



Overlooked and mis-managed: the impact of migraine

Migraine is a debilitating and painful neurological disorder.¹ Migraine attack symptoms can be mild or severe, and can include head pain, visual disturbances, nausea, vomiting, dizziness, extreme sensitivity to sound, light, touch and smell, and tingling or numbness in the extremities or face.²

Migraine is the **second most disabling condition** among all neurological disorders³

Prevalence

Migraine can affect anyone, but **women are two to three times more likely than men to have migraines.**^{4,5}



More than **1.3 billion people** globally live with migraine⁷



Migraine is often overlooked and its impact underestimated, leading to **under diagnosis and under treatment.**⁶

Migraine is the third most common disease globally.⁸ More prevalent than diabetes, epilepsy and asthma combined.⁹

Impact on the individual

EMOTIONAL AND PHYSICAL

Severe migraine can lead to **disruption of family and social life**^{10,11}

97% of people living with migraine cite a **negative emotional impact**¹²

63% of people living with migraine say it has affected their ability to maintain relationships¹¹

33.7% of people living with migraine say they have lost friends due to their condition¹¹

People with migraine are up to **4 times more likely to have depression** than those who don't suffer with migraine¹³

More than 90% of people with migraine are **unable to function** normally during their migraine²



PROFESSIONAL

Over 30% of migraine sufferers say it has negatively affected their career (women 33.5% / men 30.5%)¹⁴ People with migraine note a reduction of 13% in their working time and of 48% in their productivity¹⁵ at work.

Economic impact on society

In the EU alone, migraine costs €173 billion in lost productivity each year.¹⁶

€173 billion

Healthcare costs are **70% higher** for a family with a person living with migraine than a non-migraine affected family.²

70% higher



The loss of productivity caused by migraine, can cost society more than dealing with the migraine itself.¹⁷

Across many regions this loss of productivity translates into a **substantial burden of cost, for example:**

- It is estimated that migraine accounts for **7 million lost working days** annually in Canada¹⁸
- The overall economic impact of migraine in Mexico for 2019 was **MXN \$46.6 billion**¹⁹

More than 2/3 people living with migraine have either **never consulted a physician or have stopped doing so**, due to low expectations of treatment and/or poor experiences with traditional preventative treatments²⁰

People living with migraine deserve access to innovative preventative treatments which provide rapid and sustained migraine prevention,²¹ **significantly improving their quality of life.**²²



This infographic was created by H. Lundbeck A/S and it is not intended to be used in a promotional context. This infographic is for educational purposes only.

References
 1. The Migraine Trust. What is migraine? 2020. Available at: <https://migrainetrust.org/understand-migraine/what-is-migraine/#page-section-1>. Last accessed: November 2021. 2. Migraine Research Foundation. Migraine Facts. 2020. Available at: <https://migraineresearchfoundation.org/about-migraine/migraine-facts>. Last accessed: December 2021. 3. Global, regional, and national burden of neurological disorders, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. Lancet Neuro. 2019;18(5):459-480. 4. The Lancet. Global, regional, and national burden of migraine and tension-type headache, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. Available at: [https://www.thelancet.com/journals/lanneur/article/PIIS1474-4422\(18\)30322-3/fulltext](https://www.thelancet.com/journals/lanneur/article/PIIS1474-4422(18)30322-3/fulltext). Last accessed: December 2021. 5. Einstein M. Closing the gender gap in migraine research. Nature. Available at: <https://www.nature.com/articles/d41586-020-02867-4>. Last accessed: December 2021. 6. Agosti R. Migraine Burden of Disease: From the Patient's Experience to a Socio-Economic View. Headache. 2018;58(suppl 1):17-32. 7. James SL, et al. Global, regional, and national incidence, prevalence, and years lived with disability for 354 diseases and injuries for 195 countries and territories, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. Lancet. 2018;392:1789-1858. 8. Steiner TJ, et al. Migraine: the seventh disabling J Headache Pain. 2013;14:1. 9. Brain Research UK. Migraine. Available at: <https://www.brainresearchuk.org.uk/neurological-conditions/migraine>. Last accessed: November 2021. 10. Lipton R, et al. The Burden of Migraine. Pharmacoeconomics 1994;6:215-221. 11. Migraine.com. Life with chronic migraine. 2020. Available at: <https://migraine.com/chronic-migraine-in-america-2013/life-with-chronic-migraine>. Accessed December 2021. 12. Mannix S, et al. Measuring the impact of migraine for evaluating outcomes of preventive treatments for migraine headaches. Health Qual Life Outcomes. 2016;14:143. 13. Hamelsky S. Psychiatric Comorbidity of Migraine. Headache. 2006;46:9:1327-1333. 14. Buse DC, et al. Life With Migraine: Effects on Relationships, Career, and Finances From the Chronic Migraine Epidemiology and Outcomes (CaMEO) Study. Headache. 2019;59(8):1286-1299. 15. Martelletti P, et al. My Migraine Voice survey: a global study of disease burden among individuals with migraine for whom preventive treatments have failed. J Headache Pain. 2018;19(1):115. 16. Linde M, et al. The cost of headache disorders in Europe: the Eurolight project. Eur J Neurol. 2012;19(5):703-711. 17. World Health Organization. Atlas of Headache Disorders. 2011. Available at: https://www.international_headache_management/who_atlas_headache_disorders.pdf. Accessed November 2021. 18. Tambay JL, Catlin G. Sample design of the National Population Health Survey. Health Reports (Statistics Canada, Catalogue 82-003). 1995;7(1):29-38. 19. Tierrablanca L, et al. PND35 Economic Burden of Migraine in Mexico. Value in Health Journal, 2020;23(1):S266. 20. Miller S and Matharu MS. Migraine is underdiagnosed and undertreated. Practitioner. 2014;258:19-24. 21. Tepper SJ and Spears RC. Acute treatment of migraine. Neurol Clin. 2009;27(2):417-427. 22. Hien H and Gonzalez A. Migraine Headache Prophylaxis. Am Fam Physician. 2019;99(1):17-24.



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More than **1.3 billion people** globally live with migraine⁶



That's **12%** of the world's population⁶

Migraine is often overlooked and its impact underestimated, leading to under diagnosis and under treatment.⁶

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More than 90% of people with migraine are unable to function normally during their migraine²



PROFESSIONAL

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