):** You know, I very much parent myself the way I would parent a kid, you know: When I have to pee, I go pee. When I'm thirsty, I drink water. You know, we would never tell a kid, "Oh, you're hungry? You can't eat right now." But with adults, we do that all the time. You know, we deprive ourselves; we dismiss our own needs all the time. And once I stopped doing that, it definitely repelled a couple narcissists [laughter] that wanted to be the center of attention at all times. But it really, later, you know, started attracting really healthy, compassionate people. And now it's a total red flag to me if someone isn't turned on by me saying like, "You know what? Sorry, I can't have white wine and beer and a shot of whiskey. Like, if that ... if you're not into that, like, we're never gonna be together — you need to move to Florida, sir." [Laughter.]

**Whitney Cummings (30:36):** So, you know, so, I think that it really is, you know, there's a fine line. I think for me it took me a while to not be bossy about it because I was ... We all know when a migraine attack's coming on, the fear that comes up and how hard it is to be articulate and gracious when you are, like, running out of time. Because we all know every second counts when you first feel it.

**Paula K. Dumas (30:58):** Timing is everything.

**Whitney Cummings (30:59):** Everything. You know, "I need coffee right this second. I need ice right this second." And so it took me a while to be able to be, like, gracious with my boundaries in those moments. But, you know, it really helped me attract more patient people that are capable of thinking of other people besides themselves, which is always a plus.

**Paula K. Dumas (31:17):** Yeah.



**Carl Cincinnato (31:18):** Do you think migraine's cost you anything in your career or in your personal life?

**Whitney Cummings (31:23):** You know, I mean it definitely cost me whatever that means in my childhood. I mean, I definitely missed out on a couple Disneyland visits, a couple Six Flags visits. I mean, I don't really like roller coasters anyway, so maybe I won that round. But you know, I definitely missed out, I think, on some friendships in high school ... middle school and high school, because I wasn't going to all the sleepovers. Like, I couldn't go to the late-night parties. Like, I couldn't stay out and drink, so I was a little bit of a loner in high school, I think, because I was always so afraid of being the person at the sleepover who was gonna ruin it with a headache. So I definitely think I missed out on some close friendships.

**Paula K. Dumas (32:05):** I think when we have a really emotional thing that's coming up that we're looking forward to, and migraine interrupts that, that's when the rubber meets the road. Because those tend to stick with us more often. Like you talked about the weekend with your dad.

**Whitney Cummings (32:18):** Yep. Yep. That's a big one. So, my kind of rock bottom in migraine ... because again, like, it took me so long to understand what was happening cause I, you know, I know this obviously affects, you know, men, but women, we're always in some kind of pain. So, like having a headache was just another thing. So it took me so long to be like, "Oh this is different than the menstrual pain, or the back pain, or the emotional pain, or that, you know, like I think having such a high tolerance for pain sometimes benefits us, like in childbirth, but not always when it comes to headaches because it's so easy to write it off. It's so easy to dismiss it. And so until I was about 25, I was just like, "I got this, I can handle it. It's just another headache." And I think once you've gone through a really bad one, you have this little amnesia of like, "Well that's over with. That's my migraine [attack] for the year." You know, there's this little delusion that sets in of like, "I paid my dues this year to my brain, like I should be in the clear for a couple months." Like, it's some weird lie that I used to tell myself.

**Whitney Cummings (33:18):** And my dad, who, you know, I didn't have a particularly good relationship with. I mean, I'm a comedian, how good could it have gone? [Laughter.] But ... I never really got to see him. Him being around was a really big deal. And he came to visit me when I was living in Philadelphia for three days, and it was very hard to get time with him. And within two hours I had to be driven by him to Cedars Hospital in Los Angeles. I had to get morphine and I woke up two days later and he was gone. And I was like, "Oh, I just missed, like, two very precious days," you know. Forget the fact that him coming is probably why I had the migraine attack. But that's a whole other thing [laughs] ... you know, and I remember I was like, "I can't lose any more to this. Like, it's time I take this seriously." And I was embarrassed. I didn't want to be seen as weak, which is so ironic cause migraine people are the strongest, most badass people on the planet. But I was like, "I don't want to be seen as weak or emotional and I, you know, really got value as a kid and attention for being strong and white knuckling through things. That's how I got attention and love ... was like, "You're so tough." I skinned my knee and wouldn't cry: "Yeah!" Like that, you know, is really how I got love. So it was very against my nature to admit that there was, there was something wrong.

