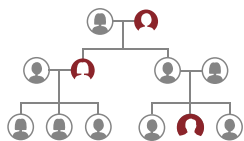


# 8 Things to Know About Migraine

Migraine is a complex, debilitating disease that affects 1 in 4 homes - and anyone can have it. Here are 8 things healthcare practitioners need to know about migraine.



Migraine is an **inherited disorder** characterized by neurologic, sensory, autonomic, vestibular, cognitive and gastrointestinal symptoms.



Around **1 billion people** worldwide are living with migraine, **>39 million** in the US.



**71%** of patients consult their primary care practitioner for migraine.

There are **four phases** of a migraine attack:

**Premonitory symptoms**  
(e.g. fatigue, difficulty concentrating, irritability)

**Aura\***  
(e.g. visual, sensory, speech disturbance)

**Headache**  
(e.g. pain, nausea, sensitivity to light and noise)

**Postdrome**  
(e.g. fatigue, body aches, brain fog)

\*Present in 1/3rd.

## USE THE **PIN** MNEMONIC TO SCREEN FOR MIGRAINE

- P Photophobia:** “Does light bother you when you have a headache?”
  - I Impairment:** “Has headache limited activity (≥1 day) in the last 3 months?”
  - N Nausea:** “Are you sick to your stomach when you have a headache?”
- “Yes” to 2 or 3 questions = 93% have migraine.**



Migraine has **no cure** but can be managed to alleviate symptoms.



There are four key ways to manage migraine:

- **Acute treatment**
- **Preventive treatment**
- **Non-medication treatments**
- **Managing what makes migraine worse**



Migraine is often **stigmatized**, which can prevent people from seeking care. So, **raising awareness** and **promoting educational resources** are key to improving care for migraine.