

Could your **headaches** actually be **CHRONIC MIGRAINE**?

Chronic Migraine is a distinct neurologic condition defined as having **15 or more headache days per month**, with headaches lasting **4 hours/day or longer**.¹



The condition impacts **3.2 million Americans** today,^{*2,3} however, many people don't know they have it.

Based on one study (n=520), it is estimated that approximately **80% of those who meet the clinical definition of Chronic Migraine have not received an accurate diagnosis**⁴ and as a result, may be unaware of their treatment options.



Recent research[†] indicates that the burden of Chronic Migraine extends well beyond the people living with it, **significantly impacting family members** as well.⁵



3x/month
on average respondents
missed a date or social event with their partner.⁵



7x/month
on average respondents
reported reduced involvement in family activities⁵



4x/month
on average respondents
cancelled plans⁵



1 in 5
of respondents
missed a planned family vacation
within the past year.⁵

The new **Identifying Chronic Migraine (ID-CM) screening tool**, the only tool developed using the most recent headache classification guidelines, is now available to help you communicate your headache symptoms and the impact those symptoms have on your daily life to your doctor.⁶

To learn more about Chronic Migraine and to find a specialist in your area, visit **www.MyChronicMigraine.com**.

*Prevalence calculation is based off of census projections.

†The Chronic Migraine Epidemiology and Outcomes (CaMEO) Study is a cross-sectional and longitudinal Internet study designed to characterize the course of episodic migraine (EM) and chronic migraine (CM). Participants were recruited from a Webpanel using quota sampling in an attempt to obtain a sample demographically similar to the U.S. population.

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