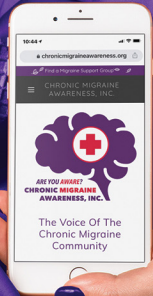


Have you visited our website?



<https://chronicmigraineawareness.org>

Support & Advocacy Opportunities



Advocates Removing Migraine Stigma (ARMS) is a volunteer program offering members the ability to advocate for themselves and their communities.



Aware Care is an advocacy initiative brought to you by countless volunteers who lend their voice to people living with chronic migraine.

RALLY AGAINST CHRONIC MIGRAINE

Our Sponsors can be found at:
cmaware.org/sponsors

Who We Are



**ARE YOU AWARE?
CHRONIC MIGRAINE
AWARENESS**

Amplifying

The Voice of the Chronic Migraine Community

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

Offering Support Groups and Volunteer Opportunities

A*R*M*S
Advocates Removing Migraine Stigma

Aware Care

Online & Virtual Support Groups:
<https://chronicmigraineawareness.org/support-groups>

FIND US ONLINE!

ChronicMigraineAwareness.org

@CMAware @ChronicMigraineAwareness



SCAN ME!

Do you live with chronic migraine?



Aware Care

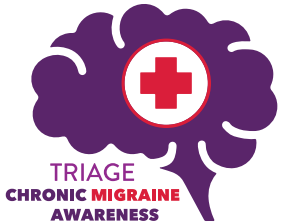
CMA's initiatives

<http://cmaware.org/awarecare>



Support Squad

Volunteers committed to sending cards of encouragement and compassion to those members going through a difficult time.



Triage Kit

Care packages with comfort, support, and educational items sent to members living through their most difficult chronic migraine attacks.



Online/Virtual Support

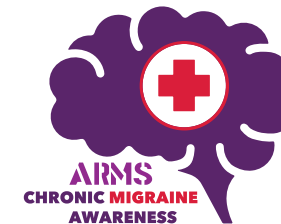
From our general support groups to specific populations and topics, you always have a safe place to ask questions.

A* R* M* S

<http://cmaware.org/arms>

Advocates Removing Migraine Stigma (ARMS) is a volunteer program offering members the ability to advocate for themselves and their communities.

- Help the chronic migraine community.
- Fight chronic migraine stigma.
- Increase awareness and education about chronic migraine.
- Share resources in communities and bring purpose to their journey living with migraine disease.



#RallyWithTheFacts

- ⊕ Chronic migraine is defined as eight migraine attacks per month, with headache occurring on 15 or more days per month.
– International Headache Society
- ⊕ 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
- ⊕ Each year about three percent of people with episodic migraine experience a transition in their condition to chronic migraine.
– Paul Lader, MD
- ⊕ 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
- ⊕ Despite the burden associated with migraine, it remains stigmatized, underestimated as a major clinical problem, underdiagnosed, and undertreated.
– Academy of Neurology
- ⊕ 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

FIND US ONLINE!

chronicmigraineawareness.org

[@CMAware](#) [@chronicmigraineawareness](#)



JUNE 29th
CHRONIC MIGRAINE AWARENESS DAY
#RallyAgainstChronicMigraine

On Chronic Migraine Awareness Day
June 29th & All Year Long!

RALLY AGAINST CHRONIC MIGRAINE

How Do You Rally?

#RallyAgainstChronicMigraine is an initiative reminding society that people with chronic migraine “rally”, fight and will persevere against this disease!

How can the community participate on #CMAday and all year long?

#CMAday is globally recognized each year on June 29th. This opportunity unites our community to share their stories living with this neurological disease. To help you tell your story and participate, we have created fun, recognizable items that can be added to your social media. Here are a few things you can do:

- Get a CMA Tattoo and Pennant from our website
- Share a picture with your tattoo and/or pennant and hastag your post with #RallyAgainstChronicMigraine and tag us @cmaware on Twitter or @chronicmigraineawareness on Facebook and Instagram
- Share images found on our social media sites and at www.cmaware.org/rally
- Change your Profile Picture frame found on Facebook by searching “Rally Against Chronic Migraine” in the frame search

Have you spotted Rally Against Chronic Migraine?

Find rally tools at CMA tables at Miles For Migraine races, at Retreat Migraine, and within our Triage and ARMS kits. You can also purchase CMA items on our website at www.cmaware.org/rally. We can't wait to see your photos on social media!

Resources & Printables

- <http://cmaware.org/resources>
- <http://cmaware.org/printables>