

THE TRUE IMPACT OF MIGRAINE IS NOT ALL IN HER HEAD

Migraine affects **3X** more women than men.¹ So much so, that women suffer **longer attack duration** and have a **higher recurrence rate**.² 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.

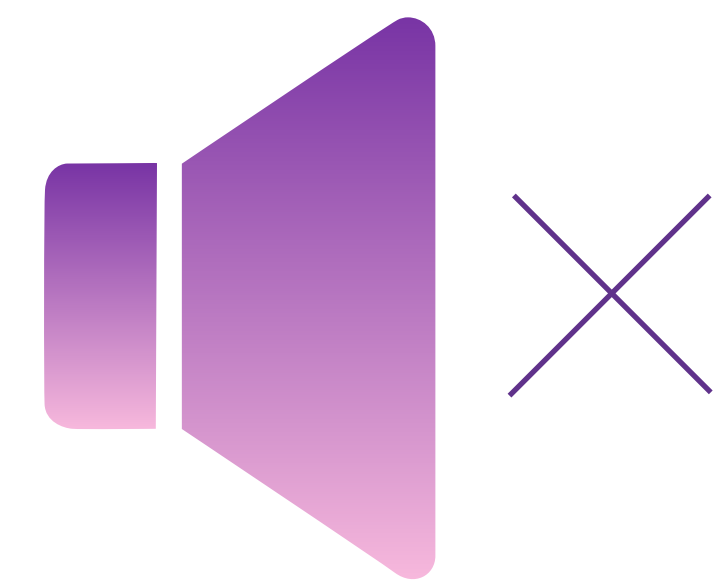
A LACK OF AWARENESS AND STIGMA



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 stigmatisation



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

MISDIAGNOSIS AND MANAGEMENT ERRORS

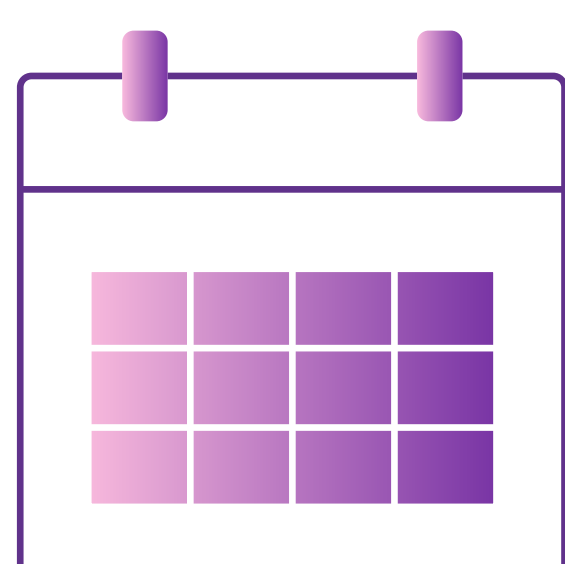


60% of people with headache disorders are not properly diagnosed³

Almost **70%** do not seek medical advice for their symptoms³

83% have suffered migraine for more than 10 years⁴

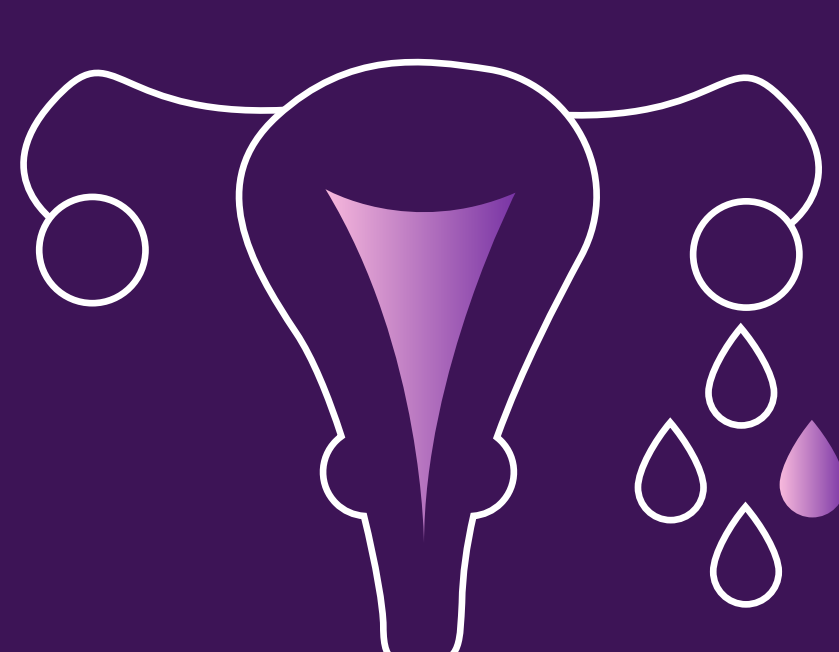
THE LACK OF ACCESS TO TREATMENTS



49% of patients had to wait over 3 years to get treatment⁴



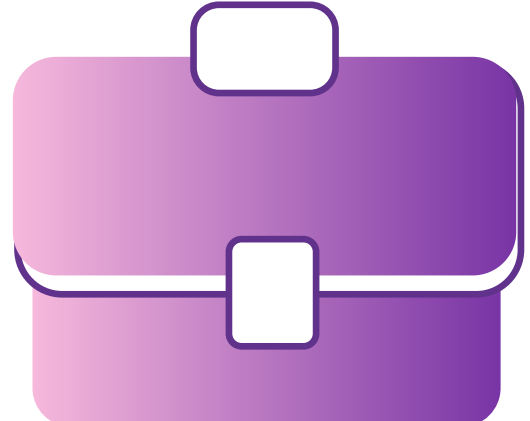
Moreover, even though each migraine attack may be different, patients are treated with a 'one size fits all' approach



