Migraine is the most burdensome illness in people under the age of 50, and in females. Among people with migraine who experience more than 15 days per month with headache, 20% are occupationally disabled.

During an attack, the affected person experiences health loss of 43.4% compared with a person in full health.

Migraine is the least publicly funded of all neurological illnesses relative to its economic impact.

Migraine with aura is associated with a 20% increased risk of mortality.

One reason that migraine is underfunded is the misconception that it is “just a headache.”

Migraine is actually a neurological disorder that affects the chemistry and electrical signaling of the brain.

"In most countries, migraine is a leading cause of disability across all ages."

“And I tell my patients that if your doctor is not interested in it, take a brochure, take a printout, and then ask them, ‘You could visit this site, you could take this app, or you could visit the International Headache Society website,’ and bring them to be interested in those things. So, you make them interested in it.”

“Now, the onus is up to us, how we move forward in finding the cure that we are going after. I basically think that this is a curable disease.”

Educate yourself on the types of migraine, treatments, and self-care so you will be able to work cooperatively with your doctor.

Encourage your doctor to learn more about and be more interested in migraine disease.

Understand and share with others information about the costs of migraine disability.

Join local or national migraine advocacy organizations.

Lobby your government to increase funding for migraine research.

Join a migraine patient support group, where you can raise issues and take part in discussions with others.