

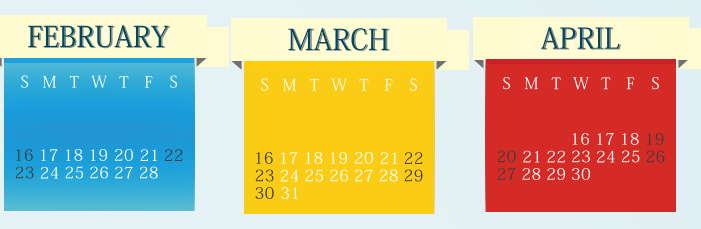
# CHRONIC MIGRAINE

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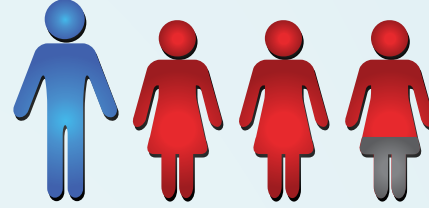
## General Facts

CM occurs when individuals meet criteria for migraine and average **15 or more headache days/month** for at least 3 months<sup>1,2</sup>



It is estimated that up to **144 million** people in the world have CM<sup>3,4</sup>

This is as many people as those who watched the Super Bowl and the Oscars combined.



Both migraine and CM are **2-3 times** more common in women than men<sup>3,4</sup>

Between **3 and 7 million** people in the US have CM<sup>3</sup>



The number of people with CM is approximately the same as the populations of Los Angeles and Chicago combined.

**1.3%** of women and **0.5%** of men in the US meet criteria for CM<sup>3</sup>



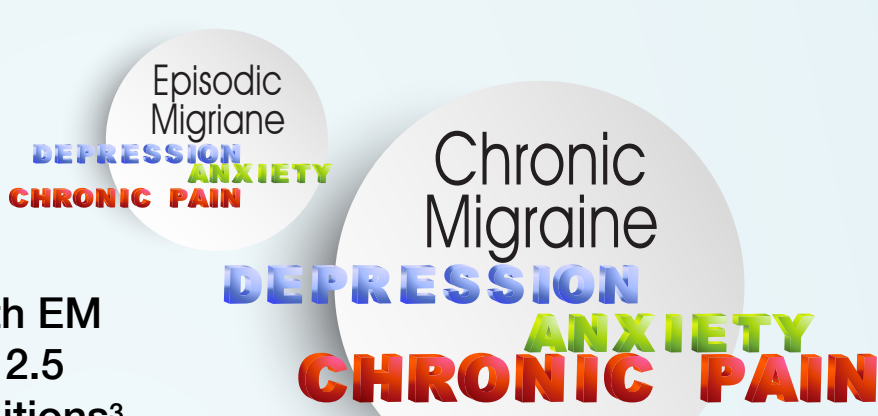
The number of women with CM (3.2 million) is approximately the same as every person in Iowa.

The number of men with CM (750,000) is approximately the same as every person in San Francisco.



## Burden of Migraine and Chronic Migraine

People with CM are twice as likely as people with EM to also have depression or anxiety, and they are 2.5 times more likely to also have chronic pain conditions<sup>3</sup>



Compared with people with EM, people with CM<sup>13</sup>



- Miss more
  - Work/school
  - Days from household responsibilities
  - Family, social and leisure activities
- Are less productive while at work

Compared with people with EM, people with CM<sup>8-12</sup>



- Have higher headache-related disability and burden
- Experience a reduced quality of life
- Use more healthcare resources
- Show a higher rate of psychiatric co-morbidities

## Progression from EM to CM

Among people with EM one year, **2-3%** will develop CM the following year<sup>5,6</sup>



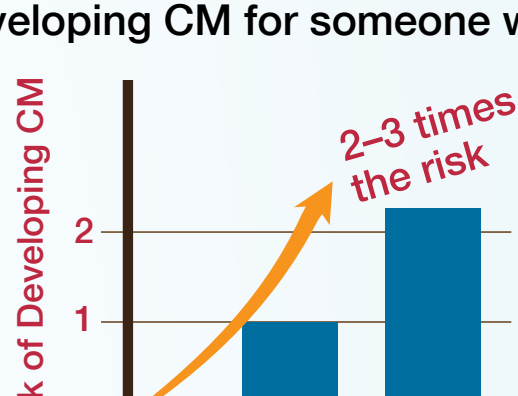
Episodic migraineurs with cutaneous allodynia (CA; heightened skin sensitivity) are almost 1.5 times as likely to develop CM as those without CA<sup>7</sup>

If you have EM and this hurts... you're 50% more likely to develop CM.



If you have EM and nausea with your migraines you are twice as likely to develop CM<sup>17</sup>

Depression more than **doubles** the risk of developing CM for someone with EM<sup>7</sup>



## Healthy Lifestyle Behaviors



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## OUR WEBSITES

[www.AmericanHeadacheSociety.org](http://www.AmericanHeadacheSociety.org) - American Headache Society (AHS)

[www.AmericanMigraineFoundation.org](http://www.AmericanMigraineFoundation.org) - American Migraine Foundation (AMF)

<http://ahma.memberclicks.net/> - American Headache and Migraine Association (AHMA)

[www.headachejournal.org](http://www.headachejournal.org) - Headache: The Journal of Head and Face Pain

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