**Paula K. Dumas (34:41):** You know, the idea of migraine amnesia, I'd never heard that before. And you wrote about it somewhere, and I thought, "That is great!" You know, how



many times have I had an attack and then a day later, I'm doing something that puts me at risk, because I just want to forget about the fact that I had the attack.

**Whitney Cummings (34:58):** It's so ... it's like what people say about childbirth, you know, like, women say it's like the worst thing ever. But then two days later, like, "I can't wait to do it again!" And you're like, "What? Like wasn't that a nightmare?" It's this ... almost with migraine, it's like, you know, I think this, when we're out of the woods on it, there's this euphoria that sets in ...

**Paula K. Dumas (35:18):** "Hallelujah!"

**Whitney Cummings (35:18):** Because you're not ... to us, the absence of pain is like an orgasm. [Laughter.] Like, I don't need any, like, I would never need heroin. It's just like, absence of pain feels good enough to me. And so, I think that every time I come out of it, it's like ... and I also am so offline when I do have a migraine attack that I can't really ... I wake up from it and I've got, like, open cans of beans. Like, I've done really weird stuff when I had a migraine attack that I don't even remember doing, like I black out, you know? So it's ... I just call it migraine amnesia. And I tell the people in my life, like, "Please don't hold me responsible for any texts that I send or anything," when I have a migraine because I just don't remember, you know, what I did, which makes it really hard to tell your doctor what's going on. Because I don't remember anything, you know?

**Carl Ciccinnato (36:09):** It doesn't sound like migraine's held you back at all. And from the time that you're in high school as that quiet kid, and for someone who's perhaps watching this and is in high school or college, and is that quiet person, to look at you now and the transformation, what would you say to them?

**Whitney Cummings (36:26):** Well, I think that you make a really good point, which is that, you know, because I was always so afraid to develop relationships with people or go on sleepovers or go on field trips and stuff, I ended up becoming an observer and not as much of a participant. That's just how my brain developed with this, which is what a writer is, which is what a comedian is, you know? So I have this weird gratitude and almost like Stockholm syndrome with migraine because it formed the way that I see the world. It made me more perceptive because I kind of had to sit on the sidelines for a lot of the beginning of my life. But I don't think the next generation is going to have to do that. I think the next generation ... it seems like there's more and more awareness about this.

**Whitney Cummings (37:07):** I think there's more ways to treat migraine. But I would say, in a weird way, I think migraine is kind of a special gift where you're going to learn a lot about yourself a lot sooner than most people, because you're going to have to look inward. You're gonna have to examine yourself earlier. You're gonna have to examine your relationships and you're going to really get to know yourself and it's going to give you a little bit of an advantage.

**Paula K. Dumas (37:31):** Yeah. Particularly because it strikes us in our most productive years.

**Whitney Cummings (37:35):** Yes.

**Paula K. Dumas (37:35):** You know, when everybody else is healthy, everybody else is drinking champagne.



**Whitney Cummings (37:38):** Yeah.

**Paula K. Dumas (37:38):** They're like, "Come on, Whitney, just do it!"

**Whitney Cummings (37:40):** Well, I got to say when everyone else was hungover, I was working, you know, I was at home writing, writing jokes and, you know, so I think there's something to be said for, I think, my migraine, if I'm going to be honest, has protected me from some situations that I'm grateful I was never in. You know, I think in a weird way, I like to look at my migraines as my little guardian angels that tell me when I'm in a bad situation or when I shouldn't be doing something, when I shouldn't be eating something, you know? So I like to just look at them as a positive thing that protects me, you know, even though I want to get rid of them, and to have an adversarial relationship with them, too. I try to look at it that way so that it's ... I'm not at war with my body so much. I just have to go, like, "Oh, you're trying to tell me something. What are you trying to tell me?" you know, and have a dialogue with it. It's like my little imaginary friends.

