THE LACK OF AWARENESS AND STIGMA

Migraine is often associated with ‘feminine’ characteristics like hysteria or is dismissed as women’s trait of being dramatic.

The complexity and the seriousness of migraine is misunderstood as ‘just a bad headache’, leading to stigmatization.

It leads to migraine often being trivialised, leaving many women to suffer in silence.

A LACK OF ACCESS TO TREATMENTS

According to the My Migraine Voice survey 2018, in which 75% of the participants were women:

- Almost 70% do not seek medical advice for their symptoms*.
- 60% of people with headache disorders are not properly diagnosed.
- 83% have suffered migraine for more than 10 years*.

According to the Migraine Access to Care survey 2021, in which 90% of respondents were women:

- 70% indicate that migraine affects their professional life.
- 49% of patients had to wait over 3 years to get treatment.
- 52% have inability to concentrate on work.
- 70% do not seek medical advice for their symptoms*.
- 20–25% of females with migraines; they are associated with greater disability and longer attack duration.
- 83% of people with headache disorders are not properly diagnosed.
- 60% of people with headache disorders are not properly diagnosed.
- 52% have inability to concentrate on work.
- 70% do not seek medical advice for their symptoms*.

THE SEVERE IMPACT OF MIGRAINE ON LIFE

According to the My Migraine Voice survey 2018, in which 75% of the participants were women:

- 70% indicate that migraine affects their professional life
- 52% have inability to concentrate on work
- People find it difficult to perform tasks like cooking, eating, taking care of the family

According to the Migraine Access to Care survey 2021, in which 90% of respondents were women:

- Migraine worsens health inequalities between the sexes, as more women with migraine are forced to abandon their careers in the prime working years
- 49% of patients had to wait over 3 years to get treatment
- 83% of people with headache disorders are not properly diagnosed
- 60% of people with headache disorders are not properly diagnosed
- 52% have inability to concentrate on work
- 70% do not seek medical advice for their symptoms*

THE TRUE IMPACT OF MIGRAINE IS NOT ALL IN HER HEAD

Migraine affects 3X more women than men. So much so, that women suffer longer attack duration and have a higher recurrence rate.* Yet, even today, women face challenges every day and are unable to completely take care of their migraine.

Let’s discover the journey of migraine in women.

Let’s empower and support every woman with migraine.

Discover more at WOMENSBRAINPROJECT.COM/MIGRAINE

References

4. European Migraine & Headache Alliance. Migraine access to care survey 2021. The survey was conducted in 2021, with close to 3,400 patients from a total of 41 countries participated in the survey: EU countries (Germany – 17%, Spain – 13%, Italy – 12%, Greece and France – 9%, Latvia – 8%, Ireland – 7%, Finland –5%), the UK (7%), Norway (6%), Brazil (3%) and a mix of other countries (3%).
6. Martelletti P ., et al. My Migraine Voice survey: a global study of disease burden among individuals with migraine for whom preventive treatments have failed. J Headache Pain. 2018: 19(115). This study was conducted worldwide (31 countries across North and South Americas, Europe, the Middle East and Northern Africa, and the Asia-Pacific region) using an online survey.