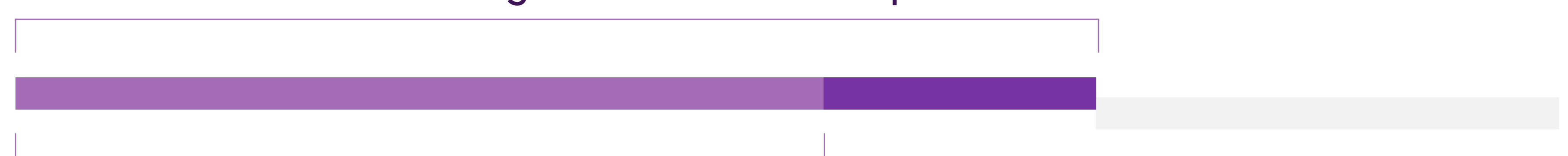
Menstrual migraines are more difficult to treat and affect around **20-25%** of females with migraines; they are associated with greater disability and longer attack duration⁵

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 life⁶



52% have inability to concentrate on work⁶

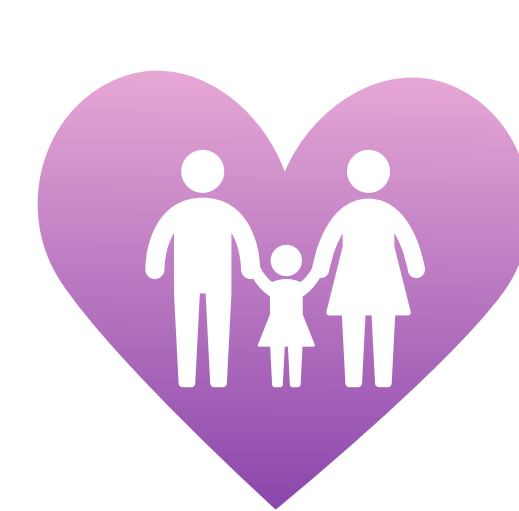
According to the Migraine Access to Care survey 2021, in which 90% respondents were women: **People find it difficult to perform tasks like**



Cooking⁴

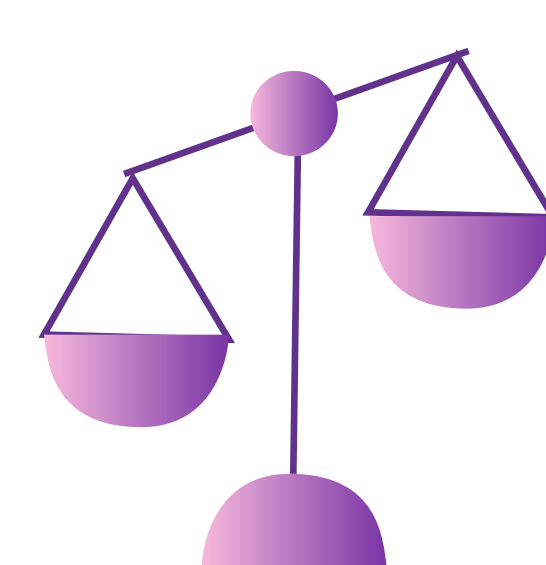


Eating⁴



taking care of the family⁴

Migraine worsens health inequalities between the sexes, as more women with migraine are forced to abandon their careers in the prime working years⁷



LET'S EMPOWER AND SUPPORT EVERY WOMAN WITH MIGRAINE



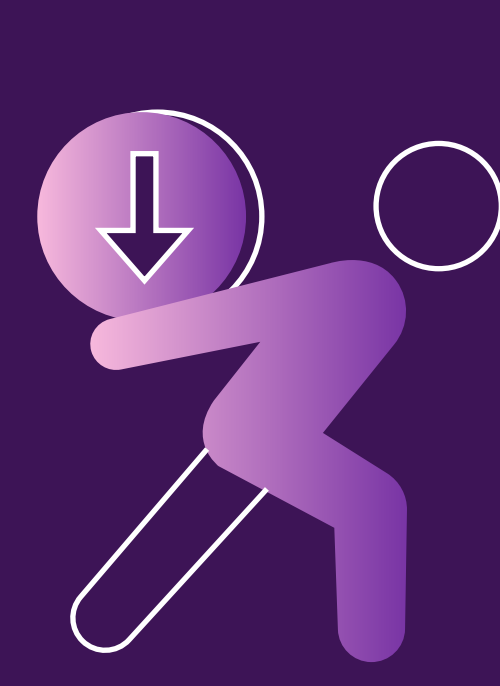
Addressing the **specific needs** of women with migraine will help reduce gendered stigma and increase awareness