**Paula K. Dumas (38:31):** A lot of people personify their migraine. Give it a really ugly name.

**Whitney Cummings (38:36):** Yeah. Yeah. [Laughs.]

**Paula K. Dumas (38:36):** So what's been your experience with doctors? Have you had any doctors who really helped you?

**Whitney Cummings (38:43):** Yeah, I had a couple doctors that would just flippantly diagnose me with everything from like, "It's PMS." I mean, we've all had the dismissive doctors. I remember one doctor was like, "Oh, it's IBS." I was like, "What? Like, this is ... how bad do you need to get me out of your office?" Like, you know, I think when I first started going to doctors as a woman, it was sort of very in style to just tell us we were crazy and emotional. I mean, I used to go to doctors and tell them about my migraine and they'd be like, "You should see a therapist." I mean, it was like THAT. Or, "You gotta go to a gynecologist." I was put on birth control by a couple of doctors when I was like 12, like before I was even, you know, sexually active. Which was, you know, I was not in any place to handle, because you probably all can relate, if you don't take it at the same time every day, it could make it worse. And so I was, you know, all over the place with that. And then once I was like 26, 27, I went to a doctor at UCLA and she — and I think this is about when there was some science available — she said, "The migraine brain likes routine." And I never forgot that. That day changed my life.

**Paula K. Dumas (39:55):** It was an "aha moment" for you.

**Whitney Cummings (39:56):** It was an "aha moment" for me because I was experimenting, doing something different every day, trying to figure out what worked and what didn't, you know. So I would drink coffee for a week, then I'd drink tea for a week, and then I'd drink espresso for a week. Then I'd do dairy for a week and then I'd do soy for a week. I was like, "Look at me trying all these things!" And she was like, "Just pick one thing, do that for three months, let's see how you're doing. And you need to do everything consistently, routinize your life." And that completely changed everything. She put me on the Namenda. I was on that for a while, and then ultimately went off ... And she got me off everything. Doctors had put me on antidepressants, had put me on a thyroid medication ... birth control medication, so I was on so many things. She took me off everything, which took about a year and a half.



And then finally we were able to kind of like stabilize and find some neurological sort of tranquility.

**Paula K. Dumas (40:50):** Yeah.

**Carl Cincinnato (40:51):** After you had that epiphany with that doctor, how much of the responsibility was on you versus the doctor just telling you exactly what to do?

**Whitney Cummings (40:58):** Ooh, that's a really good question. I mean, I think migraine is ... no one can do it for you, you know, because it's such a daily maintenance, you know, it's the way you organize your life. So for me, it's so, I mean, we've all been there, you know, that when a doctor looks at you, it just, it like broke her heart. You know ... like I remember going to the ICU at Cedars, and I was, like, rocking back and forth and looking at the doctor's face and he was just so heartbroken for me, you know, because ... nothing hurts more than seeing someone suffer from a migraine attack and not being able to fix it or stop it or help it, and knowing it just has to run its course. So I remember her just being like, "I'm giving you this information, like I'm begging you to do it." You know? That's when I realized, like, the ball is in my court, and I have to make some pretty serious compromises that at the time felt really extreme. Like, "I can't drink white wine anymore? What?" [Laughter.] And now I'm like, "That was not that hard to give up." I was just 25, you know? I can give up the Zima cool malts. Like, I'll be OK. You know, so I think that, you know, I had to sort of stomp my feet and learn the hard way a couple of times and we're all gonna, you know, hit rock bottom, maybe a couple times, and there's other times where you're like, "You know what, I'm gonna take this risk," you know, whether you're on vacation or whatever it is. And you know, there are times I go on vacation and I'm like, "OK, I'm gonna have the tequila cocktail, but the last day of the trip — not the first day, but the last day." But no, once she sort of helped me understand that my neurology was just complete chaos, and that I needed routine, I got it right away. I got it. I heard her and everything changed that day on.

**Paula K. Dumas (42:39):** Yeah. And when you realize that your brain is different from somebody else's, you got to explain that to them. They understand. So, now if you could go back and tell 19-year-old Whitney some "aha" things and ways to cope earlier with migraine, what would you tell her?

**Whitney Cummings (42:54):** Ooh, don't drink wine coolers. [Laughter.] I'd tell her that. Don't date men that ride motorcycles. Or musicians. [Laughs.]

**Paula K. Dumas (43:07):** Very loud. Very loud.

**Whitney Cummings (43:08):** Yeah. Don't date drummers. You know, I think that I would tell her, "That text message is not as important as you think." Because I realize looking back, how much of the checking the phone there was. You don't need to talk that extra hour to that boy whose name you're not even gonna remember in 20 years. Go to bed. Go get your eyes checked — glasses are cool. They're not dorky. You know, when I was 16, I didn't want to wear glasses. I didn't want people to call me "four eyes." You know, wear those sunglasses outside even if nobody else is; it's fine, you'll look awesome. Don't worry about being cool. You know what's cool? Taking care of yourself; putting yourself first.

