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
HIGH 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.

The Headache & Migraine Policy Forum