

MIGRAINE MATTERS

WHAT IS MIGRAINE?

Migraine is a chronic disease in which a person has attacks of moderate to severe head pain and other neurologic symptoms lasting **4 to 72 hours** if untreated. A migraine attack is more than a headache. Migraine attacks are often accompanied by nausea and extreme sensitivity to lights, sounds, and smells. Up to **20% of people with migraine experience aura** (e.g., visual disturbances like flashing lights, spots, or vision loss), which starts before the headache and can last for 5 to 60 minutes.

39 MILLION
AMERICANS EXPERIENCE MIGRAINE



3 OUT OF 4 PEOPLE
LIVING WITH MIGRAINE ARE WOMEN



EPISODIC MIGRAINE

CHRONIC MIGRAINE

MENSTRUALLY-RELATED MIGRAINE

While symptoms are generally the same, the main distinction between migraine types is the frequency and duration of attacks. **1 in 13 migraine patients have chronic migraine**, but an individual's type of migraine may change over their lifetime.

	FREQUENCY	
<15 headache days per month		15+ headache days per month for at least 3 months in a row
~13 hours	DURATION	~24 hours
17.1% of women 5.6% of men	PREVALENCE	1.3% of women 0.5% of men
5th leading cause of years lived with disability in the U.S.	BURDEN	3.6x more disability days used than episodic migraine

COMMON TRIGGERS INCLUDE CHANGES IN



1 in 13 women have migraine attacks triggered by hormonal changes during their menstrual cycle.



Attacks typically occur up to **2 days before** through **3 days after** the start of menstruation. On average, they can last **~21 hours**.



Some individuals' attacks primarily occur around menstruation, while others may have attacks during their period as well as other times of the month.



HOW CAN I SUPPORT SOMEONE WITH MIGRAINE?



People with migraine may experience stigma because migraine disease is often misunderstood and dismissed by those who don't fully understand its impact. If someone you know mentions difficulty with migraine, it's important not to pressure them to discuss their condition with you or push unsolicited advice on them. Instead, let them know that you are a potential source of support if they should want it.

HOW IS MIGRAINE DISEASE TREATED?



There are many approaches for managing acute migraine attacks, as well as preventive options that aim to reduce frequency, severity, and duration of future attacks. Treatment options include over-the-counter and prescription medications, neuromodulation devices, and lifestyle and behavioral therapies. For many, relief may require layering multiple approaches. **Everyone is different, so what works for one person may not work for another.**

WHAT CAN WORKPLACES AND SCHOOLS DO TO SUPPORT INDIVIDUALS WITH MIGRAINE DISEASE?



Individuals with migraine may qualify for workplace or education accommodations under the Americans with Disabilities Act (ADA). Even if someone does not meet the criteria for a disability, there are some accommodations that may help improve work and school productivity, such as lighting adjustments, antiglare filters for computer monitors, chairs that support good posture, and/or flexible or telework schedules with frequent breaks.



Learn more about [Migraine and Women's Health](#).



Learn more tips for [Living Well with Migraine](#).

REFERENCES

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