

UNDERSTANDING AND MITIGATING MIGRAINE - RELATED STIGMA



Stigma is a common part of living with migraine

31.7% of people with migraine experienced migraine-related stigma often or very often.¹

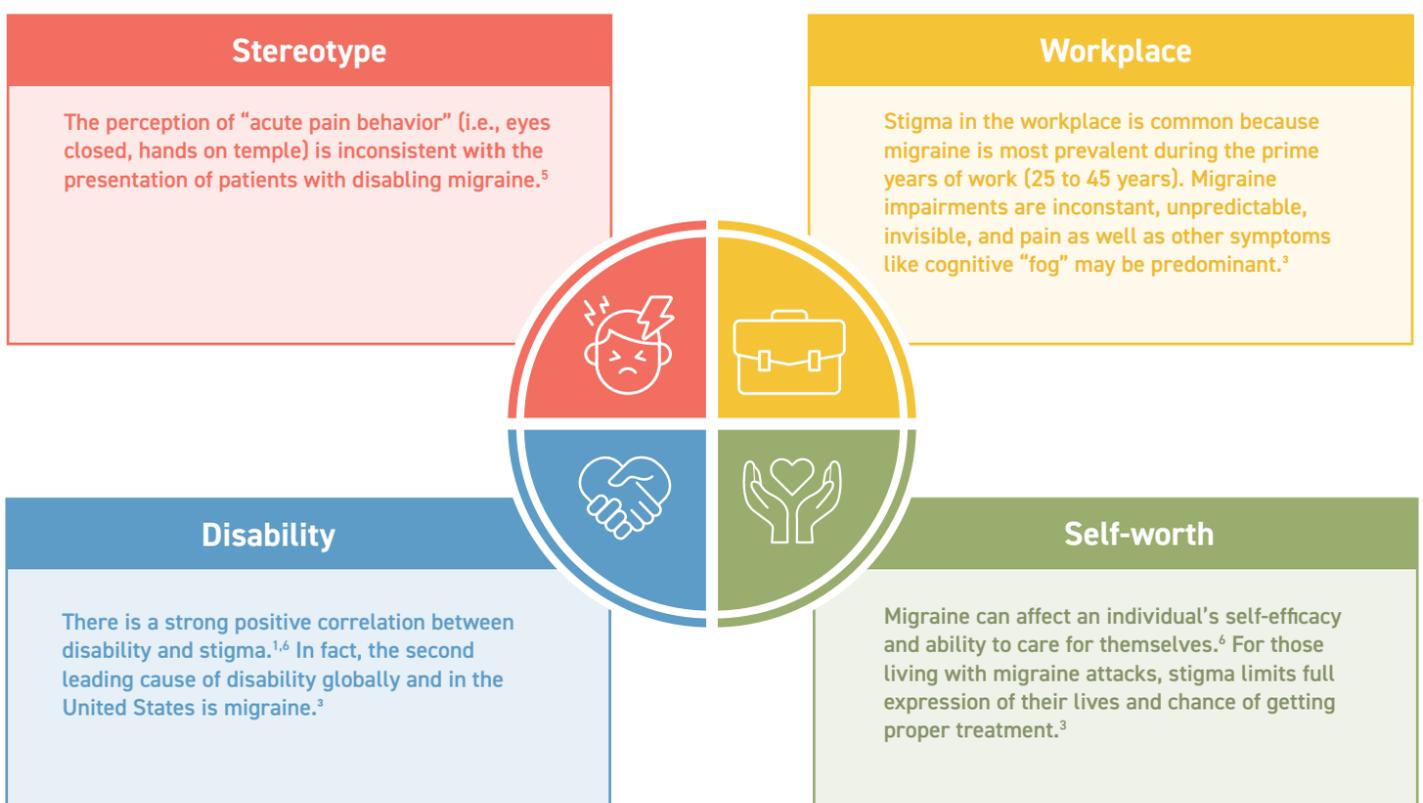
34% of people are hiding their migraine in the workplace.²

78% of employers say that migraine is not “a serious enough reason to be absent from work.”³

People living with migraine report two common forms of stigma being others believing that migraine is not burdensome and that migraine is used for secondary gain⁴

Migraine-related stigma affects all aspects of life

People living with migraine deal with stigma in various facets of their lives, including:



Ways to mitigate migraine-related stigma

Understanding the stigma of migraine and learning how to develop effective interventions can improve care.⁶ When counseling patients, healthcare professionals (HCPs) should:

- ✓ Deemphasize the role of managing “triggers” and medication “overuse” to decrease patients blaming themselves for their attacks.⁶
- ✓ Support patients through positive attitudes and messages of empowerment.⁶
- ✓ Reframe the language used surrounding migraine, by limiting use of terms like “migraineurs”.⁶

The Think Talk Treat Migraine® program can serve as the foundation for HCPs to establish an open, honest and frequent dialogue with patients.

For more information on Think Talk Treat Migraine

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References

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