

# STRATEGIES TO THINK TALK AND TREAT THE FULL IMPACT OF MIGRAINE

## Migraine is a Driving Cause of Disability Worldwide

Some people with significant disabling headache often do not recognize it as migraine, but its impact persists.

| In fact, migraine is the:  |  |  |
|--|--|--|
| <b>#1 Cause</b><br>of disability in women<br>aged 18-45 <sup>1</sup> | <b>#2 Cause</b><br>cause of years lived with<br>disability globally <sup>1</sup> | <b>Common Reason<br/>for Neurology<br/>Consultations<sup>2</sup></b> |

## Despite Advancements in Treatment, the Clinical Care Gap Persists

In the largest population-based survey of its kind, OVERCOME investigated the medical diagnosis, patient perspectives and medication use of people living with migraine.

| Results showed that migraine impact extends beyond attacks. <sup>3,4</sup>  |   |
|---|---|
| The majority of people with migraine experience migraine-related disability which increased with headache day frequency. <sup>3</sup> | Across monthly headache days, migraine-related stigma was associated with increased disability and worry between attacks as well as decreased quality of life. <sup>4</sup> |

Despite the high impact and burden of migraine, many patients who might benefit from prescription therapies are not receiving them.<sup>3,5</sup>

**56%** of patients seeing a neurologist or headache specialist who were eligible for preventive treatment are not receiving the recommended preventive treatment.<sup>6</sup>

## Think Talk Treat Migraine

Neurologists and headache specialists are trained to optimize care for those living with migraine, but challenges such as limited time with patients and patient hesitation to share the full impact of migraine can lead to underdiagnosis and undertreatment. The simple Think Talk Treat algorithm was designed to streamline clinical conversations in order to improve migraine diagnosis and care:



### THINK

Ask patients if they experience: headaches limiting their activities, nausea, and/or sensitivity to light. If the answer is “yes” to two of these, it’s highly likely they have migraine.<sup>7</sup>



### TALK

Initiate a discussion about the impact of migraine during and between attacks on daily activities.



### TREAT

Determine the treatment path based on impact:

- $\geq 1$  day per month = acute treatment
- $\geq 4$  days per month = preventive + acute treatment<sup>8</sup>



Think Talk Treat  
**MIGRAINE**<sup>®</sup>

When you see patients with migraine, ask them about the impact it is having on their lives to determine how to best treat them.

### References

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