

CHRONIC MIGRAINE FACTS DID YOU KNOW?

Chronic Migraine Awareness, Inc. is a 501(c)(3) nonprofit, the voice of the chronic migraine community, offering support, information, and education to empower individuals to advocate for their own health.



DO YOU KNOW THESE CHRONIC MIGRAINE FACTS?

- ⊕ Migraine is the leading cause of disability among all neurological disorders.
– Journal of Headache and Pain
- ⊕ Worldwide, just four hours are committed to headache disorders in formal undergraduate medical training, and 10 hours in specialist training.
– World Health Organization
- ⊕ During a migraine attack, about 90% of people are unable to work or function normally.
– Buse, Rupnow, Lipton
- ⊕ Migraine attacks can cause significant head pain lasting four hours to days, which is often accompanied by symptoms such as nausea, vomiting, and extreme sensitivity to light and sound. These symptoms can be so severe they are disabling.
– Mayo Clinic
- ⊕ Migraine impacts one 1 in 7 people worldwide.
– Journal of Headache and Pain
- ⊕ Eighty-eight percent of chronic migraine patients had at least one additional comorbid condition, while 39 percent of chronic migraine patients had 4 or more comorbid conditions.
– Headache and Migraine Forum
- ⊕ Despite the burden associated with migraine, it remains stigmatized, underestimated as a major clinical problem, underdiagnosed, and undertreated.
– Academy of Neurology
- ⊕ Each year about three percent of people with episodic migraine experience a transition in their condition to chronic migraine.
– Paul Lader, MD
- ⊕ Chronic migraine is defined as eight migraine attacks per month, with headache occurring on 15 or more days per month.
– International Headache Society
- ⊕ Depression and anxiety are about twice as common in people who have migraine, than with those who do not, and even more common in people with chronic migraine.
– AMPP Study

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