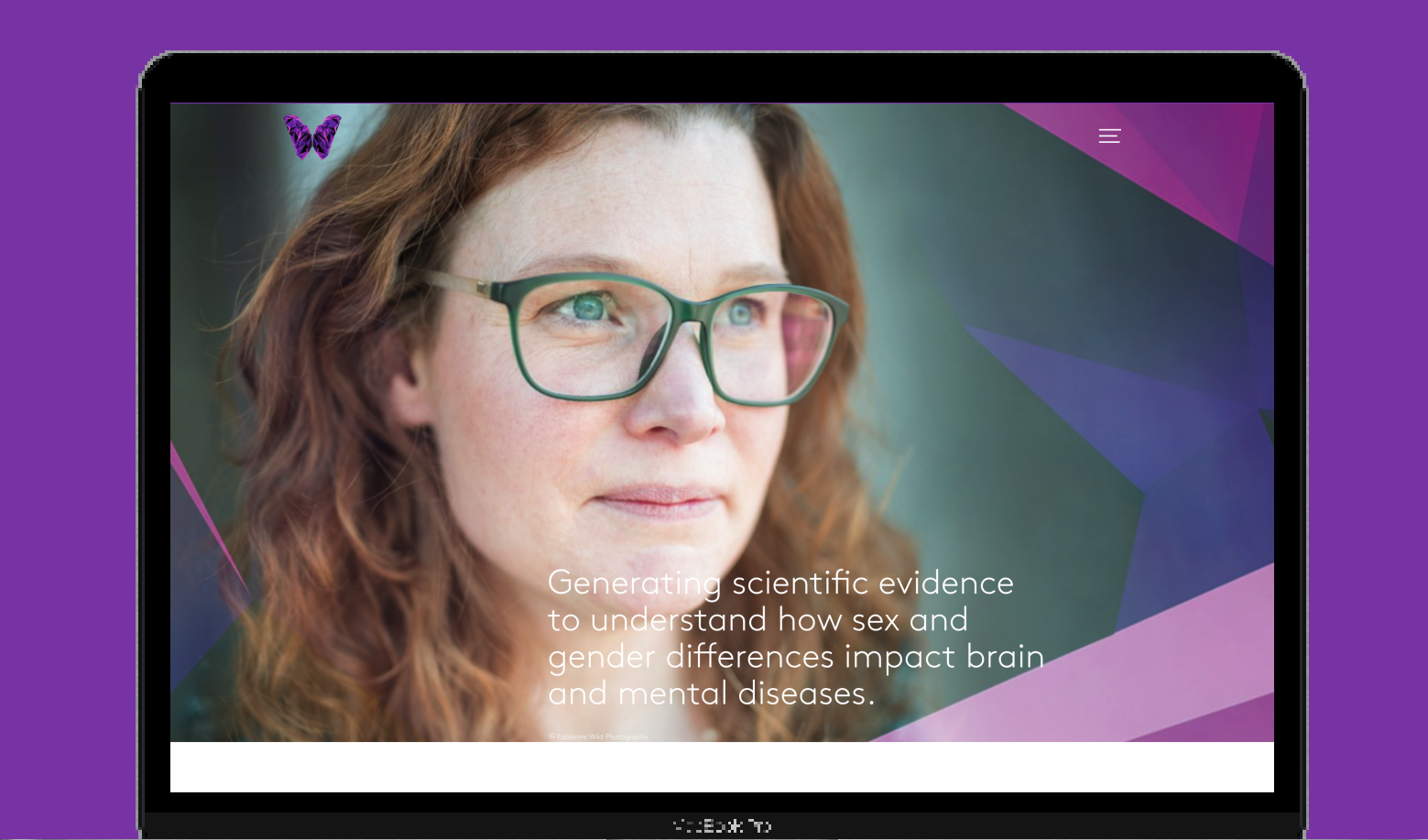
Leading to **better diagnosis** and improved access to adequate treatment



Providing the **right treatment** helps ensure that women with migraine can function better in society



Ultimately **reducing the health and economic burden** of migraine to society



Discover more at WOMENSBRAINPROJECT.COM/MIGRAINE

References

1. Pavlović, J.M. The impact of midlife on migraine in women: summary of current views. *Women's Midlife Health*. 2020; 6(11).
2. Allais G., et al. Gender-related differences in migraine. *Neural Sci*. 2020; 41: 429-36.
3. Women's Brain Project & Lilly. 2021. *The Challenges of coping with migraine in life and at work*.
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%).
5. Vetvik KG, MacGregor EA. Menstrual migraine: a distinct disorder needing greater recognition. *The Lancet Neuro*. 2021;20(4):304-15.
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.
7. Al-Hassany L., et al. Giving Researchers a Headache - Sex and Gender Differences in Migraine. *Frontiers in Neurology*. 2020;11:549038.