CHRONIC MIGRAINE DOESN’T HAVE TO FLATTEN ME

Getting hit by migraines with 15 or more headache days a month, each lasting 4 hours or more? Today is the day to talk to a headache specialist and learn how you can fight back.

myChronicMigraine.com
THERE’S A DIFFERENCE BETWEEN HAVING MIGRAINES AND HAVING CHRONIC MIGRAINE.

A BIG DIFFERENCE
If you have Chronic Migraine, you know it’s more than just a migraine. It’s at least half of the month, or more, living with headaches, including some migraines. You might be powering through the pain, but it gets tiring.

That’s why learning about all the different treatment options is important, even if you’ve already tried a few. Working with your headache specialist, you can fight back—today.

EMPOWER YOURSELF WITH KNOWLEDGE
Learn more about Chronic Migraine in this brochure:

The facts about Chronic Migraine 3
What it means to live with Chronic Migraine 4
Rethinking how to treat Chronic Migraine 8
Chronic Migraine & you: Test to understand how it impacts you 12
What to do next: Talk with a headache specialist 14
THE FACTS ABOUT CHRONIC MIGRAINE

If you have Chronic Migraine, you are not alone. You are one of millions living with a debilitating condition.

3.2 million Americans are estimated living with Chronic Migraine
Based on findings from a recent publication summarizing global Chronic Migraine prevalence rates.

Only 20% of people with Chronic Migraine are properly diagnosed
Based on a study of 520 people.

You are not alone—and you may have more options than you think. That’s why talking to a headache specialist is so important.
WHAT IT MEANS TO LIVE WITH CHRONIC MIGRAINE
Chronic Migraine is defined as living with:

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<tr>
<td><strong>15</strong></td>
<td>or more headache days each month</td>
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<td><strong>4</strong></td>
<td>each headache lasting 4 or more hours</td>
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<td><strong>8</strong></td>
<td>or more of the headache days being associated with migraine</td>
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THE DIFFERENCE BETWEEN HEADACHE AND MIGRAINE
Whether it’s a headache or migraine, it hurts. But there is a difference.

A migraine can include:
- Moderate to severe pain lasting 4 to 72 hours
- Nausea and/or vomiting
- Sensitivity to light and sound

People with Chronic Migraine have at least 8 days of migraine every month, in addition to the standard headaches without these symptoms.

AURAS BEFORE A MIGRAINE BEGINS
Some people experience what’s called an “aura” before their migraines start. You may have changes in your vision, speech, or feel numbness.
Chronic Migraine can impact you at work and on vacation

People with Chronic Migraine are more likely to be unable to perform the functions required of them at work compared to people who have migraines less frequently.

Also, a recent study showed some people with Chronic Migraine hadn’t been able to participate in their family vacation due to headache in the past year, and others canceled or missed their family vacation altogether.

How much of an impact does Chronic Migraine have on your life? Go to myCHRONICMIGRAINE.com to take the impact test or see pages 12 and 13 of this brochure.
WHAT CAUSES CHRONIC MIGRAINE
Chronic Migraine is a neurological condition. Its exact cause is unknown, but what is known are the triggers. Stress, hormones, and other things can trigger—or increase your risk of having—a headache or migraine. Avoiding these triggers can help you manage your condition.

WHO IS MORE OFTEN AFFECTED BY CHRONIC MIGRAINE?
Chronic Migraine tends to affect more women than men. Experts believe genes play a role in migraine. Most people with migraine have a family member who also had the condition.

A complete management plan can include avoiding triggers, as well as medications to treat and prevent headache and migraine. Explore all your options with a headache specialist today.
Foods or food additives that may trigger migraine include:
- aged cheese,
- processed or cured meats,
- monosodium glutamate (MSG),
- artificial sweetener (aspartame),
- chocolate,
- pickled goods,
- some fruit,
- and nuts.

