

# MIGRAINE AT WORK



Welcome to the second edition of the Migraine at Work quarterly newsletter. We have compiled highlights from the quarter including webcasts, articles, and posts. There is currently a great deal of momentum around migraine management in the workplace, and we are continuing to build on this. We would love to hear your voice on this topic - please send us your thoughts and suggestions.

Migraine at Work is a project of the World Health Education Foundation. Our steering committee includes representatives from MigraineAgain, the Headache and Migraine Policy Forum, the National Headache Foundation, the American Migraine Foundation, the International Headache Society- Global Patient Advocacy Coalition, and Robert Shapiro, MD, PhD.

Migraine disease is a chronic and often debilitating condition affecting 39 million Americans. Nearly every workplace in the country is impacted by migraine disease through absenteeism and presenteeism. Despite the prevalence of the disease, there is a lack of education and awareness around it. In the workplace, this often leads to unintended stigma and bias against employees living with migraine disease.

That's why we established Migraine at Work. Together, we're educating organizations about the workplace needs of individuals living with migraine disease. Our mission is to give employers and employees the tools they need to build healthier, stigma-free and more productive workplaces.

## FROM THIS QUARTER

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# MIGRAINE & HEADACHE AWARENESS MONTH

Migraine at Work collaborated with the greater migraine advocacy community to celebrate National Migraine and Headache Awareness Month (#MHAM) throughout June.

#MHAM consisted of daily blog posts from community advocates, webinars, and a series of observance days. Themes included novel treatments, healthcare disparities, and ensuring a wider population is represented within the migraine advocacy community.

## HEADACHE AT WORK DAY

The migraine community recognized Headache at Work Day on June 1 to raise awareness for the need for employer accommodations for people living and working with migraine disease and headache disorders. More than 157 million workdays are lost in the United States and decreased productivity and health care costs total \$37 billion yearly.

## OTHER OBSERVANCE DAYS INCLUDED:

6/6: VETERANS WITH HEADACHE DISEASES

6/7: REMEMBRANCE DAY

6/19: DISPARITIES IN HEADACHE

6/20: HEADACHE DISEASES AND MEN

6/21: SHADES FOR MIGRAINE

6/29: CHRONIC MIGRAINE AWARENESS DAY



## Migraine at Work: Working 9 to 5 — Or Maybe Not!

June 1, 2021

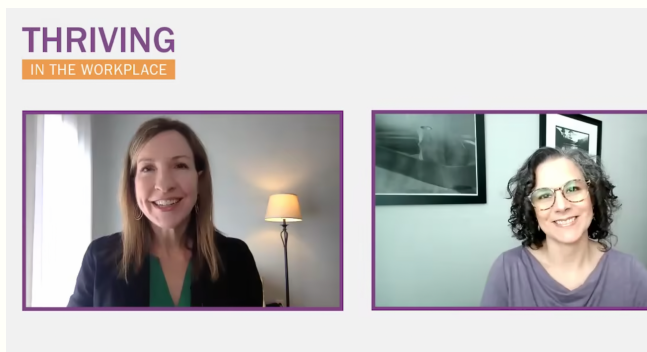
## TOP BLOG POSTS SHARED THROUGHOUT THE MONTH

- [Migraine at Work: Working 9 to 5 — Or Maybe Not!](#)
- [Migraine at School: Hope for Parents of Children with Migraine](#)
- [Navigating the World as a Queer Black Migraine Patient](#)
- [Veterans Need Treatment for Migraine Disease and Headache Disorders](#)
- [Parenting with Migraine](#)
- [A Hopeful New Era for Headache Treatments](#)

## WEBCASTS: THRIVING IN THE WORKPLACE SERIES

We have continued our webcast series, Thriving in the Workplace. Six episodes are currently on the website and have been promoted across various channels.

Join host, Wendy Bohmfalk, as she talks with migraine advocates and experts about how to navigate migraine in the workplace. Discover practical tips and inspiring content to help you stay healthy, encouraged and employed.



### EPISODE 6: CHARTING A NEW COURSE – COOKING UP A NEW CAREER

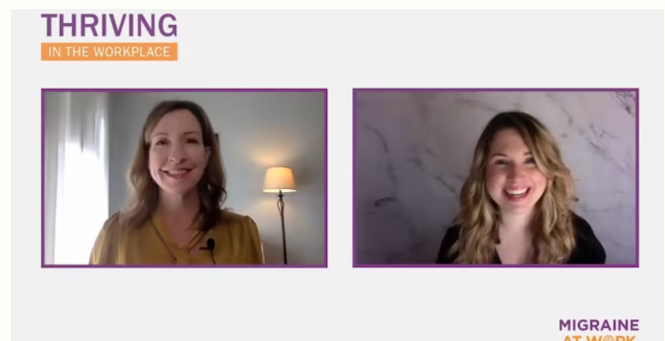
**EXPERT GUEST: Alicia Wolf, Author of the Dizzy Cook**

Despite our best efforts, sometimes migraine disease can push us out into an entirely new career path. Discover how Alicia Wolf started over and found an entirely new and rewarding career with vestibular migraine.

