

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



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



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



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

Social and Personal Burden



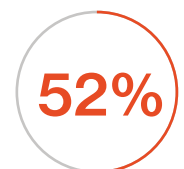
Migraine negatively affects time with family and friends.

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}



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



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



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

REFERENCES

1. Migraine Research Foundation. Migraine facts. <https://migraineresearchfoundation.org/about-migraine/migraine-facts/>. Accessed October 2018.
2. National Institute for Neurological Disorders and Stroke. Migraine Information Page. <https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page> (link is external). Accessed October 2018.
3. World Health Organization. Headache disorders. <http://www.who.int/mediacentre/factsheets/fs277/en/>. Accessed October 2018.
4. GBD 2015 Disease and Injury Incidence and Prevalence Collaborators. Global, regional, and national incidence, prevalence, and years lived with disability for 310 diseases and injuries, 1990-2015: a systematic analysis for the Global Burden of Disease Study 2015. *Lancet*. 2016; 8:388(10053):1545-1602.
5. Woldeamanuel YW, Cowan RP. Migraine affects 1 in 10 people worldwide featuring recent rise: A systematic review and meta-analysis of community-based studies involving 6 million participants. *J Neurol Sci*. 2017;15:372:307-315.
6. Lipton RB, Bigal ME, Kolodner K, et al. The family impact of migraine: population-based studies in the USA and UK. *Cephalalgia*. 2003;23(6):429-40.
7. Antonaci F, Nappi G, Galli F, et al. Migraine and psychiatric comorbidity: A review of clinical findings. *The Journal of Headache and Pain*, 2011;12(2), 115-125.
8. Migraine.com. Spotlight: migraine and mental health awareness. <https://migraine.com/spotlight/spotlight-mental-health/>. Accessed October 2018.
9. Migraine.com. 12 Things you should never, ever say to a chronic migraineur. <https://migraine.com/infographic/12-things-you-should-never-ever-say-to-a-chronic-migraineur/>. Accessed October 2018.
10. Lillis J, Graham Thomas J, Seng EK, et al. Importance of pain acceptance in relation to headache disability and pain interference in women with migraine and overweight/obesity. *Headache*. 2017;57(5):709-718.
11. Steiner TJ, Stovner LJ, Vos T. GBD 2015: migraine is the third cause of disability in under 50s. *J Headache Pain*. 2016;17(1):104.