

Migraine is a complex neurological disorder

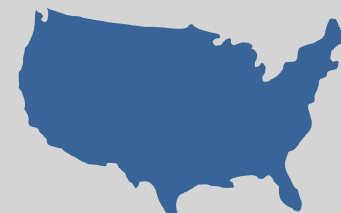
What is migraine?

Pain is often described as an **intense pulsing or throbbing** in one area of the head






Who gets migraine?

15.3%
of adult Americans¹











3x
more common
in women²

Migraine is more than a headache

-  Aura (e.g., visual disturbances)
-  Nausea and/or vomiting
-  Sensitivities to light and/or sound



Common triggers/exacerbating factors

-  Bright lights
-  Stress
-  Anxiety
-  Lack of sleep
-  Hormonal changes
-  Lack of food
-  Diet
-  Dehydration



11th leading cause of disability in US³



Research at the NIH

Understanding migraine, treatment, and prevention

<https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page>



Complementary health approaches (e.g., mindfulness, acupuncture)

<https://www.nccih.nih.gov/health/headaches-in-depth>



Migraine Trainer[®]: an app to track migraines and health habits

<https://newsinhealth.nih.gov/2019/08/migraine-trainer>



References

- <https://www.cdc.gov/acute-pain/migraine/index.html>
- <https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page>
- <https://www.thelancet.com/lancet/visualisations/gbd-compare>