

Understanding Migraine



What is migraine?

A neurological disease characterized by headaches of moderate to severe pain that may pulse or throb; be aggravated by movement; be sensitive to sound or light; include nausea or vomiting; and last from four to 72 hours.¹ Migraine is a highly prevalent, disabling and complex disease that affects more than 1 billion people worldwide, including 39 million people in the U.S. alone.²

What causes migraine?

The exact causes of migraine are unknown, but it has a strong genetic component.³ The impact of migraine attacks may last days, even beyond the resolution of the headache itself.¹

It's more common than you may think...



3x more women than men affected²



3rd most prevalent illness in the world²



Nearly **1 in 4 U.S. households** includes someone with migraine²

And it causes substantial disability...



6th most disabling illness in the world²



A person living with migraine spends an estimated **8.5% of a year** in migraine attacks⁴



\$19.3B in lost worker productivity **annually**⁵

Potential migraine attack triggers⁶:



Diet and lifestyle



Sleep pattern changes



Weather changes



Stress

Role of CGRP in migraine

Among others, the signaling molecule calcitonin gene-related peptide (CGRP) has an important and well-established role in migraine.⁷

CGRP is released by activated sensory nerves.¹² When bound to its receptor in the brain, CGRP triggers the dilation of blood vessels and inflammation of the meninges⁷, the tissue layer surrounding and supporting the brain⁸, as well as pain sensitization that leads to sustained headache.⁷

Effects of migraine

Clinical research has shown that migraine attacks can affect the brain over time.⁹

The duration and frequency of attacks can impact a person's...



Vision



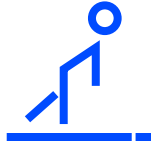
Quality of life



Perception
of pain



Balance



Physical
movement



Ability to
concentrate

People living with migraine manage attacks with a “toolbox”

Acute¹⁰

Treats migraine attacks
when they occur

OR

Preventive¹⁰

Taken before a migraine attack to
reduce overall frequency and/or
severity of the attack

From people living with migraine¹¹:

“

I could kind of describe [my migraine attacks]
as an ice pick going through my eyes.”

“

My migraine attacks throb; they feel like they have a
heartbeat, and it's either on one side of my eye or the
other.”

References

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