### SOME COMMON MIGRAINE TRIGGERS

<table>
<thead>
<tr>
<th>Stress</th>
<th>(especially on weekends following a tough week)</th>
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<td>Hormones</td>
<td>(such as around menstruation)</td>
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<td>Skipping meals, too much caffeine, and certain types of alcohol (eg, wine)</td>
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<tr>
<td>Weather</td>
<td>(such as sudden change in pressure before a storm)</td>
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<tr>
<td>Changes in sleep</td>
<td>(plus sleeping too late)</td>
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<tr>
<td>Smoke or strong smells</td>
<td>(such as perfume)</td>
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</table>

**Foods or food additives that may trigger migraine include:** aged cheese, processed or cured meats, monosodium glutamate (MSG), artificial sweetener (aspartame), chocolate, pickled goods, some fruit, and nuts.
RETHINKING HOW TO TREAT CHRONIC MIGRAINE

Most people living with Chronic Migraine take pain medicine, also known as “acute medications,” after a headache or migraine hits. Research shows that virtually everyone with Chronic Migraine could be treated with a preventive medication, which is a type of medicine used before a headache or migraine starts.

UNDERSTANDING THE 2 TYPES OF TREATMENT

<table>
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<tr>
<th>ACUTE MEDICATION</th>
<th>PREVENTIVE MEDICATION</th>
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<tr>
<td>• Taken after the headache or migraine pain has already begun</td>
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<tr>
<td>• Available over the counter (eg, aspirin, ibuprofen) or by prescription (eg, triptan)</td>
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<tr>
<td>• Taken as needed</td>
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<tr>
<td>• Prevents headaches or migraines before they start</td>
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<td>• Available by prescription</td>
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<tr>
<td>• Taken on a regular basis to reduce the frequency and severity of attacks</td>
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Learn about treatment options at myChronicMigraine.com
WHEN YOUR HEADACHES MAY GET WORSE
You also may be surprised to know you can develop a condition called “medication-overuse headache” if you take acute medications (ie, certain pain medicines) too often. Essentially, you get more headaches as a result of taking too many acute medications over time.

WHAT YOU CAN DO ABOUT MEDICATION OVERUSE
If you find yourself having a lot of headaches and migraines and also take acute medications for every attack, talk to a headache specialist. Working with a headache specialist, you can develop a treatment plan that may be right for you.

CHRONIC MIGRAINE DOESN’T HAVE TO DERAIL YOU.
TALK TO A HEADACHE SPECIALIST AND LEARN HOW YOU CAN FIGHT BACK TODAY.
THINK YOU’VE TRIED IT ALL WHEN IT COMES TO CHRONIC MIGRAINE?

Maybe you feel like you have already exhausted your options. You’ve given up. Most people with Chronic Migraine already take acute medications, and research shows many have also tried several preventive medications already.

So why should you consider exploring all your different treatment options again? Consider the reasons on the next page.

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**Enough is enough?**
You may not think your headaches or migraines are bad enough to explore different treatment options. But consider this: Over a 3-month period, people with Chronic Migraine report 63 days in which they:

- Were less productive at work or home; or
- Missed work, school, or time with family

It doesn’t have to be this way. Now’s the time to talk to a headache specialist and learn about the treatment options that are right for you.
Reasons you need to talk to your headache specialist about Chronic Migraine:

1. You have a lot of headaches and migraines, or they have gotten worse or happen more often than before.

2. Your frequent headaches/migraines interfere with your daily routine, such as social, family, and household activities, or work/school.

3. You worry about whether you can plan activities because of another attack.

4. You might be taking too many acute medications or you’re not getting the response you and your doctor expect.

5. You’re having trouble taking your medications as directed by your doctor.
CHRONIC MIGRAINE & YOU: SEE THE IMPACT

You tend to power through your migraine pain and headache days. But, have you ever stopped to ask yourself: How much is it really impacting me? If you add up the days and think about the severity and frequency of your headaches and migraines, it might be more than you think.

Use this test to find out. You can also take this test online at myChronicMigraine.com.

TAKE A LOOK AT THE NUMBERS:

1. In the last month, how many days did you have a headache or migraine?
   Answer to the best of your ability. It might be easier to think about how many days you were headache-free (without the use of medication). If you had only 10 headache-free days, that means you had about 20 actual headache/migraine days in a 30-day month (30 days per month – 10 headache-free days = 20 headache days per month).

