

Migraine Quick Kit

QUICK KIT CONTENTS

- Facts
- State Program Examples
- Patient Stories
- Disparities
- Employer Best Practice
- ADA Protection
- Sample Social Media
- Sample Resolution

MIGRAINE 101

What is migraine?

Migraine is a medical condition which causes intense, incapacitating pain usually on one side of the head, but can also be on both sides. Migraine is most prevalent in people age 25 to 55 and women. Migraine attacks typically last anywhere from 4 to 72 hours and are accompanied by nausea, vomiting, dizziness and sensitivity to light, smell, and sound¹.



PATIENT STORY

I had my first migraine at 25, and I'm 46 now. I've missed many days of work and family events over the years from migraines. The migraines are debilitating when they get bad; a splitting headache doesn't even compare to nausea, vomiting, diarrhea, dehydration and dizziness I get. I identified triggers of hormones, low pressure storms, stress and extreme heat. I've tried preventative prescriptions, natural remedies and several different medications to treat the current migraines, with very few being effective. The only time I haven't had migraines was during my two pregnancies, so I have hope that they will improve with menopause. ~ Vicki²

"I've tried preventative prescriptions, natural remedies and several different medications to treat the current migraines, with very few being effective" ~ Vicki

FACTS

~ **Migraine impacts more than 37 million men, women, and children in the U.S.**³

~ **1 in 5 women suffer from migraine**⁴

~ **The cost of lost productivity and healthcare from migraine is estimated to cost the U.S. up to \$20 billion annually**³

STATE PROGRAM EXAMPLES

With so many Americans impacted by migraine, it is important that every level of government begin to address this debilitating disease. Currently, the focus for state legislation is increasing education about migraine, including programs to raise awareness, training health professionals about migraine diagnosis, increasing funds for migraine research, and ultimately, finding a cure.

New York: During the 2019 legislative session there was a bill enacted (K 539) proclaiming June 2019 as Migraine and Headache Awareness Month in the state of New York⁶

Vermont: On June 12th, 2019 Governor Philip Scott proclaimed June 2019 as Migraine and Headache Awareness Month in the state of Vermont⁷

Michigan: In 2017, Governor Rick Snyder proclaimed June 2017 to be Migraine Awareness Month in the state of Michigan⁸

STATE PROGRAMS EXAMPLES, CONTINUED

Minnesota: The Minnesota Department of Education published a migraine information sheet. Students with migraine may qualify for the Individuals with Disabilities Education Act (IDEA) which entitles students to an individualized education plan with special modifications and accommodations. If students do not qualify for IDEA, they may qualify under Section 504 of the Rehabilitation Act that would provide them a specialized education with aides.⁹

DISPARITIES

Migraine impacts women much more than men.

- 1 in 5 women have migraine attacks compared to 1 in 16 men³
- 85% of chronic migraine sufferers are women⁵
- Approximately 18% of women in the U.S. live with migraine compared to 6% of men in the U.S.⁵

Although there have been studies noting differences in migraine incidence in people of different race and ethnicities, it is not yet known if this disparity is scientifically significant. Researchers are not sure since many patients wait years to see a doctor or are never diagnosed with migraine by their doctors. Additionally, since there is the stigma that migraine is just “bad headaches” many people do not seek out medical attention. Nonetheless, here is the current data surrounding incidence rates:

- Migraine prevalence is highest in whites, followed by African Americans, followed by Asian Americans
- Rate of migraine attacks is 20.4% in white women, 16.2% in African American women, and 9.2% in Asian Americans¹⁰

FACTS

~ Risk Factors

Include¹¹:

- Gender
- Genetics
- Hormonal changes
- Sensory stimuli
- Stress

~ Migraine is the **6th most disabling disease in the world**⁵

~ **85% of chronic migraine sufferers are women**⁵

EMPLOYER BEST PRACTICES

Migraine attacks can greatly impact people's work and livelihood. Many people have to miss work or do not complete a job to the best of their ability because of a migraine.

