

# MIGRAINE AT WORK

## Letter of Support

To Whom It May Concern:

Migraine disease is a serious, often debilitating neurological condition affecting 39 million Americans – and notably, about one in four women. If left untreated, the disease can have serious health consequences, including depression, anxiety, and chronic disease, and may result in added healthcare costs.

At *Migraine at Work*, we believe a lack of understanding about the effects of migraine disease in the workplace hurts employee productivity and the health of millions of migraine sufferers across the country. Too often, limited education and awareness leads to unintended stigma and bias against employees suffering from migraine disease. Consequently, this stigma is a factor inhibiting women's progress in the workplace.

However, research shows that helping employees effectively manage their migraine disorder can not only improve their quality of life, it can also improve productivity on the job and their value to employers.

The *Migraine at Work* campaign is an initiative of the World Health Education Foundation, the Headache and Migraine Policy Forum, the National Headache Foundation, and Dr. Robert Shapiro, MD, PhD.

You can find resources – including suggested workplace accommodation suggestions, migraine research, and more – on our website [MigraineAtWork.org](http://MigraineAtWork.org). Our diverse group of advocacy organizations, representing a broad range of experiences from within the migraine community, developed a series of tools and materials that we hope you take time to explore. We believe that together, we can enact positive changes on this issue that affects so many people and workplaces across the country.

Finally, we are eager to support you and your employees as you reach your full potential through a deeper understanding of migraine disease. Please don't hesitate to contact us through our website or by emailing [kellie@migraineatwork.org](mailto:kellie@migraineatwork.org).

Best,  
The Migraine at Work Team



For more information and resources contact Kellie Pokrifka at [kellie@migraineatwork.org](mailto:kellie@migraineatwork.org)  
or visit [migraineatwork.org](http://migraineatwork.org)