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.

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.

Learn more about migraine and women’s health by signing up for our presentation, A Woman’s Migraine Journey. For more information on migraine and other headache disorders, visit americanheadachesociety.org.

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