**CHRONIC MIGRAINE**

Episodic migraineurs with cutaneous allodynia (CA; heightened skin sensitivity) are almost 1.5 times as likely to develop CM as those without CA.

If you have EM and this hurts . . . you’re 50% more likely to develop CM.

Compared with people with EM, people with CM:¹⁻²

- Have higher headache-related disability and burden
- Experience a reduced quality of life
- Use more healthcare resources
- Show a higher rate of psychiatric co-morbidities

Both migraine and CM are 2–3 times more common in women than men.³⁻⁴

It is estimated that up to 144 million people in the world have CM.⁴⁻⁵ This is as many people as those who watched the Super Bowl and the Oscars combined.

Healthy lifestyle behaviors and modifying risk factors are very important to living well with migraine and CM.¹ⁱ⁻¹⁶

Depression more than doubles the risk of developing CM for someone with EM.¹⁷

Among people with EM one year, 2–3% will develop CM the following year.⁵⁻⁶

If you have EM and nausea with your migraines you are twice as likely to develop CM.¹⁷

Depression more than doubles the risk of developing CM for someone with EM.

Compared with people with EM, people with CM:⁵⁻⁶

- Miss more
  - Work/school
  - Days from household responsibilities
- Are less productive while at work

6. Lipton RB, Buse DC, Fanning KM, Serrano D, Reed ML. Suboptimal acute treatment of episodic migraine (EM) is associated with increased risk of progression to chronic migraine (CM): results of the American Migraine Prevalence and Prevention (AMPP) Study. (LB02)

References: