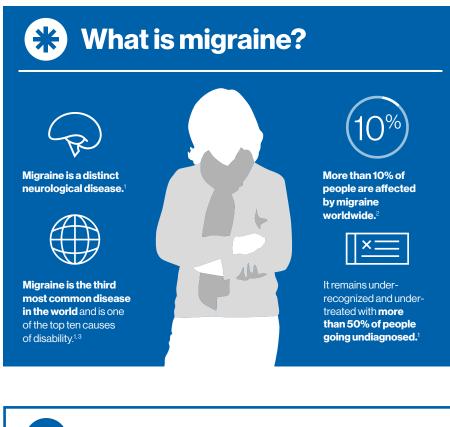
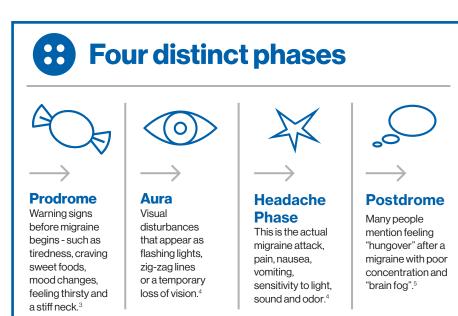
About Migraine





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 loss the under the plane relation is its underly increased and the

iong thought to play a forein 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



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



Quality of Life

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



Leisure 45% of individuals report missing social and leisure

activities.11



Everyday Tasks

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



Function 90% of people report they can

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

References

- 1. Migraine Research Foundation. Migraine Facts. https://migraineresearchfoundation.org/about-migraine/migraine-facts/. Accessed March 2018
- 2. Stovner L, et al. The global burden of headache: a documentation of headache prevalence and disability worldwide. Cephalalgia. 2007;27(3):193-210
- 3. The Migraine Trust. Symptoms and stages of migraine. https://www.migrainetrust.org/about-migraine/migraine-what-is-it/symptoms-and-stages/ Accessed February 22 20218
- 4. National Institute for Neurological Disorders and Stroke. https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page (link is external). Accessed April 2018
- Migraine.com. Migraine Phases. https://migraine.com/migraine-basics/migraine-phases/. Accessed February 22 20218
 Lipton et al. Migraine in the United States. Neurology 2002;58:885–894
- Lassen et al. CGRP may play a causative role in migraine. Cephalalgia. 2002 Feb:22(1):54-61. Available http://www.ncbi.nlmnih.gov/pubmed/11993614. Accessed March 2018
- Stovner LJ, Andree C, Eurolight Steering Committee Impact of headache in Europe: a review for the Eurolight project. J Headache Pain. 2008;9(3):139–146. doi: 10.1007/s10194-008-0038-6.
 - Lipton et al. Prevalence and burden of migraine in the United States: data from the American Migraine Study II. 2001

10. Steiner TJ, et al. The impact of headache in Europe: principal results of the Eurolight project. J Headache Pain 2014;15:31:1146-1158

- 11. Lipton et al. The family impact of migraine: population-based studies in the USA Cephalagia 2003; 23: 229-240
- 12. Migraine.com. Migraine and Social Life. Available: https://migraine.com/living-with-migraine/migraines-and-social-life/ Accessed April 2018
- 13. World Health Organization. Headache disorders. http://www.who.int/mediacentre/factsheets/fs277/en/. Accessed August 2016
- Diamond Set al. Patterns of Diagnosis and Acute and Preventive Treatment for Migraine in the United States: Results from the American Migraine Prevalence and Prevention Study. Headache. 2007;47(3):355-63
- 15. Hepp Z, et al. Adherence to oral migraine-preventive medications among patients with chronic migraine. Cephalalgia. 2015; 35(6):478-88

GLNS/AMG/0285

Novartis Pharma AG

Novartis Campus CH-4056 Basel Switzerland

©Novartis Pharma AG

U NOVARTIS