MIGRAINE DISEASE
A common and disabling neurological disease in which a person has had 5+ migraine attacks

MIGRAINE ATTACK
Severe head pain lasting 4–72 hours and often with symptoms such as nausea, vomiting, dizziness, and sensitivity to light and sound

MIGRAINE TYPES

CHRONIC
15+ headache days per month for at least 3 months in a row

EPISODIC
Fewer than 15 headache days per month

MENSTRUAL
Attacks occurring a few days before or during menstruation

WITH AURA
Attacks with sensory disturbances like flashing lights

DISEASE BURDEN AND BARRIERS TO CARE

#2
leading cause of global burden of disability

90%
of people mistake a migraine attack for a sinus headache

<50%
of people with migraine consult a health care provider

Society for Women’s Health Research
**WHO DOES MIGRAINE AFFECT?**

14% of adults
18% of women
10% of school-age children
6% of men

Families: If you have migraine disease, your child has a 50% risk of developing migraine too.

**IMPACT ON WOMEN**

Migraine affects women and men differently.

Migraine disease reaches peak prevalence in women during their 20s and 30s, when many women are balancing work, family, and social obligations.

Women are more likely to have:

- Longer migraine attacks
- Harder to treat attacks
- More migraine-related symptoms
- Higher levels of disability

3 out of 4 people with migraine are women

Because migraine is more prevalent in women, some perceive it as a feminized and less legitimate disease.