Workplace conditions can contribute to or trigger a migraine, such as odor, bright light, etc. A method all employers can follow is the SAFER method:

- Scent protection
 - Example: fragrance free workplaces
- Audio protection
 - Example: noise absorbent panels and/or move employees to a quieter office
- Flexibility
 - Example: allow employees to work from home and/or provide flexible leave for employees with migraines
- Escape rooms
 - Example: provide employees with a dark, private area and/or arrange for a ride home from work (Uber, lyft)
- Reduced light
 - Example: add fluorescent light filters to create a more natural lighting ¹²

The Job Accommodation Network within the Office of Disability Employment Policy also has employer best practices recommendations. For example, to limit migraine attacks in the work place, employers can utilize air cleaners, noise canceling headsets, wall partitions, etc. Furthermore, to accommodate for migraine attacks, employers can offer flexible schedules, a modified break schedule, job restructuring, etc.¹³



FACTS

~ **Women are 3 times more likely to experience migraine attacks than men**³

~ **Approximately 157 million work days are lost in the U.S. annually due to migraine attacks**¹⁴

ADA PROTECTION FOR MIGRAINES

The Americans with Disabilities Act defines a disability as “a physical or mental impairment that substantially limits one or more major life activities”. Under Title 1 of the ADA, people living with migraine can receive reasonable accommodations in the work place. Additionally, it is possible for people suffering from migraine attacks to qualify for Social Security Disability Insurance. They must demonstrate that their migraine attacks inhibit them from performing in their work environment. These cases are assessed on an individual basis .¹⁴ People living with migraine attacks can also use the Family and Medical Leave Act (FMLA) which protects workers who are sick. FMLA can grant a migraine sufferer up to 12 unpaid weeks off of work.¹⁵

SAMPLE PRESS RELEASE

Migraine attacks impact more than 37 million Americans and women are three times more likely to suffer from migraine than men. In addition to the human toll, migraine disease costs more than \$20 billion per year in the United States in medical expenses and lost work productivity. To help raise awareness for migraine attacks, [ORGANIZATION NAME], is joining advocacy organizations around the world to celebrate June as National Migraine and Headache Awareness Month. Migraine is a medical condition that causes intense, throbbing

pain on one or both sides of the head. For more than 90% of those affected, migraine interferes with education, career, and social activities. There must be greater awareness surrounding this disease in order to increase activity at the local, state, and national levels.

“Quote” said, [NAME AND ORGANIZATION] “Quote”.

For more information and to learn more about migraine please visit [WEBSITE]

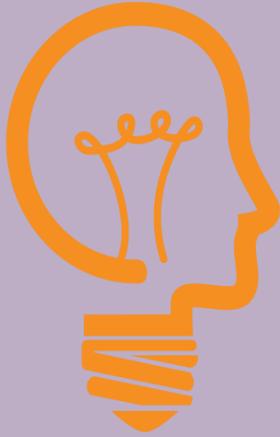
About [Name of Organization] [Boilerplate]

FACTS

~ People with 15 migraine attacks or more per month lost approximately 4.5 hours of work productivity a week¹⁶

~ People that stay at work during a migraine attack had, on average, a 25% decrease in productivity¹⁶





PATIENT STORY

“It’s waking up every morning with the throbbing, the queasiness, and wish that the sun wasn’t so loud. The going home after a 14-hour shift, dry heaving in the driveway and sobbing because the migraine “abortive” didn’t do its job even when I still had to do mine. It’s being called hateful names because I couldn’t stay to finish a meal with “friends”. It’s the unwelcomed guest that may never leave or arrives unannounced. It’s the loss of vision and the stiffness in the neck and shoulder before it strikes. It’s the fear of making a mistake at work or losing a job and the persistent feeling of being alone. That’s what my migraines are.”

