



## Migraine Fact Sheet

### What is Migraine?

- Migraine is a genetic neurological disease.
- Migraine is the 3rd most prevalent disease worldwide.
- Migraine is the 7th leading cause of disability worldwide.
- Migraine is the leading cause of disability among all neurological disorders.
- Migraine can strike at any age — from preverbal children to the elderly.
- Migraine is not a headache. Headache can be one symptom of a Migraine attack.

### Who has Migraine?

- Migraine affects 1 in 4 households.
- More than 39 million Americans live with Migraine disease.
- Of that population, approximately 3.2 million live with chronic Migraine.
- Four percent of Americans have headache pain more days than not.
- Approximately 12% of the population has migraine.
- 10% of school-aged children have migraine.
- 9% of men have migraine.
- 18% of women have migraine.
- If one parent has migraine, the chance of inheriting Migraine is 50%.
- If both parents have migraine, the chance of inheriting Migraine rises to 75%.

### Why see a Migraine specialist?

- Only 1 in 3 people living with Migraine talk to their doctor about migraine
- Only half receive the correct diagnosis.
- Less than half receive clinically appropriate treatment.
- Medical students receive, on average, only four hours of training about Migraine and headache.
- Neurologists receive a mere 10 hours of training on Migraine and headache.

### What is the impact of Migraine?

- A severe Migraine attack is as debilitating as quadriplegia.
- Severe Migraine attacks are responsible for 1.2 million ER visits every year.
- Migraine is the 12th most disabling disease or disorder in the United States.
- Migraine is responsible for at least one percent of the total United States disability burden.
- Migraine costs the US economy over \$20 billion each year in lost productivity and health care expenses.
- Migraine is responsible for 113 million lost work days each year, resulting in \$13 billion in lost productivity.

### What is being done about it?

- The National Institutes of Health allocates research funding of less than 53¢ per Migraine patient per year.
- The [Alliance for Headache Disorders](#) hosts "Headache on the Hill" each year to raise awareness and ask Congress for increases in funding for Migraine research.
- These non-profit organizations are dedicated to raising funds to research Migraine:
  - [Migraine Research Foundation](#)
  - [American Migraine Foundation](#)
  - [Will Erwin Foundation](#)
  - [Runnin' 4 Research](#)