Some 39 million people worldwide have migraine, and about 2% to 3% of those people have chronic migraine, which is defined by at least 15 days a month of any type of headache, eight of which include full-blown migraine symptoms.

Frequent medication use leads to increased frequency of migraine, as well as migraine that's harder to treat.

Risk factors for chronication of migraine include: medication overuse, comorbidities like mood or pain disorders, obesity, snoring, stressful life events, a history of head injury, and high caffeine intake.

People with migraine tend to underreport the frequency of attacks, often because they've “normalized” them, or because they've internalized the stigma that the best version of themselves doesn't include migraine.

If you're running out of medication every month, counting or rationing pills, and negotiating which migraine attacks are worth treating, you may have chronic migraine and should consider seeking proper treatment.

Be honest with yourself and your provider about how frequent and debilitating your migraine attacks really are so that you can come up with a plan together of how to effectively treat the condition.

Don't agonize over every pill you have to take, or let migraine dictate your life.

Consider doing advocacy work, and check out the websites for CHAMP, Miles for Migraine, and Headache on the Hill.