### EPISODE 5: CAREGIVER IN THE WORKPLACE

**EXPERT GUEST: Kristin Schreck- Co-founder, Senior Researcher of Schreck Marketing Consultants**

Migraine disease does not just affect one person- it can affect the entire family. Learn how Kris Schreck navigated her career while also being a caregiver for her son with chronic migraine.



## ORIGINAL ARTICLES

Our original content aims to answer the central questions around Migraine at Work, such as what is migraine disease, how does it affect the workplace, and what can be done to reduce this burden.

We tailor our content to be relevant to both the employee and employer, answering the pressing questions from each perspective.



### WHEN COMPANIES TAKE ON MIGRAINE IN THE WORKPLACE

**AUTHOR: Bruce Shaw**

Learn how companies like Novartis have implemented migraine in the workplace programs and received enormous ROI.

### STAYING PRODUCTIVE WHILE COMBATING MIGRAINE: A PATIENT'S PERSPECTIVE

**AUTHOR: Pratyusha Ghoshal Roy**

As a young and ambitious professional, Pratyusha worried how migraine disease would impair her relationship with both work and colleagues. Discover the tips which allow her to successfully navigate her symptoms throughout the workday.



### WHY IS MIGRAINE A VETERANS' ISSUE

**AUTHOR: Kellie Pokrifka**

Hiring veterans means prioritizing migraine workplace programs. Find out why this is necessary and how to make it happen in your office.





## SHARED CONTENT

Migraine in the workplace has never been more prominent in mainstream news. Between the increased focus on health through the Covid-19 pandemic and the deluge of employees now working from home, people want answers.

How do I maintain a work-life balance while working from home? What accommodations can be made from a home office? How do I manage my migraine with this increased screen time and Zoom fatigue? Migraine at Work shares the most relevant material helpful for our audience.



### HIDDEN PAIN: MIGRAINE STIGMA AT WORK IS A BIG PROBLEM

**SOURCE:** Migraine Again

**AUTHOR:** Angie Glaser

Only 42% of employees calling out of work for a migraine attack reveal the true reason is migraine. Learn how your own stigma against migraine may be causing your employees shame and mistrust of the company.

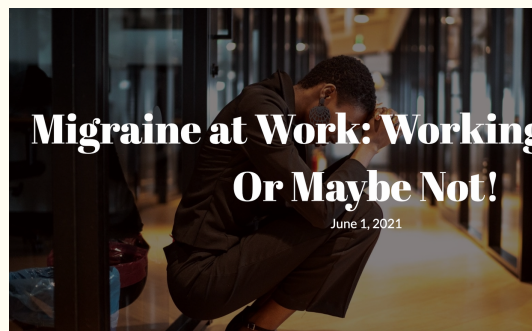


### CALLING IN SICK? GOOD CONVERSATIONS ABOUT MIGRAINE AT WORK

**SOURCE:** Migraine Again

**AUTHOR:** Paula Dumas

Worried about how to call out of work for a migraine attack? Learn from Paula's script on the best way to explain this stigmatized condition.



### MIGRAINE AT WORK: WORKING 9 TO 5- OR MAYBE NOT!

**SOURCE:** National Headache Foundation

**AUTHOR:** Mary Franklin

To celebrate Migraine and Headache Awareness Month, one of the original founders of Migraine at Work explained how to best accommodate yourself in the workplace.



### YOUR PATIENT WANTS TO FILE FOR DISABILITY HERE'S HOW YOU CAN HELP

**SOURCE:** Neurology Today

**AUTHOR:** Lola Butcher

As a doctor, learn a few easy ways to improve the chances of your patients' SSDI cases being approved.

## SHARED VIDEO CONTENT

Migraine Again has a featured video series called "My Migraine Experience" highlighting real world examples of people living and working with migraine disease.

These advocates showcase what migraine disease has taken from their lives and the steps they took to adjust to this new normal.



