Headaches and migraines following you around most days? It could be Chronic Migraine. Learn more about how you may be able to ditch Chronic Migraine.

Visit MyChronicMigraine.com
There’s migraine, and then there’s me—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 doctor, you can fight back—today.

I’m a troublemaker.

The facts about Chronic Migraine

3.3 million people in the United States are living with Chronic Migraine. If all of those people made up a city, it’d be the 3rd largest city in the US!

Nearly 2/3 of people who are living with Chronic Migraine have not been properly diagnosed, based on a study of 200 people who saw a doctor.

Chronic Migraine affects more women than men. Studies show that 18% of women suffer from migraine, compared to 8% of men.

Keep reading to learn how you may be able to...
It’s my way or the highway!

What it means to live with Chronic Migraine...

Chronic Migraine is a disease. If you have it, you’re living with:

- At least 8 MIGRAINE DAYS per month
- A total of 15 or more MIGRAINE AND HEADACHE DAYS per month*

That’s HALF of each month with migraines and headaches.

Not only does it lurk around more than half your month, Chronic Migraine symptoms can be severe and may include:

- Nausea and/or vomiting
- Sensitivity to light and sound
- Changes in vision, sensation, and speech

Oh, did you have plans today?

People with Chronic Migraine are less able to perform the functions required by their job, and less likely to be employed full-time than people who have migraines less frequently.

Over a 3-month period, people with Chronic Migraine miss an average of 63 days of work, school, and time with family.*

*Including time that was less productive at home or at the office.

In a recent study, 20% of people with Chronic Migraine said they hadn’t been able to participate in a family vacation due to headache in the past year.

Talk to your doctor to learn more about how you can...

#Unfriend CHRONIC MIGRAINE

Make room for me! Bye, Chronic Migraine
Causes of Chronic Migraine

Chronic Migraine is a neurological condition that tends to affect more women than men. Experts believe that genes play a role in migraine, as most people with migraine have a family member who has also had the condition.

While the exact cause of Chronic Migraine is unknown, what is known are the triggers. Stress, hormone changes, and other common occurrences can trigger a headache or migraine. Avoiding these triggers can help you manage your condition.

A few of my favorite things...

Common migraine triggers

**FOOD, DRINK, AND CAFFEINE**
Skipping meals, caffeine withdrawal, and alcohol can all lead to migraines.

**WEATHER CHANGES**
Changes in humidity, temperature, and air pressure are some of the most common migraine triggers and, of course, hardest to control.

**CHANGES IN SLEEP**
A change in your sleep schedule, whether too much or too little, can set off migraines.

**ANXIETY AND STRESS**
A stressful time can be a trigger, but migraine can also show up once you are relaxed after the stressful time is over.

Talk to your doctor to learn more about how you can...
How to treat Chronic Migraine: Preventive vs acute treatment

<table>
<thead>
<tr>
<th>PREVENTIVE</th>
<th>ACUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevents migraine and headache days before they even start</td>
<td>Taken after migraine pain has already begun</td>
</tr>
<tr>
<td>Available only by prescription</td>
<td>Available over the counter or by prescription</td>
</tr>
<tr>
<td>Taken on a regular basis to reduce how often you’ll feel migraines and headaches and reduce their severity</td>
<td>Taken as needed</td>
</tr>
</tbody>
</table>

Does it feel like Chronic Migraine keeps showing up? Shut the door on this unwanted “guest.” Experts recommend preventive treatment for Chronic Migraine to help keep symptoms away.

Taking acute medications too often may lead to more headaches

Did you know that taking acute medications to treat headaches too often can lead to a condition called “Medication Overuse Headache”?

This means... more headaches! It’s true. That’s why it’s important to talk to your doctor about all your medications when discussing Chronic Migraine treatment.

Talk to your doctor to learn more about how you can...
Your Chronic Migraine might be having a bigger impact on your everyday life than you—or your doctor—realize.

Learn just how much by answering these 6 questions, so you can have a better conversation with your doctor.

1. What was the FREQUENCY of your headaches?*

   Q1. In the last 3 months (past 90 days), on how many days did you have a headache of any type? Number of days:

   If you answered 45 days or more, check the "FREQUENCY" box.

   Q2. In the last month (past 30 days), on how many days did you have a headache of any type? Number of days:

   If you answered 15 days or more, check the "FREQUENCY" box.

2. What were your SYMPTOMS when you had headaches in the last month (past 30 days)?

   Q3. How often were you unusually sensitive to light (e.g., you felt more comfortable in a dark place)?
   
   Q4. How often were you unusually sensitive to sound (e.g., you felt more comfortable in a quiet place)?
   
   Q5. How often was the pain moderate or severe?
   
   Q6. How often did you feel nauseated or sick to your stomach?

   If you answered "C" or "D" to questions Q3, Q4, and Q5, check the "SYMPTOMS" box.

   If you answered "C" or "D" to both questions Q5 and Q6, check the "SYMPTOMS" box.

3. Tally your responses, and then bring this information to your doctor.

   If you checked both of these boxes:

   SYMPTOMS
   FREQUENCY

   You may have Chronic Migraine

4. Questions to ask your doctor:

   1. Do I have Chronic Migraine?
   2. What's the difference between Chronic Migraine and other types of migraine?
   3. What treatments are available for Chronic Migraine?

*When answering Q1 and Q2, if you don’t remember the exact number of headache days, please give the best answer you can. If a headache lasted more than 1 day, count each day.

†When answering Q3 through Q6, describe the pain and other symptoms you have with your headaches. If you have more than 1 type of headache, please answer for your most severe type.
Every day counts. Consider a headache diary.

Remembering all your 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 your doctor if 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 that your doctor knows your history. You should also record medications you take for other conditions. Your doctor needs complete information to ensure there are no interactions between medications.

<table>
<thead>
<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>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Make your next step a conversation with your doctor.

Use these tips and worksheet to talk to your doctor.

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 lasted and how many were migraine vs headache
- Consider how many days you were totally 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

**Impact on daily life**
- Include whether headache interfered with social or family events, or you were unable to attend school or work
- Also consider when you couldn’t make plans because of worrying about a headache or migraine

Tear off this sheet and complete your medication history on the opposite side to share with your doctor.
There are treatment options that may help you...

#Unfriend

CHRONIC MIGRAINE

Talk to your doctor to learn more or Visit MyChronicMigraine.com

JOIN OUR COMMUNITY ON FACEBOOK