MIGRAINE DISEASE IS A SPECTRUM

Some people have a few headache days each month. Some people have many.

MIGRAINE DAYS/MONTH
0  1  2  3  4  5  6  7  8  9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

EPISODIC
0-8 DAYS/MONTH
HIGHLY EPISODIC
9-14 DAYS/MONTH
CHRONIC
15+ DAYS/MONTH

MIGRAINE ATTACKS CAN LAST FROM A FEW HOURS TO DAYS OR WEEKS, IF UNTREATED.

Migraine disease symptoms vary from person to person.

MIGRAINE DISEASE CAN CAUSE ANY OR ALL OF THESE SYMPTOMS:

- Prickly or burning sensations
- Blurry or blacked-out vision
- Difficulty thinking or communicating
- Throbbing or pulsing pain on one side of the head or neck
- Sensitivity to light, smell or sound
- Nausea or vomiting

People living with migraine disease need patient-centered care to address their individual migraine experience.