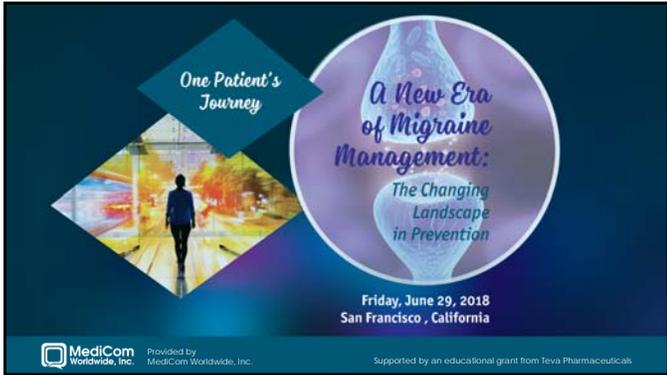


# A New Era of Migraine Management: The Challenging Landscape in Prevention




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### Migraine is Highly Prevalent...

- Three-month self-report prevalence in adults
  - 1 in 6 Americans
  - 1 in 4 women
- Children and adolescents
  - 7.7-9.1% overall
  - 9.7% of girls
  - 6.0% of boys

- Prevalence of migraine or severe headache highest in American Indian or Alaskan Natives
  - Lowest prevalence in Asians
- Higher burden in:
  - Ages 18-44 (17.9%)
  - Unemployed (21.4%)
  - Family income X \$35,000/year (19.9%)
  - Elderly and disabled (16.4%)
- Third leading cause of ED visits in reproductive aged women

Burch R, et al. Headache. 2018;58:496-505; Ozge A, et al. Curr Pain Headache Rep. 2016;20:14.

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### ...and Highly Disabling

Global Burden of Disease Study

- Headache is the 2<sup>nd</sup> leading cause of years lived with disability (YLD) worldwide
- Headache disorders are the cause of **more than three-quarters** of all neurological YLDs (6.5% of all YLDs)
- Migraine is the 3<sup>rd</sup> among people ages 15-49 years (GBD 2016)
- Migraine is the 2<sup>nd</sup> cause of disability in both sexes and all ages (#1 is low back pain)
- And the **first** cause of disability in persons under age 50

Saylor D, et al. Semin Neurol. 2018;38:182-190; GBD 2015. Lancet. 2016;388:1545-1602; Steiner TJ, et al. J Headache Pain. 2018;19(1):17.

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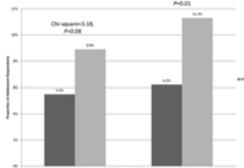


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- Missed group activities (family, school, sports, performance)
- Missed social activities (movie, party, friends visiting, friends had to leave)
- Missed major events (vacation, holidays, celebrations)

Anxiety and depression rates among adolescents whose parent had migraine



Buse DC, et al. Headache. 2018;58:512-524.

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### Rate of Self-Awareness of the Diagnosis is Low

German Health Interview Study (n=7341)

- Screened for severe headaches in the previous 12 months  
12-month prevalence 60% (women 66%, men 53%)
- Diagnosed with migraine using ICHD-2 criteria  
12-month prevalence 10.6% (women 15.6%, men 5.3%)

“Do you believe that your headaches were, at least in part, due to migraine?”

- 70% of patients with migraine regarded their headaches as migraine
- 41% had consulted a physician for headache in 12 months
- 65% of those had received a diagnosis of migraine

Radtke A, et al. Cephalalgia. 2012;32:1023-1030; Lipton RB, et al. Neurology. 2002;58:885-894.

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### Most common misdiagnoses by physicians:

- Tension-type headache (55.6%)
- Sinus headache (9.1%)
- Other (35.4%)

### Factors predicting higher self-awareness:

- Greater headache intensity
- Greater number of headache days
- Photophobia and photophobia, nausea or vomiting, unilateral pain, throbbing pain, visual aura
- Sex and having a medical consultation were NS

- In a 2002 U.S. study, only 53% of patients correctly diagnosed their own migraines

Radtke A, et al. Cephalalgia. 2012;32:1023-1030; Lipton RB, et al. Neurology. 2002;58:885-894.