2. In the last month, how many days did you take an acute medication to treat your headaches and migraines? Use the number from the above question to gauge your answer and make your best guess. Was it every time you had a headache or migraine, or did you cope without medication occasionally?

3. In the last month, how many days did you miss family, social, or leisure activities because of your headaches or migraines?

4. In the last month, how many days were you less productive at school or work because of your headaches or migraines?

HOW MANY DAYS OR ACTIVITIES WERE IMPACTED?

Look at your numbers. When you add them up, Chronic Migraine may be having a bigger impact than you realized.

Talk to a headache specialist and learn how you can fight back.
TAKE A LOOK AT THE FREQUENCY:

5. How often was the pain moderate to severe when you had a headache or migraine? Circle your answer for the last month.

- Never  • Rarely  • Sometimes  • Often

6. How often did your headaches and migraines interfere with making plans? Circle your answer for the last month.

- Never  • Rarely  • Sometimes  • Often

7. How often did you worry about making plans because of your headaches and migraines? Circle your answer for the last month.

- Never  • Rarely  • Sometimes  • Often

8. How often do you worry that your headaches and migraines will have an effect on making plans with friends or family (due to cancelled plans or reduced time with them)? Circle your answer for the last month.

- Never  • Rarely  • Sometimes  • Often

9. How often did you have to cancel plans because of your headaches and migraines? Circle your answer for the last month.

- Never  • Rarely  • Sometimes  • Often

HOW OFTEN IS YOUR LIFE IMPACTED?

If you answered sometimes or often to any of the above questions, Chronic Migraine may be having a bigger impact than you realized. Living with Chronic Migraine doesn’t have to be this way.

Talk to a headache specialist and learn how you can fight back.
WHAT TO DO NEXT: TALK TO A HEADACHE SPECIALIST

There are different treatment options that may help you. Maybe more than you think. The next step is a conversation with a headache specialist. Working together, you can figure out which options may work best for you.

HELP YOUR HEADACHE SPECIALIST MAKE THE BEST POSSIBLE RECOMMENDATION

Your headache specialist relies on you to give him/her accurate and complete information. The more you share with your headache specialist, the more he/she can help you.

A headache specialist can recommend different treatment options tailored to your individual situation and past history.
CONSIDER A HEADACHE DIARY BECAUSE EVERY DAY COUNTS

Thinking back to remember headache days, medications taken, and missed activities can be tough.
That’s why many experts recommend using a headache diary to quickly record these details on a daily basis.
Ask a headache specialist whether a diary can help you.
**WRITE DOWN YOUR MEDICATION HISTORY**

If you are currently taking medication or have taken medication in the past for your headaches and migraines, it’s important a headache specialist knows your history. You should also record medications you take for other conditions. He/she needs complete information to ensure there are no interactions between medications.

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<tr>
<th>Name of medication</th>
<th>How often you took it (daily or per month)</th>
<th>How much (eg, 25-mg pill)</th>
<th>How long you took it</th>
<th>How it worked</th>
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USE THESE TIPS AND WORKSHEET TO TALK TO A HEADACHE SPECIALIST

Be prepared to talk about how many headaches and migraines you have and how they impact you. Share information such as:

HEADACHE DAYS PER MONTH
- Include how long each headache lasts and how many were migraine versus headache
- Consider how many days you were headache-free; if you have near-daily headaches, it might be easier to remember how many days you didn’t have a headache instead of how many you did

SEVERITY OF HEADACHE AND MIGRAINE
- Remember ALL headaches count, not just the “really bad” ones
- Share when the headaches were throbbing or associated with the symptoms of a migraine (see page 4)

IMPACT ON DAILY LIFE
- Include whether headache interfered with social or family events, or you were unable to attend school or work
- Consider also whether you were unable to make plans because of worrying about a headache or migraine

TEAR OFF THIS SHEET AND COMPLETE YOUR MEDICATION HISTORY ON THE BACK TO SHARE WITH A HEADACHE SPECIALIST.
Rethink Chronic Migraine and how to treat it with a headache specialist. Together, you can find treatment options that may be right for you. Explore tools to help you at myChronicMigraine.com.