

JUNE Is Migraine And Headache Awareness Month

Did you know about **39 MILLION** people in the US suffer from migraine?¹

Do You Suffer From Migraine?

Ask yourself these 3 simple questions^{2*}:

1 Has a headache limited your activities for a day or more in the last 3 months? YES NO

2 Are you nauseated or sick to your stomach when you have a headache? YES NO

3 Does light bother you when you have a headache? YES NO

If you answered “yes” to 2 or more of the questions above, you may be suffering from migraine.²

*The ID Migraine™ screener can help identify undiagnosed patients reporting of headaches.

What Is A Migraine?

A migraine is a **HEADACHE** that can cause severe **THROBBING PAIN OR A PULSING SENSATION**

- Most often on **one side** of the head
- Symptoms often include **nausea, vomiting and/or extreme sensitivity to light and sound.**³
- The pain can **interfere with your daily activities**
- Migraine attacks can last for **hours to days**

Migraine Triggers

There are a number of **migraine triggers**, including⁴:

- Smell
- Light
- Stress
- Diet (what you eat)
- Medication Overuse
- Weather Changes
- Dehydration
- Irregular Sleep
- Alcohol Use

Migraine Risk Factors | Some factors may influence your chances of getting a migraine

Age



The first migraine often occurs during adolescence, and tends to peak in your 30s³

Family History



Migraine has a 50-75% chance of inheritance if one or both parents have migraine⁵

Gender



Women are ~3x more likely to have migraine⁶

Hormonal Changes



Onset of menstrual periods, pregnancy, or menopause³

How Can You Manage Migraine?

The American Headache Society (AHS) defines two groups of migraine medications⁷:

ACUTE TREATMENT



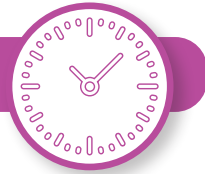
Intended to **reverse migraine attacks** once they have begun⁸

SELECT GOALS⁷



- Fast and consistent freedom from pain
- Restored ability to function
- Minimal side effects

PREVENTIVE TREATMENT



Used to **lower the severity and frequency** of migraine attacks⁸

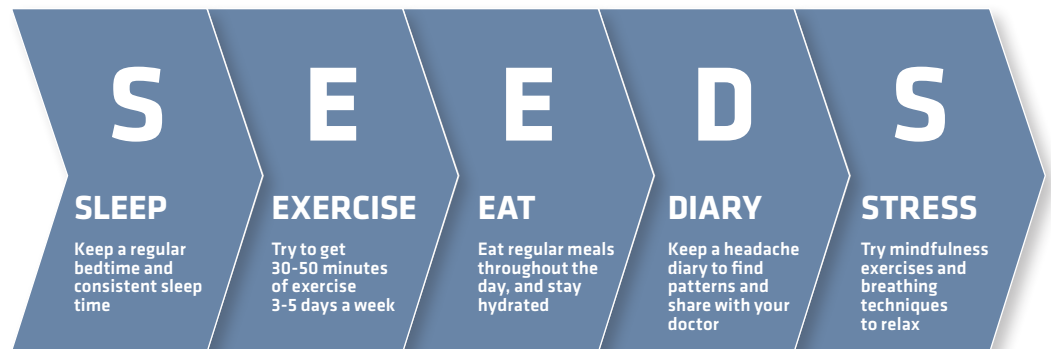
SELECT GOALS⁷



- Lessen migraine frequency, severity, and length
- Restore ability to function and minimize impact of migraine on daily life
- Lower usage of acute treatments that may not be working

Lifestyle Management⁹

Talk to your provider about lifestyle changes you can make. These can reduce triggers and help manage migraine.



Talk with your provider to learn more about migraine and treatment options that may be right for you.



References: 1. American Migraine Foundation. What is migraine? Published January 21, 2021. Accessed April 20, 2023. 2. Lipton RB, Dodick D, Sadovsky R, et al. A self-administered screener for migraine in primary care: The ID Migraine validation study. *Neurology*. 2003;61(3):375-382. doi:10.1212/01.wnl.0000078940.53438.83 3. Migraine. Mayo Clinic. Published July 2, 2021. Accessed April 20, 2023. <https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201> 4. Top 10 migraine triggers and how to deal with them. American Migraine Foundation. Published July 27, 2017. Accessed April 20, 2023. 5. The genetics of migraine. American Migraine Foundation. Published May 18, 2017. Accessed April 20, 2023. 6. Migraine in women. American Migraine Foundation. Accessed April 20, 2023. 7. Ailani J, Burch RC, Robbins MS; Board of Directors of the American Headache Society. The American Headache Society Consensus Statement: Update on Integrating New Migraine Treatments into Clinical Practice. *Headache*. 2021;61(7):1021-1039. doi:10.1111/head.14153 8. Miller S. The acute and preventative treatment of episodic migraine. *Ann Indian Acad Neurol*. 2012;15(Suppl 1):S33-39. 9. Lifestyle changes for migraine management. American Migraine Foundation. Published May 6, 2021. Accessed April 25, 2023.