**THE TRUE IMPACT OF MIGRAINE IS NOT ALL IN HER HEAD**

Migraine is so much more than meets the eye. Especially in women, who represent 80% of people living with migraine. Yet it remains underdiagnosed and undertreated, leaving the quality of life for women with migraine to rapidly deteriorate. Women are hit hardest.

It’s time to acknowledge the impact of migraine on women in order to manage it better.

### MIGRAINE IS DIFFERENT IN WOMEN, SO IS ITS IMPACT

Migraine affects 3X more women than men,

- women suffer longer attack duration
- women report greater experience to higher recurrence rates.

Each individual responds to a migraine attack differently.

- Top triggers include stress, bright lights, menstruation (for women) and eating (for men).

People reported difficulty to perform tasks like working, eating, taking care of the family or a child, or driving.

Migraine exacerbates health inequalities between the sexes, leading to greater dependency in more women and equalize their conditions.

The apparent sex disparity in migraine is partly mediated by differences in sex hormone levels such as oestrogens and progesterone.

### YET, DIAGNOSIS AND TREATMENT REMAIN A CHALLENGE

It can take a number of specialist visits before a diagnosis is made. In the Migraine access to care survey 2021, in which 90% of respondents are women:

- 19% of the participants had to see 4 to 5 specialists
- 15% had to see 6 to 8 specialists
- 49% of the participants had to wait over 3 years to receive treatment

The knowledge gap remains the main clinical barrier, as on average:

- only 4 hours of undergraduate medical education are dedicated to headache disorders
- the knowledge gap remains the main clinical barrier

Migraine is underdiagnosed and undertreated, which often violates migraine.

### KNOWLEDGE CAN MAKE A DIFFERENCE

Enabling the education at primary care level, can help address significant barriers of the disease.

Improving the medical curriculum with innovative training programmes to dedicate sufficient time to headache disorders, is key.

A better understanding of both biological and gender aspects related to migraine development and manifestation can provide personalized treatment approaches.

Understanding why and how hormones interact with the brain to modulate pain and promote the experience of migraine, may give new cues on the mechanisms of the disease.

Let’s empower and support every woman with migraine

Let’s encourage better understanding of migraine and how it impacts women for better diagnosis, improved access to adequate treatment and reduced stigma.

Thus ensuring that every woman with migraine can function to their best potential in society.

**REFERENCES**


6. Migraine exacerbates health inequalities between the sexes, leading to greater dependency in more women and equalize their conditions.


8. Pain can be stereotyped 'feminine' with 'feminine' characteristics, which often violates migraine.