

# About Migraine

## What is migraine?



Migraine is a distinct neurological disease.<sup>1</sup>



Migraine is the third most common disease in the world and is one of the top ten causes of disability.<sup>1,3</sup>



10%

More than 10% of people are affected by migraine worldwide.<sup>2</sup>



It remains under-recognized and under-treated with more than 50% of people going undiagnosed.<sup>1</sup>

## Four distinct phases



### Prodrome

Warning signs before migraine begins - such as tiredness, craving sweet foods, mood changes, feeling thirsty and a stiff neck.<sup>3</sup>



### Aura

Visual disturbances that appear as flashing lights, zig-zag lines or a temporary loss of vision.<sup>4</sup>



### Headache Phase

This is the actual migraine attack, pain, nausea, vomiting, sensitivity to light, sound and odor.<sup>4</sup>



### Postdrome

Many people mention feeling "hungover" after a migraine with poor concentration and "brain fog".<sup>5</sup>

The main headache phase of migraine typically lasts for 4-72 hours.<sup>6</sup>

## 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 long thought to play a role in 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.<sup>7</sup>

## Impact of migraine



### Financial

The cost of migraine in Europe is estimated at **€27 billion** annually.<sup>8</sup>



### Quality of Life

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



### Everyday Tasks

**51%** reported that work or school productivity was reduced by at least 50%.<sup>9</sup>

### Family Milestones

**61%** of migraine sufferers thought their migraine attacks significantly impacted their families.<sup>12</sup>



### Work

Every year, almost 20% of men and 30% of women report losing more than **10%** of workdays as a result of the disease.<sup>10</sup>



### Leisure

**45%** of individuals report missing social and leisure activities.<sup>11</sup>



### Function

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



## Treating migraine



### Self Medicate

About half of individuals with migraine self-medicate with over-the-counter pain relief (acute treatment).<sup>13</sup>



### Prevent

Preventive treatments currently available were generally developed for other diseases, such as epilepsy, heart conditions and depression.<sup>14</sup>



### Discontinuation and Dissatisfaction

Up to **80%** of people with migraine discontinue preventive treatment within one year.<sup>15</sup>



### Expert Opinion

Only **4%** of migraine sufferers who seek medical care consult headache and pain specialists.<sup>1</sup>

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