**Paula K. Dumas (43:52):** Instead of pleasing other people.



**Whitney Cummings** (43:53): That's exactly right. People pleasing? No good. You're just going to end up disappointing everybody. And having a headache. And ask for help. It actually makes people like you more because people want to help, you know? Raise your hand. Say, "I don't feel good. I have to step out." And don't worry about people's reactions. That's their stuff; that's not yours.

**Paula K. Dumas** (44:11): So tell us about the robot. Does she have migraine? Or does she get you ice packs?

**Whitney Cummings** (44:17): [Laughs.] She's got lots of problems in her head that are actually more expensive than migraine at this point. So I got a robot for my last standup special because I was writing a lot about sex robots. I think anyone that's into migraine is into science, technology, what are the new things ... You know, every time I go and get a brain scan, it's like a robot's doing it all of a sudden. And I'm just always curious, you know, what the next thing is. And I started writing about sex robots, obviously, got really into that wormhole and I went to the sex robot factory. And I've always been so fascinated, and I think this could have stemmed from having migraine and having those days where like, I just wish I had a double, I just wish. And now that obviously women are kicking ass and have to do twice as much work, I think now it's sort of like, I wish that I had, you know, a robot that could go do this. I could go do this, I could send the robot to the hockey game with the guy that I don't want to have to go to. And then I'll do this errand, and she'll do this. So I sort of wanted to play with the idea of, at some point are women ... are we going to get robot doubles because we need them. And so I just tried to experiment with that. So now she's in my attic. Collecting dust.

**Carl Cincinnato** (45:28): And she's a clone; she looks exactly like you, right?

**Whitney Cummings** (45:30): She looks exactly like me. We did the whole molding, we got her ... you know, I've managed to age a little bit since I made her, somehow. So she looks a little younger than me, which is why I'm so resentful towards her. But you know, I'm always, you know, I think all migraine people, we want to know about science, we want to know about progress cause we want it for ourselves, you know? So I think that that curiosity is part of what drove me to wanting to build a robot, and also sitting home with a headache going, "I wish I could just send someone in my place so I could stay home in this dark room and she could go to that baby shower that I can't make it to."

**Paula K. Dumas** (46:06): That would be handy.

**Whitney Cummings** (46:07): Yes, it would.

**Paula K. Dumas** (46:07): We all need one. So there are a lot of migraine advocates here tonight and watching online on Facebook and elsewhere, and who will watch this for years to come, I'm sure. So — a lot of us spend a lot of time trying to fight stigma and advocate for other people with migraine. What do you think we could do better — to do a better job of trying to tackle this whole stigma issue that we face with migraine?

**Whitney Cummings** (46:35): I mean, I think in general, like there's a big picture, like, thing, of the way we perceive, women in general, you know, there's a "women are dramatic." There's a "women are emotional." There's a "women complain" thing, you know, I remember as a kid feeling that — like there's a little bit of an eye roll when you have a headache or there's a little bit of like, "it's PMS; it's menstrual," which for a lot of women it



might. But I think for me, I had to get over my personal fear of an eye roll; of like, "I'm just a woman with a headache," and, "I'm so dramatic", and, "I'm such a nightmare ruining the fun," you know, I had to get over that because those are sort of depictions I've seen in, whether it's movies or television or commercials or wherever we got this messaging, wherever we got this narrative, wherever this was indoctrinated in us, that stereotype. I just had to be like, you know, "Get over that."

**Whitney Cummings (47:36):** So I think in general, the way we perceive both men and women when their pain is big. You know, men are told to man up and women are told to calm down. You know, both of those are problematic. You know, I would imagine as a man having migraine, it's like, "Get back in the game, shut up!" You know, white knuckle through it. So I think we have a lot to do in general, but the way we perceive pain with both men and women, and that starts with them being kids and whether it's the toys they play with, it's the way we talk to them when they say they have some kind of pain, and the expectations we have for them in terms of being a, you know, "macho man" and you know, and a quiet, sort of conforming woman that's seen, not heard type thing. So I think it's our expectations for both genders is something we really need to get on top of, and how we tend to in our society conflate pain with weakness, or asking for help with weakness. Which to me, asking for help is the most badass thing you can do, you know; being vulnerable is actually so much more courageous than any sort of other socially acceptable form of courage, like violence or bar fights or whatever it is. I think we, in general, have a lot of work to do in that area.

