

# Virus Action Brief



## MIGRAINE AND COVID-19

### DID YOU KNOW?

- Migraine is more common than asthma, diabetes or congestive heart failure.
- An estimated 30 million (22 million women; 8 million men) Americans have migraine – 12 percent of the population
- 1 in 4 households contain someone with migraines
- Migraines are often misdiagnosed or undertreated
- An average of 80 percent of diagnosed and undiagnosed sufferers say their headaches are severe or extremely severe.

National Headache Foundation. American Migraine Study II: Migraine in the United States: Burden of Illness and Patterns of Treatment

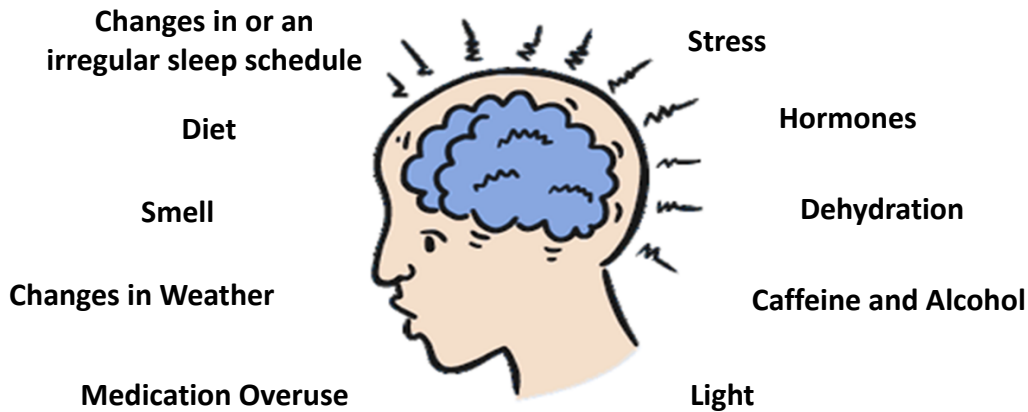


Picture courtesy of womenshealth.gov

The COVID-19 pandemic has impacted our lives unlike any event in our lifetime and has challenged us to change and adapt to new routines. This “new normal” has introduced many stressors in our lives, like changes to our daily routine, loneliness from social isolation, fear of getting sick or infecting others, and financial stress because of job loss or furloughs. With these sudden changes come increased health risks, such as the onset of **migraine headaches**. Migraine is the sixth most disabling illness in the world. Every 10 seconds, someone in the U.S. goes to the emergency room complaining of head pain, and approximately 1.2 million visits are for acute migraine attacks. Healthcare and lost productivity costs associated with migraine are estimated to be as high as \$36 billion annually, U.S. employers lose more than \$13 billion each year as a result of 113 million lost workdays because of migraine.

# EDUCATION EMPLOYERS CAN PROVIDE EMPLOYEES TO INCREASE MIGRAINE AWARENESS DURING COVID-19

## What are the Top 10 Triggers of Migraines?



## COVID-19 Considerations for People Living with Migraine

1. Have an adequate supply of your medication – acute, rescue, and preventive
2. Telehealth visit instead of in-person headache specialist visit, if available
3. Be mindful of routine and diet to reduce migraine triggers
4. Stay calm and limit stress
5. Look for alternative methods of social interaction. Visit <https://www.facebook.com/groups/MoveAgainstMigraine> to stay connected to others with migraine.

American Migraine Foundation Resource Library on COVID-19 and Migraine

## Additional Resources

1. [https://www.speakyourmigraine.com/?gclid=EAlalQobChMIopT\\_mtf86QIVVT2tBh1kKwntEAAAYASAAEgK-UfD\\_BwE&gclsrc=aw.ds](https://www.speakyourmigraine.com/?gclid=EAlalQobChMIopT_mtf86QIVVT2tBh1kKwntEAAAYASAAEgK-UfD_BwE&gclsrc=aw.ds)
2. <https://americanmigrainefoundation.org/>
3. Working With Migraine: Send an email to [WorkingWithMigraine@amgen.com](mailto:WorkingWithMigraine@amgen.com) to register, you will receive log-in details to access the resources

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