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.

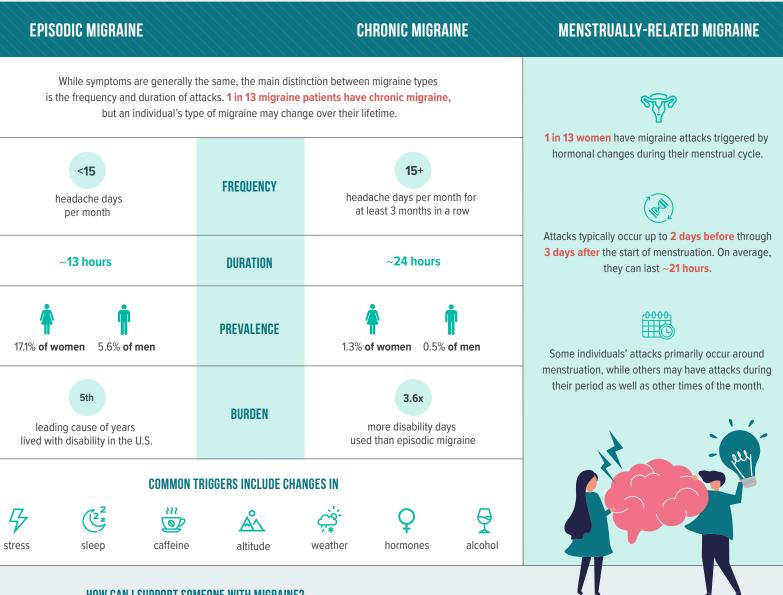
39 MILLION

AMERICANS EXPERIENCE MIGRAINE



3 OUT 4 PEOPLE LIVING WITH MIGRAINE ARE WOMEN





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

Buse DC, Manack AN, Fanning KM, Serrano D, Reed ML, Turkel CC, Lipton RB. Headache, 2012. 52(10):1456-1470. KG Vetvik, EA MacGregor, C Lundqvist, & MB Russell. Cephalalgia, 2014. 34(4):280-288.

DC Buse, A Manack, D Serrano, C Turkel, & RB Lipton. Journal of Neurology, Neurosurgery, and Psychiatry, 2010. 81(4):428-432.

Migraine. Mayo Clinic Editors, https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/svc-2 0360201, Accessed 27 Apr 2021.

