

**EMBARGO: 24<sup>TH</sup> OCTOBER 2022**

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## ***New 'Not All In Her Head' campaign empowers women with migraine in the workplace***

*Migraine is the leading reason for lost days of work in the world among people under 50<sup>1</sup>*

As women are three times more likely than men to suffer with migraine, they bear the greatest impact

*'Not All In Her Head' campaign raises awareness of the devastating impact migraine can have on women's lives and careers<sup>2,3</sup>*

**'Not All In Her Head'**, a global awareness campaign about the disproportionate impact migraine has on women has now launched, marking **European Week for Safety and Health at Work (24-28 October 2022)**. The [Women's Brain Project](#), with the partial support of [Organon Belgium B.V.](#), a global women's healthcare company, launched the campaign to address widespread misunderstanding surrounding migraine. In a global migraine survey, in which 75% of the participants were women, 70% reported the negative impact on their working lives.<sup>3</sup> Women are hit hardest, given that migraine affects three times more women than men.<sup>2</sup>

More than half (52%) of people living with migraine struggle to concentrate at work and one third must take sick leave as a result of the condition.<sup>3</sup> With women making up nearly 40% of the global workforce<sup>4</sup> – the impact on productivity at work is overshadowed only by the vast numbers suffering in silence. Nearly one third (27%) of people living with migraine reported that their colleagues do not understand the impact of migraine.<sup>3</sup>

'Not All In Her Head' educates on the challenges in diagnosis, access to suitable care and impact on daily and professional lives. The [online](#) campaign calls for a multistakeholder approach to help improve management of migraine, ultimately improving quality of life, functioning, and reducing the economic and societal burden.

The launch of 'Not All In Her Head' marks an important step in the fight for greater awareness of the devastating impact of migraine. Migraine is a crippling neurological condition that comes with a barrage of debilitating symptoms such as pain, dizziness, nausea, vomiting and sensory disturbances. Furthermore, women suffer longer attack duration than men and a higher recurrence rate.<sup>5</sup> Yet, too often it is dismissed as *'just a bad headache'*. 60% of people with headache disorders are not properly diagnosed.<sup>6</sup> Doctors and society often associate migraine with 'feminine' characteristics like neuroticism and hysteria, which leads to migraines often being trivialised.

*“After suffering from a traumatic brain injury (TBI), I experienced terrible migraines for years. My migraines were very hormonal and so debilitating. Yet, I was just kind of written off most of the time and I feel like that’s the case for many other women. It wreaks havoc on your daily life. That’s why the Women’s Brain Project is so invaluable because there really needs to be more gender and precision research,”* said **Chéri Ballinger**, US Ambassador at WBP, former actor and now film producer and entrepreneur. She added that *“Migraine is just so misunderstood and it’s not taken as seriously as it should and this has led to so much misdiagnosis in proper care and treatment and also a terrible stigmatisation of people suffering with this debilitating condition.”*

The physiological burden of migraine is challenging enough without the stigma and barriers faced in the workplace.<sup>6</sup> *“The fact that so many women are affected by migraine, and how it interferes with careers, needs to be more widely recognised. Migraine hits mostly women in their prime working years, addressing it is actually a must if we want to make sure that women can have a career and contribute to society,”* said **Dr Maria Teresa Ferretti**, Co-founder and Chief Scientific Officer of WBP, neuroscientist and neuroimmunologist.

*“‘Not All In Her Head’ seeks a shift in the way migraine is handled in women’s personal and professional lives through improved awareness.”* Find out more about ‘Not All In Her Head’ campaign [here](#).

*“At Organon, we’re committed to helping women and girls achieve their full potential through better health,”* said **Susanne Fiedler**, Chief Commercial Officer, Organon. *“By demonstrating that migraine is both a gender equity and economic issue, we hope to break the silence and improve migraine education, care, and treatment, so more women can reach their full potential – including in the workplace.”*

To empower and support every woman with migraine, visit:

<https://www.womensbrainproject.com/migraine>

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### **About Women’s Brain Project**

*The Women’s Brain Project (WBP) is an international non-profit organisation based in Switzerland. Composed largely of scientists, WBP advocates for and conducts research on sex and gender sensitive precision medicine, from basic science to novel technologies. The organisation aims to get a better understanding how men and women’s brains are similar and different, and to stimulate a global social and political discussion on gender and sex determinants of brain and mental health as a gateway to precision medicine. This goes hand in hand with breaking the stigma around brain and mental health and raising awareness around these topics. The WBP team also aims to contribute to the fulfilment of Sustainable Development Goals 3 (Good Health and Wellbeing) and 5 (Gender Equality), among others.*

### **About Organon**

For more information, please visit: <https://www.organon.com/belgium-en>

*This programme is partially supported by sponsorship from Organon Belgium BV.*

## References

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