**Carl Ciccinnato (48:46):** Yeah, I remember in school, like you'd study for an exam and you'd brag about how little you studied, right? It's kind of like that. And as adults ... you kind of brag about how little sleep you're getting and how much you're working.

**Whitney Cummings (48:58):** We are in ... I think it is such an epidemic that we are in a place where we glorify busy, we glorify self-deprivation. I mean, I hear people all the time bragging about, you know, "I was sick this weekend." "I slept two hours." "I slept one hour." "I worked 18 hours." Like there's this glorification of busy, of self-deprivation. And it's just like, not cute anymore. You know, we brag about how much coffee we need and how badly we eat and you know, I think just to get out of that mindset would be super helpful.

**Carl Ciccinnato (49:28):** Yeah. Just being more authentic.

**Whitney Cummings (49:30):** Yeah. Yeah, totally. You know, like the straight-A student is the nerd and the flunking student is cool, just in general. But I mean, I think we kind of see that changing a little bit. It's like all the nerds we made fun of in high school are now running the world. So ... where are those jocks that we were all flirting with? In rehab. [Laughter.] So, you know, I feel like in general, just our perception of pain is a big one. And also knowing this is not just a female thing, you know? As soon as people know that it affects guys, all of a sudden they start caring. So we need you [gestures toward Carl] to just keep talking about it.

**Paula K. Dumas (50:07):** It's all up to you.

**Carl Ciccinnato (50:08):** I'll do my best.

**Whitney Cummings (50:08):** I mean, if we put half as much research into migraine as we did to, like, erection supplements, I feel like we could solve this pretty quickly.

**Paula K. Dumas (50:17):** Or cellulite.



**Whitney Cummings** (50:18): Or cellulite. Exactly. You know, so I think it's really getting more women in the medical field, getting more female neurologists, you know, getting more research behind this ... I think is the way to go.

**Paula K. Dumas** (50:30): Great. Any final tips you'd like to give somebody who's really struggling with migraine now, and wants to have the kind of control and success that you're experiencing right now?

**Whitney Cummings** (50:41): Noise-canceling headphones. Did I mention those?

**Paula K. Dumas** (50:43): That's a good idea.

**Whitney Cummings** (50:43): Sunglasses? Yeah ... also mental health. You know, we haven't talked a ton about that. But to me, I'm very open about the fact that I'm in a 12-step program, you know, called Al-Anon, where you sort of go and regulate your emotions and you meditate. Which I'm sure a lot of people here have had success with. You put yourself first. You stay out of toxic relationships; you set boundaries. You cancel if you need to cancel. You're taught tools of how to say, "I'm not gonna make it tonight" without writing three paragraphs. You just ... one sentence, without feeling guilt or shame about that, and sort of undoing a lot of the family systems that we grew up in, which could have been dysfunctional or that sort of operated with guilt or pressure or doing things out of obligation. You know, the mental health side of it, we've talked, I think a lot about the sort of physical side, you know, going to therapy and 12-step programs or, like, free therapy and talking about your feelings, not holding in anger, not holding in your pain or suffering. You know, I think that's also a really big part of it, too, is just making sure your mental wealth is on point. Watching talks like this, going to this website, learning more. Watching all these people, you know, speak, and getting as much information as you can and learning as much about neurology as you possibly can.

**Paula K. Dumas** (52:05): Stay educated, people.

**Whitney Cummings** (52:06): Yeah.

**Paula K. Dumas** (52:06): Yeah, yeah. And radical self-care.

**Whitney Cummings** (52:08): Yeah, that's right. Radical self-care.

**Paula K. Dumas** (52:09): Starting tomorrow.

**Whitney Cummings** (52:10): Yeah.

**Paula K. Dumas** (52:11): Or tonight.

**Whitney Cummings** (52:11): Which — it will make you a better leader, a better boss, a better everything, you know, sort of in the future.

**Paula K. Dumas** (52:17): Fantastic.

**Whitney Cummings** (52:18): And, and just be easy with the cannabis. [Laughter.] Little baby bites first.



**Paula K. Dumas** (52:25): You heard it here first. Well, we wish you the best of luck on your tour coming up and it's been such a pleasure talking with you. You can learn more about Whitney at [whitneycummings.com](http://whitneycummings.com).

**Whitney Cummings** (52:37): Thanks!

**Paula K. Dumas** (52:38): Thanks for being here tonight.

**Carl Cincinnato** (52:38): Thank you.

**Whitney Cummings** (52:45): Thanks, everyone! Thank you!