

# What is Migraine?

Migraine is a complex neurological disease that manifests as attacks of severe pain that can throb and is associated with symptoms such as nausea, vomiting, and sensitivity to light and sound, among others.<sup>1</sup>



**Episodic migraine (EM)** is characterized by those with migraine who have 0 to 14 headache days per month.<sup>2</sup>



**Chronic migraine (CM)** is characterized by those with migraine who experience headaches on 15 or more days per month, with at least eight of those days associated with migraine.<sup>1</sup>

# Who Has Migraine?

Migraine is the **second-leading cause of disability worldwide** and is the **highest cause of disability worldwide for people under 50** years of age.<sup>3</sup>

**More than one billion** people worldwide<sup>4</sup>

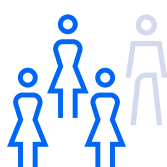
**1B+**



**~40M**

**Nearly 40 million** people in the US<sup>5</sup>

**3x more women** than men<sup>7</sup>



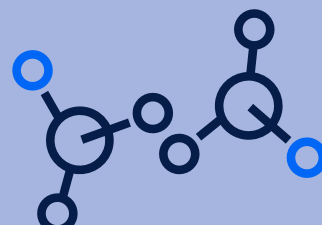
**1 in 4 US households**<sup>6</sup>



**Migraine is hereditary**, so if one or both of your parents have it, there is a 50-75% chance you will too<sup>8</sup>

# What Causes Migraine?

While the exact causes of migraine are unknown, there is a protein in the body called calcitonin gene-related peptide, or **CGRP**, that is believed to play a key role in migraine attacks.



What triggers a migraine attack is unique to each person, but there are some common triggers to know and try to avoid, including:<sup>9</sup>



**Stress**



**Changes in sleep schedule**



**Weather changes**



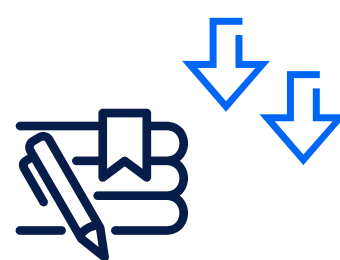
**Diet and lifestyle**

# What is the Impact of Migraine?

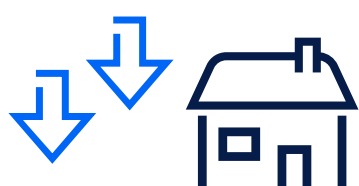
Migraine is serious and affects many aspects of a person's life, their work, education, relationships, and mental health.<sup>10</sup>



Migraine is associated with other health conditions like **anxiety and depression**<sup>10</sup>



51% of people living with migraine report a **50% or more reduction in work and/or school productivity**<sup>6</sup>



66% of people living with migraine report a **50% or more reduction in household work productivity**<sup>6</sup>



Total indirect cost (i.e. lost workday equivalents) associated with migraine in the US has been estimated at **\$19.3 billion dollars** (2019 US dollars)<sup>11</sup>

# How Do You Treat Migraine?

**People with migraine manage attacks with a "toolbox,"** which typically includes two kind of treatment options.<sup>12</sup>

**Preventive treatments** work to reduce the number of attacks over time



**Acute treatments** treat migraine attacks when they occur

If used inappropriately, some acute medications can lead to medication overuse headache, which is one reason episodic migraine can progress to chronic migraine.

<sup>1</sup> Headache Classification Committee of the International Headache Society (IHS) The International Classification of Headache Disorders, 3rd edition. *Cephalalgia*. 2018;38:1-211.  
<sup>2</sup> Katsarava Z, Buse DC, Manack AN, Lipton RB. Defining the differences between episodic migraine and chronic migraine. *Curr Pain Headache Rep*. 2012 Feb;16(1):86-92. doi: 10.1007/s11916-011-0233-z. PMID: 22083262; PMCID: PMC3258393  
<sup>3</sup> Steiner, T.J., Stovner, L.J., Jensen, R. et al. Migraine remains second among the world's causes of disability, and first among young women: findings from GBD2019. *J Headache Pain* 21, 137 (2020). <https://doi.org/10.1186/s10194-020-01208-0>  
<sup>4</sup> Amir P, Kazeminasab S, Nejadghaderi SA, Mohammadinasab R, Pourfathi H, Araj-Khodaei M, Sullman MJM, Kolahi AA, Safiri S. Migraine: A Review on Its History, Global Epidemiology, Risk Factors, and Comorbidities. *Front Neurol*. 2022 Feb 23;12:800605. doi: 10.3389/fneur.2021.800605. PMID: 35281991; PMCID: PMC8904749.  
<sup>5</sup> What is Migraine? American Migraine Foundation. <https://americanmigraine.org/resource-library/what-is-migraine/>. Published January 21, 2021. Accessed January 19, 2023.  
<sup>6</sup> Facts About Migraine. National Headache Foundation. <https://headaches.org/facts-about-migraine/>. Accessed January 19, 2023.  
<sup>7</sup> The Facts About Migraine. American Migraine Foundation. <https://americanmigraine.org/resource-library/migraine-facts/>. Published March 28, 2019. Accessed January 19, 2023.  
<sup>8</sup> THE GENETICS OF MIGRAINE. American Migraine Foundation. <https://americanmigraine.org/resource-library/genetics-of-migraine/>. Published May 18, 2017. Accessed March 23, 2023.  
<sup>9</sup> Top 10 Migraine Triggers and How to Deal with Them. American Migraine Foundation. <https://americanmigraine.org/resource-library/top-10-migraine-triggers/>. Published July 27, 2017. Accessed January 19, 2023.  
<sup>10</sup> MIGRAINE'S IMPACT AND DEPRESSION. American Migraine Foundation. <https://americanmigraine.org/resource-library/migraine-impact-depression/>. Published April 27, 2017. Accessed March 23, 2023.  
<sup>11</sup> Yucel A, Thach A., et al. Estimating the Economic Burden of Migraine on US Employers, 2020.  
<sup>12</sup> Diagnosis. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/migraine-headache/diagnosis-treatment/drc-20360207>. Published July 2, 2021. Accessed March 23, 2023.