The Impact of Migraine

Migraine is a distinct neurological disease. 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.

Societal and Economic Burden

In the United Kingdom alone, some 25 million working-or school-days are lost every year because of migraine. 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. Migraine affects one in ten people worldwide.

Social and Personal Burden

90% of people report they cannot work or function with a migraine. In the United Kingdom alone, some 25 million working-or school-days are lost every year because of migraine. 90% of people report they cannot work or function with a migraine. Migraine negatively affects time with family and friends. 45% reported missing family or social events. The relationships of those with migraine suffer. More than a third (36%) believed they would be better partners without their headaches. Depression is almost two times more frequent in subjects with migraine. Those with migraine are frustrated at lack of understanding and advice to manage symptoms by lifestyle change, even to encouraging patients’ ‘pain acceptance’. 32% of those with migraine reported avoiding making plans for fear of cancellation due to migraine. 52% of parents reported that migraine made them more likely to argue with their children. 52% of parents reported avoiding making plans for fear of cancellation due to migraine. Global data shows that migraine contributes to 446 years lived with disability for every 100,000.

REFERENCES


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