



# Raising Migraine Awareness

by NEWLIFEOUTLOOK TEAM

---

## The Importance of Raising Awareness About Migraine

Raising awareness about migraine not only helps more people get a diagnosis and the treatment they need faster, it also helps boost understanding and empathy towards people living with this debilitating condition.

There are many ways to raise awareness, including simply talking to the people you meet about migraine and how it affects you.

Other ways to raise awareness include being active on social media, starting a blog and participating in fundraising events for organizations like the American Headache Society or Migraine Trust.

You can start on your awareness raising mission by sharing this infographic!



A migraine can last for a few hours or several days, and strike as often as once a week or as infrequently as once a year.<sup>i</sup>



### A Migraine Is Not Just a Bad Headache

In addition to severe, often throbbing, head pain, symptoms of migraines include:

- Lightheadedness and fainting
- Blurry Vision
- Nausea and vomiting
- Sensitivity to light and sound

### AURAS

Auras can involve seeing things like flashes of light, shapes or bright spots, vision loss, problems with speech and tingling in the arms or legs.<sup>ii</sup>


**ABOUT 15%**  
of migraine sufferers  
**EXPERIENCE AURAS**  
before and/or during  
**A MIGRAINE**

### Around 36 Million Americans Live with Migraines

That's more than 10% of the population.






Migraine is much more common in women than men – about 18% of American women live with migraine compared to 6% of men.

About 50% of sufferers experience their first migraine before age 12.<sup>iv</sup>



### Migraine Triggers

Migraine sufferers tend to have certain triggers that will set them off. Some common triggers include:<sup>vi</sup>

 <b>FOOD</b> Foods like aged cheeses, chocolate and nuts as well as additives in food like aspartame and MSG.	 <b>HORMONES</b> Hormonal changes such as occur during puberty, menstruation, pregnancy and menopause.
 <b>STRESS AND ANXIETY</b>	 <b>PHYSICAL EXERTION</b>
 <b>ALCOHOL AND CAFFEINE</b>	



### Migraine is Debilitating

Over 90% of sufferers cannot attend work or school during an attack, and 63% have one or more migraines each month.<sup>vii</sup>

There's no cure for migraine, but a combination of medication, therapies and lifestyle changes may help to bring it under control and reduce the frequency of attacks.

**newLifeoutlook**  
<http://migraine.newlifeoutlook.com>

June is Migraine Awareness Month. Share this with your friends and family and help spread the word.

**Resources:**

i. <http://www.who.int/mediacentre/factsheets/fs277/en/>  
 ii. <http://www.mayoclinic.org/diseases-conditions/migraine-headache/basics/symptoms/ncn-20026336>  
 iii. <http://www.migraineawarenessfoundation.org/fact-sheet.html>  
 iv. <http://www.migraineawarenessfoundation.org/fact-sheet.html>  
 v. <https://migraine.com/migraine-statistics/>