~Shanna²

“It’s the fear of making a mistake at work or losing a job and the persistent feeling of being alone. That’s what my migraines are.” ~Shanna

FACTS

~ Every **10 seconds**, someone in the U.S. goes to the emergency room complaining of head pain⁵

~Children who suffer from migraine attacks are absent from school **twice as much** as healthy students⁵

SAMPLE SOCIAL MEDIA

It’s Migraine and Headache Awareness Month: did you know 1 in 5 women and 1 in 16 men suffer from migraine? #KnowtheFacts #migraine #MHAM

@amfmigraine

The healthcare and lost productivity of migraine cost the U.S. up to \$36 billion annually. Proper diagnosis, an increase in education, and a decrease in stigmas can reduce this cost. #migraine

@amfmigraine

June is Migraine and Headache Awareness Month. Migraine is the 6th most disabling illness in the world with 37 billion Americans living with the disease. Learn the facts:

<https://migraineresearchfoundation.org/about-migraine/migraine-facts/>

#migraine #MHAM

@MigraineRF

PATIENT STORY

“I’ve learned a lot of lessons along the way, but the biggest one is this: a diagnosis doesn’t mean your life is over. It just means you have to find a new way to sail. The waters are always choppy, but if you can hold on, the sunset sure is worth it. My life isn’t easy, but it’s the only one I’ll have a chance to live. So, amidst the relentless throbbing and ceaseless nausea, I’ll keep telling my story to anyone that needs to hear it. In case that’s you, I hope you know that you’re not alone. You are strong. You are worthy. You are enough. I see you fighting. Just keep going.” ~Kat²

Women In Government is a national non-profit, non-partisan organization for women state legislators.



SAMPLE RESOLUTION

WHEREAS, migraine is a neurological disease with extremely incapacitating neurological symptoms, which typically consists of severe throbbing recurring pain, usually on one side of the head; however, in about one-third of attacks, both sides are affected; in some cases, other disabling symptoms are present without head pain; and

WHEREAS, attacks are often accompanied by one or more of the following disabling symptoms: visual disturbances, nausea, vomiting, dizziness, extreme sensitivity to sound, light, touch and smell, and tingling or numbness in the extremities or face; and

WHEREAS, approximately 25% of migraine sufferers also have visual disturbance called an aura, which usually lasts less than an hour, and in 15-20% of attacks, other neurological symptoms occur before actual head pain; attacks usually last between four and 72 hours; and

WHEREAS, migraine is an extraordinarily prevalent neurological disease, affecting 39 million Americans and one billion people worldwide; migraine is the third most prevalent illness in the world; nearly one in four U.S. households includes someone who struggles with migraine, and 12% of the population, including children, suffers from migraine; and

WHEREAS, migraine is most common between the ages of 25 and 55, and affects 18% of American women, 6% of men, and 10% of children; and

WHEREAS, about 10% of school-age children suffer from migraine; these children are absent from school twice as often as children without migraine; and

WHEREAS, healthcare and lost productivity costs associated with migraine are estimated to be as high as \$36 billion annually in the U.S.; American employers lost more than \$13 billion each year as a result of 113 million lost work days due to migraine; and

WHEREAS, it is imperative that there be greater awareness of this serious health condition, and more must be done to increase activity at the local, state, and national levels; now, therefore, be it

RESOLVED, BY THE [FILL IN YOUR STATE INFO] GENERAL ASSEMBLY OF THE STATE OF [STATE], that we recognize and appreciate the ideals, goals, and activities of National Migraine and Headache Awareness Month and urge the people of [STATE] to observe appropriate good health programs and activities with respect to education about and research on migraine.⁶

CITATIONS

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- ¹³ “Accommodation and Compliance Series: Employees with Migraine Headaches.” *Job Accommodation Network*. 2019. [file:///C:/Users/outreach/Downloads/Accommodation and Compliance Series Employees with Migraine Headaches.pdf](file:///C:/Users/outreach/Downloads/Accommodation%20and%20Compliance%20Series%20Employees%20with%20Migraine%20Headaches.pdf) 18 July 2019.
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- ¹⁵ “Migraine at Work.” *American Migraine Foundation*. ?Adobe attachment?. 18 July 2019.
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