

About Migraine



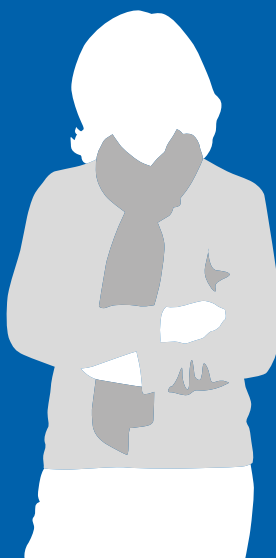
What is migraine?



Migraine is a distinct neurological disease.¹



Migraine is the third most common disease in the world and is one of the top ten causes of disability.^{1,3}



10%

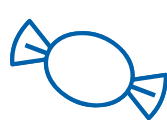
More than 10% of people are affected by migraine worldwide.²



It remains under-recognized and under-treated with **more than 50% of people going undiagnosed.**¹



Four distinct phases



Prodrome

Warning signs before migraine begins - such as tiredness, craving sweet foods, mood changes, feeling thirsty and a stiff neck.³



Aura

Visual disturbances that appear as flashing lights, zig-zag lines or a temporary loss of vision.⁴



Headache Phase

This is the actual migraine attack, pain, nausea, vomiting, sensitivity to light, sound and odor.⁴



Postdrome

Many people mention feeling "hungover" after a migraine with poor concentration and "brain fog".⁵

The main headache phase of migraine typically lasts for 4-72 hours.⁶



What might cause migraine?



Calcitonin Gene-Related Peptide

Although the causes and triggers of migraine are not fully understood, Calcitonin Gene-Related Peptide (CGRP) has been long thought to play a role in its underlying mechanisms.



Levels of CGRP

Levels of CGRP have been found to increase at the onset of migraine symptoms, and to return to normal when the migraine pain subsides.⁷



Impact of migraine



Financial

The cost of migraine in Europe is estimated at **€27 billion** annually.⁸



Quality of Life

Migraine results in disability and reduced quality of life. It is the **6th most disabling** disease in the world.¹



Everyday Tasks

51% reported that work or school productivity was reduced by at least 50%.⁹



Work

Every year, almost 20% of men and 30% of women report losing more than **10%** of workdays as a result of the disease.¹⁰



Leisure

45% of individuals report missing social and leisure activities.¹¹



Function

90% of people report they cannot work or function with a migraine.¹



Family Milestones

61% of migraine sufferers thought their migraine attacks significantly impacted their families.¹²



Treating migraine



Self Medicate

About half of individuals with migraine self-medicate with over-the-counter pain relief (acute treatment).¹³



Prevent

Preventive treatments currently available were generally developed for other diseases, such as epilepsy, heart conditions and depression.¹⁴



Discontinuation and Dissatisfaction

Up to **80%** of people with migraine discontinue preventive treatment within one year.¹⁵



Expert Opinion

Only **4%** of migraine sufferers who seek medical care consult headache and pain specialists.¹

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