

Women, Migraine Disease & the Workplace



1 IN 4 WOMEN EXPERIENCES MIGRAINE ATTACKS,¹

most often at age **33-55**—
during child-rearing and
prime wage-earning years.²



DIRECT & INDIRECT MIGRAINE COSTS IN THE U.S. = \$78 BILLION³



Meanwhile, women **miss out**
on opportunities and
promotions at work.

EMPLOYERS CAN

Reduce absenteeism & boost productivity
by providing **health benefits** that make
migraine therapies accessible to staff.

They can also **minimize migraine triggers** through:



Implementing
fragrance-free
workplace policies



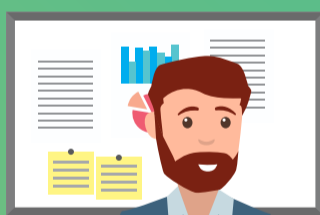
Swapping out
fluorescent lights



Offering **anti-glare**
computer screen
shields



Providing a
dark room



**The Headache
& Migraine**
POLICY FORUM

Migraine disease shouldn't
stop women from succeeding
in the workplace.

LEARN MORE ▶

Sources:

¹Migraine Research Foundation. About migraine. <https://migraineresearchfoundation.org/about-migraine/migraine-facts/>

²Lipton RB, Stewart WF, von Korff M. Burden of migraine: Societal costs and therapeutic opportunities (Abstract). *Neurology*. 1997. 48(3 suppl 3):S4-S9.

³Gooch C, Pracht E, Borenstein A. The burden of neurological disease in the United States: A summary report and call to action. *Ann Neurol*. 2017;81:479-484.