

The Impact of Migraine

Migraine is a distinct neurological disease.¹ 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.²

Societal and Economic Burden



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



Migraine is one of the **top ten causes**, globally, of years lived with disability with a 15.3% increase in prevalence between 2005 and 2015.⁴



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



Migraine affects **one in ten** people worldwide.⁵

Social and Personal Burden



Migraine negatively affects time with family and friends.

45% reported missing family or social events.⁶



The relationships of those with migraine suffer.

More than a third (36%) believed they would be better partners without their headaches.⁶



52% of parents reported that migraine made them more likely to argue with their children.⁶



Depression is almost **two times** more frequent in subjects with migraine.^{3, 7, 8}



32% of those with migraine reported avoiding making plans for fear of cancellation due to migraine.⁶



Those with migraine are **frustrated at lack of understanding** and advice to manage symptoms by lifestyle change⁹, even to encouraging patients' "pain acceptance".¹⁰



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

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