"If you have to decide between providing someone's diabetes medication or their migraine medication ... oftentimes migraine loses out in that battle."

“Everyone is somewhat underserved when it comes to migraine and headache because there are so few of us that specialize in that area.”

“There are a lot of things that people can do that cost them zero dollars that can make a significant impact in their headache burden, as well as just their quality of life in general.”

**KEY TAKEAWAYS**

- The number of headache specialists in the U.S. is extremely low, and this makes access to care difficult for all people with migraine disease.
- Certain populations in the U.S. are particularly underserved, including those relying on Medicaid and people without health insurance.
- Financial barriers can be a challenge for people seeking migraine treatment, but there are low-cost strategies they can try.
- Stigma about pain disorders impacts people with migraine disease in multiple ways, including availability of headache specialists and the willingness of insurance companies to pay for treatment.
- People need to advocate for more resources for migraine research, and there are many ways to do that.

**QUOTES**

**PRACTICAL STEPS**

- Be open and honest with your doctor about factors in your life that might impact your access to treatment.
- If you live far away from headache specialists, consider trying telemedicine to reduce the cost of care.
- Ask your doctor about older but still very effective treatment options that are likely to be less expensive than the latest new thing.
- If you’re ineligible for pharmaceutical coupon programs because you don’t have private insurance, ask your doctor if they know about other programs that might help with the cost of treatment.
- Talk to your doctor about possible opportunities to make helpful changes in your sleep, exercise, and food routines.

**TREATMENTS CITED**

- Antidepressant medication
- Exercise
- Food decisions
- Sleep

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