

Know the Facts About Migraine

Did you know that around **40 MILLION** Americans suffer from migraine?¹

Do You Suffer From Migraine?

Ask yourself these 3 simple questions^{2*}:

- 1** Has a headache limited your activities for a day or more in the last 3 months? ☐ YES ☐ NO
- 2** Are you nauseated or sick to your stomach when you have a headache? ☐ YES ☐ NO
- 3** Does light bother you when you have a headache? ☐ YES ☐ NO

If you answered “yes” to 2 or more of the questions above, you may be suffering from migraine.²

*The ID Migraine™ Screener can help identify undiagnosed patients who report having headaches.

What Is Migraine?³

A migraine is a **HEADACHE** that can cause severe **THROBBING PAIN OR A PULSING SENSATION**

- Most often on **one side** of the head
- The pain can **get in the way of daily activities**
- Symptoms often include **nausea, vomiting, and/or extreme sensitivity to light and sound**
- Migraine attacks can last for **hours to days**

Migraine Triggers

There are a number of **migraine triggers**, including⁴:

- Smell
- Diet (what you eat)
- Dehydration
- Light
- Medication overuse
- Irregular sleep
- Stress
- Weather changes
- Alcohol use

Migraine Risk Factors | Some factors may influence your chances of getting a migraine

Age



The first migraine often occurs during adolescence and tends to peak in your 30s³

Family History



Migraine has a 50% to 75% chance of inheritance if one or both parents have migraine⁵

Sex



Women are ~3x more likely to have migraine³

Hormonal Changes



Onset of menstrual periods, pregnancy, or menopause may influence migraine³

How Can You Manage Migraine?

The American Headache Society defines 2 groups of migraine medications⁶:

ACUTE TREATMENT



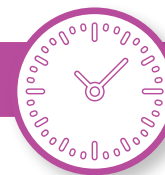
Used to **reverse migraine attacks** once they have begun⁷

SELECT GOALS⁶



- Fast and consistent freedom from pain
- Restored ability to function
- Minimal side effects

PREVENTIVE TREATMENT



Used to **lower the severity and frequency** of migraine attacks⁷

SELECT GOALS⁶



- Lessen migraine frequency, severity, and length
- Restore the ability to function, and minimize the impact of migraine on daily life
- Lower usage of acute treatments that may not be working

Lifestyle Management⁸

Talk to your health care professional (HCP) about lifestyle changes you can make. These can reduce triggers and help manage migraine.



Talk with your HCP to learn more about migraine and treatment options that may be right for you.



References: 1. Law HZ, Chung MH, Nissan G, Janis JE, Amirlak B. Hospital burden of migraine in United States adults: a 15-year National Inpatient Sample analysis. *Plast Reconstr Surg Glob Open*. 2020;8(4):e2790. doi:10.1097/GOX.0000000000002790 2. Lipton RB, Dodick D, Sadovsky R, et al. A self-administered screener for migraine in primary care: the ID Migraine validation study. *Neurology*. 2003;61(3):375-382. doi:10.1212/01.wnl.0000078940.53438.83 3. Migraine: symptoms & causes. Mayo Clinic. Updated July 7, 2023. Accessed October 9, 2023. <https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201> 4. Top 10 migraine triggers and how to deal with them. American Migraine Foundation. July 27, 2017. Accessed October 9, 2023. <https://americanmigraine.foundation.org/resource-library/top-10-migraine-triggers/> 5. The genetics of migraine. American Migraine Foundation. May 18, 2017. Accessed October 4, 2023. <https://americanmigraine.foundation.org/resource-library/genetics-of-migraine> 6. Ailani J, Burch RC, Robbins MS; Board of Directors of the American Headache Society. The American Headache Society Consensus Statement: update on integrating new migraine treatments into clinical practice. *Headache*. 2021;61(7):1021-1039. doi:10.1111/head.14153 7. Miller S. The acute and preventative treatment of episodic migraine. *Ann Indian Acad Neurol*. 2012;15(suppl 1):S33-S39. doi:10.4103/0972-2327.99998 8. Lifestyle changes for migraine management. American Migraine Foundation. May 6, 2021. Accessed October 9, 2023. <https://americanmigraine.foundation.org/resource-library/lifestyle-changes-for-migraine/>