

# The Impact of Migraine

Migraine is a distinct neurological disease.<sup>1</sup> It involves recurrent attacks of moderate to severe head pain that is typically pulsating, often unilateral and associated with nausea, vomiting and sensitivity to light, sound and odors.<sup>2</sup>

## Societal and Economic Burden



In the United Kingdom alone, some **25 million** working-or school-days are lost every year because of migraine.<sup>3</sup>



Migraine is one of the **top 10 causes**, globally, of years lived with disability with a 15.3% increase in prevalence between 2005 and 2015.<sup>4</sup>



**90%** of people report they cannot work or function with a migraine.<sup>1</sup>



Migraine affects **one in 10** people worldwide.<sup>5</sup>

## Social and Personal Burden



Migraine negatively affects time with family and friends. **45%** reported missing family or social events.<sup>6</sup>



The relationships of those with migraine suffer. **More than a third (36%)** believed they would be better partners without their headaches.<sup>6</sup>



**52% of parents** reported that migraine made them more likely to argue with their children.<sup>6</sup>



Depression is almost **two times** more frequent in subjects with migraine.<sup>3, 7, 8</sup>



**32%** of those with migraine reported avoiding making plans for fear of cancellation due to migraine.<sup>6</sup>



Those with migraine are **frustrated at lack of understanding** and advice to manage symptoms by lifestyle change<sup>9</sup>, even to encouraging patients' "pain acceptance".<sup>10</sup>



Global data shows that **migraine contributes to 446 years lived with disability for every 100,000**.<sup>11</sup>

## REFERENCES

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