### MY MIGRAINE EXPERIENCE VIDEOS

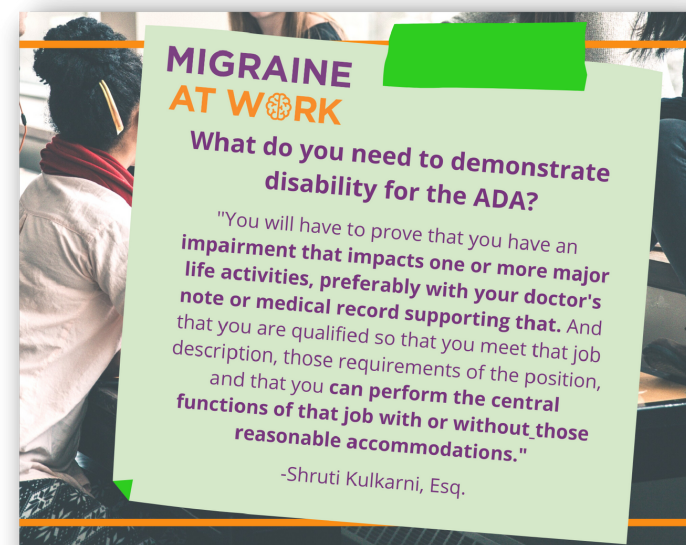
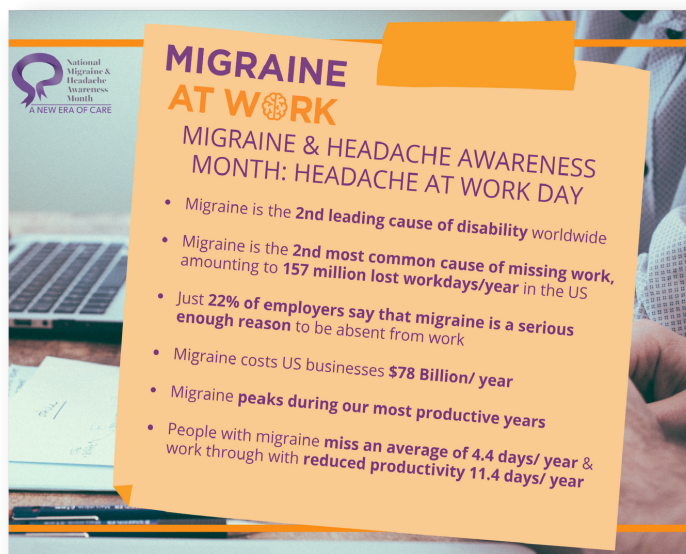


Real people with migraine share their experiences in this video series. LaQuinda is a transplant nurse who made big strides with her Migraine management. Bryon is a father trying to juggle family life and daily pain. Elizabeth is a mom and educator who is determined to find purpose in her pain.



**SOURCE:**  
**MIGRAINE AGAIN**

## SOCIAL MEDIA



Our social media focuses on educating both employees and employers about various aspects of Migraine at Work, including education about migraine disease, workplace rights, and accommodations in the workplace.

Migraine World Summit shared an [infographic](#) for their #MigraineMonday series detailing Paula Dumas' SAFER plan to accommodations in the workplace, linking back to Migraine at Work. This post was in the top two posts from the MWS account, highlighting the need for these resources in our community.

In May, Migraine at Work reached the 1,000 follower benchmark on Instagram, and has continued to build momentum.

[FOLLOW US ON INSTAGRAM](#)

[LIKE US ON FACEBOOK](#)

[FOLLOW US ON LINKEDIN](#)

[JOIN OUR LINKED IN PRIVATE GROUP FOR EMPLOYEES](#)

[JOIN OUR LINKED IN PRIVATE GROUP FOR HR, EMPLOYERS](#)



# Men & Migraine Disease



## 9 MILLION

men live with  
migraine

### MANY MEN NEVER:



Report their  
symptoms



Receive an  
accurate diagnosis



Seek  
treatment

Migraine is the  
**LEADING CAUSE  
OF DISABILITY**  
for anyone under 50.

Not seeking treatment  
can significantly affect  
quality of life.



## HEADACHE & MIGRAINE POLICY FORUM- MEN & MIGRAINE DISEASE

### SOURCE: HMPF

Migraine is NOT a women's disease. Learn how men are affected by this debilitating neurological disorder.

## INFOGRAPHICS

One of our primary pillars of Migraine at Work is employee and employer education about migraine disease. This is made easy with helpful infographics from affiliated organizations. We have a library of infographics on various topics, and can provide any or all of these to your company depending upon your needs.

The infographics shown on this page are previews of the full images, which can be provided upon request.



# MIGRAINE AT WORK

For more information, please feel free to reach out.

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