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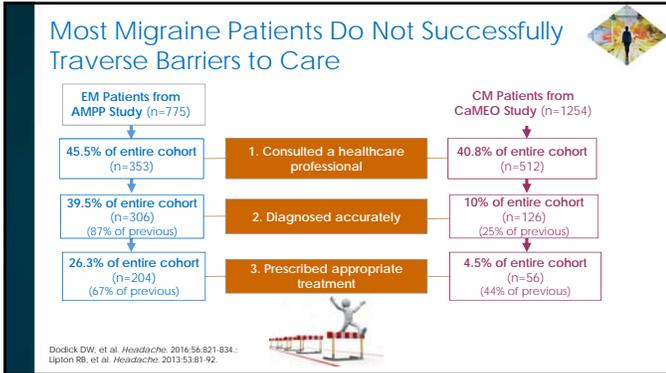
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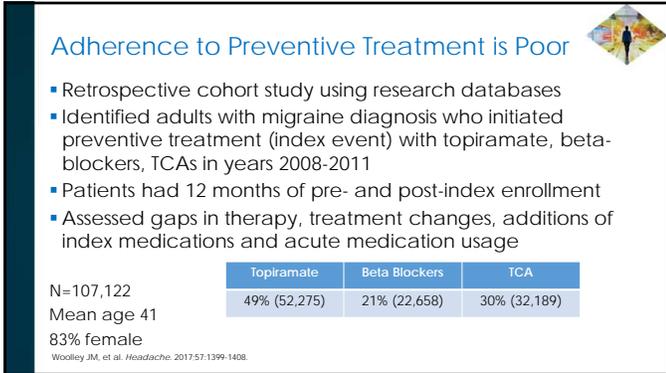
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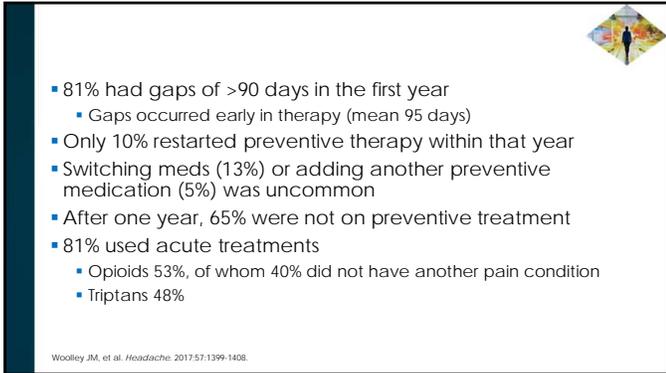
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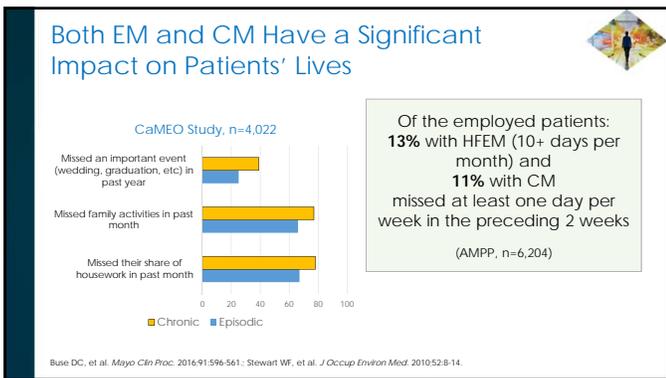
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### Stigma of Migraine

Study of EM (n=123), CM (n=123) and epilepsy (n=62) patients using the Stigma Scale for Chronic Illness

- CM patients reported more stigma than epilepsy and EM patients
- EM and CM patients had higher rates of internalized stigma than those with epilepsy
- Stigma was correlated with inability to work in all groups
- Age, income and education did not affect stigma scores

Young WB, et al. *PLoS One.* 2013;8(1):e54074.

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### How Do Neurologists Perceive Migraine?

368 French neurologists, of whom 48.6% had migraine

- 92.3% claimed to be very or quite interested in migraine
- 96.5% considered it a "real" illness
- 96.6% considered it very or quite disabling
- About half considered it challenging to treat because of:
  - Unrealistic patient expectations (46.2%)
  - Time-consuming treatment (48.9%)
  - Complications of co-existing anxiety and depression (59.5%)
  - Medical nomadism (47.0%)

No difference between those who did and did not have migraine

Donnet A, et al. *Headache.* 2010;50:1115-1125.

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# A New Era of Migraine Management: The Challenging Landscape in Prevention

## There is a Shortage of Headache Specialists to Care for Migraine Patients



- Currently 475 UCNS-certified headache medicine specialists in the US and Canada
- One specialist for every 80,000 patients
- Marked geographic disparity
  - Best patient ratio: DC, NH, NY, NB
  - In 2014, six states had no headache specialist
- Most located in urban and higher income areas
- Long wait times for appointments
- Headache Medicine Fellowship programs are largely unfilled

Rosen NR, et al. International Headache Congress, 2013; Rizzoli P, et al. Headache. 2014;54:1591-1600; Minen MT, et al. Headache. 2015;55:1092-1101

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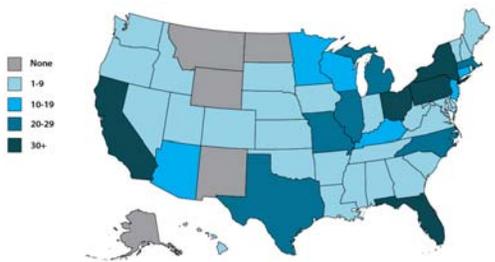
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## State by State Breakdown of UCNS-Certified Headache Specialists



www.theaspecs.com

Source: Data Provided by Neurological Specialists

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