



Topic

Racial Inequities in Migraine Treatment

Title &
OrganizationPresident & CEO,
Multicultural Healthcare
Marketing Group

Speaker

Sheila L. Thorne

KEY TAKEAWAYS

- People of color experience higher incidence of migraine disease as well as higher frequency and severity of migraine attacks.
- Historical, cultural, and systemic factors contribute to a different — and often inadequate — health care experience for people of color.
- Your ZIP code could have an influence on your experience with migraine.
- Many people suffer in silence, and physicians often minimize the pain of people of color.
- Racist micro-aggressions contribute to chronic stress and may trigger migraines in people of color.
- While some patients may connect better culturally with health care providers of their same racial or ethnic group, they overwhelmingly say that respect and being treated as equal partners are more important than race or ethnicity.
- Health care practitioners, companies, and organizations all have a role in combating racial inequities in health care.
- Community outreach to local gathering places such as barber shops, beauty salons, bodegas, and places of worship can spread information about migraine.

QUOTES

“People of color in this country get sick more frequently. They're screened for illness less often. They're diagnosed later. They're treated less aggressively — and then buried earlier.”

“Your clinical expertise will get the patient to you the first time; your cultural competence will keep them coming back.”

“We're all in this together. And we are entitled to quality health care that's culturally competent, that's equitable. It's not a privilege, it's a civil right.”



PRACTICAL STEPS

- Educate yourself about migraine.
- Advocate for yourself and demand quality care.
- If you are not a person with migraine but you know someone who is, be their advocate.
- Health care companies and organizations must come up with new ways of reaching people and having conversations about race.
- Be aware of and educate others about the racial inequities in health care.
- Lobby for more racial diversity in clinical research.



TREATMENTS CITED

N/A