

MIGRAINE AT WORK



Welcome to the Migraine at Work newsletter. You'll find topical highlights including webcasts, articles, and resources.

In this issue we highlight recent research, events and conferences that we've attended. It's been a productive quarter with more in-person events returning on the calendar.

A recent research publication (highlighted on page 3) speaks about how "migraine is prevalent, disabling and peaks during people's peak productive years... People with migraine want to work, so they do their best to work despite the varied migraine related and associated symptoms."

Up to 1 in 4 women of working age experience migraine. It's more common than epilepsy, diabetes, and asthma combined. Yet it is still considered by most as "just a bad headache".

Our mission is to give employers and employees the tools they need to build healthier, stigma-free and more productive workplaces.

WORLD HEALTH EDUCATION
FOUNDATION



FROM THIS QUARTER

EVENTS

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SOCIAL MEDIA

EVENTS

The Migraine at Work team has been presenting and networking at various conferences across the nation. We have attended events focusing both on business and neurology.

Recordings from certain events have been made available on our website. You are encouraged to tune in to hear how these stories and case studies may be applicable to your own organization.



EVERYDAY HEALTH: MIGRAINE AT WORK

Paula K. Dumas, founder and steering committee member, presented this webinar and enabled participants to contact a benefits consultant to discuss their personal options.

AMERICAN HEADACHE SOCIETY CONFERENCE

Steering committee members Robert Shapiro, MD; Vincent Martin, MD; Paula K. Dumas; and Carl Cincinnato all attended (and several presented) at this national medical conference, learning about the latest updates in headache medicine.



THE INSTITUTE FOR HEALTH AND PRODUCTIVITY MANAGEMENT CONFERENCE

Migraine at Work Benefits Consultant, Dean Barclay, presented at this conference to publicize our initiative.

MIGRAINE IRELAND MEETING

We conferred with Pascal Derrien and Linda Crosbie of Migraine Ireland to discuss strategies which both organizations are implementing for their respective migraine in the workplace awareness initiatives.



NEW RESEARCH

Migraine at Work stays across the latest research surrounding both migraine and disabilities in the workplace. We share this research to offer knowledge, new

perspectives, and support for employers or employees. Many are interested in reducing lost productivity or facing similar challenges.

JOURNAL: eNeurologicalSci

AUTHORS: Olivia Begasse de Dhaem & Fumihiko Sakai

TITLE: Migraine in the workplace

PUBLICATION DATE: June 2022

Key Points:

- 89% of migraine-related productivity loss is due to presenteeism. People are (inefficiently) working through their attacks, not calling out of work. Therefore, colleagues and employers may be unlikely to notice their struggle.
- 16% of total US-based presenteeism is due to migraine. Ignoring migraine is losing productivity, employee satisfaction, and money.
- In adults under the age of 50, migraine is the leading cause of disability. The chance that your organization is not affected by migraine is quite unlikely.

Highlights graphic source: ScienceDirect.

Highlights

- Migraine-related productivity loss is costly to people with migraine, to employers, and to everyone in one way or another.
- Workplace migraine education and/or management programs and migraine-friendly environment help people with migraine at work.
- Neurologists can help support their patients in the workplace and get involved in advocacy in many ways.



RESOURCES

MigraineAtWork.org creates original content and collects additional resources to provide you with what you need to know when encountering migraine in the workplace.

Resources include accommodation request forms, discussion guides for coworkers, scripts for difficult conversations, how to identify discrimination, and much more.

AIMED ALLIANCE'S KNOW YOUR WORKPLACE RIGHTS GUIDE

Learn how to qualify for ADA protections, what accommodations for migraine may include, how to file a complaint with the U.S. Equal Employment Opportunity Commission (EEOC) complaint, and more.



EMPLOYER SELF ASSESSMENT

Print off this checklist to quickly assess how you might improve your workplace to better accommodate your employee talent living with migraine .



ORIGINAL ARTICLES

Our website MigraineAtWork.org answers central questions around migraine at work, such as: what is migraine? How does it affect the workplace? And what can be done to reduce its impact?

Information on the site is tailored to both the employee and employer, answering the pressing questions from each perspective and providing tools and resources for each to take the next step.



MIGRAINE IS NOT “JUST A HEADACHE”

Learn more about how migraine is a primary neurological disorder whereas headache is a symptom. Conflating the two minimizes and stigmatizes the severity of migraine.

ARE ACCOMMODATIONS WORTH IT?

As an employer, you want to provide accommodations that support employee well-being while promoting workforce effectiveness and employee retention, but where do you start? What's the cost? How do you even get started? Find answers in this article.



STAYING PRODUCTIVE WHILE COMBATING MIGRAINE: A PATIENT'S PERSPECTIVE

Living with chronic migraine is like driving a car with the hand brake on. You are determined to reach your destination, but the journey is not enjoyable. Learn how Pratyusha Ghoshal Roy deals with this.

WEBCASTS: THRIVING IN THE WORKPLACE SERIES

We continue to highlight our webcast series, Thriving in the Workplace. Ten episodes are currently on the website and have been shared across various channels.

Join hosts, Wendy Bohmfalk and Carl Cincinnati, as they talk with migraine experts and advocates about how to navigate migraine in the workplace.



IS THE WORKPLACE MAKING YOU SICK?

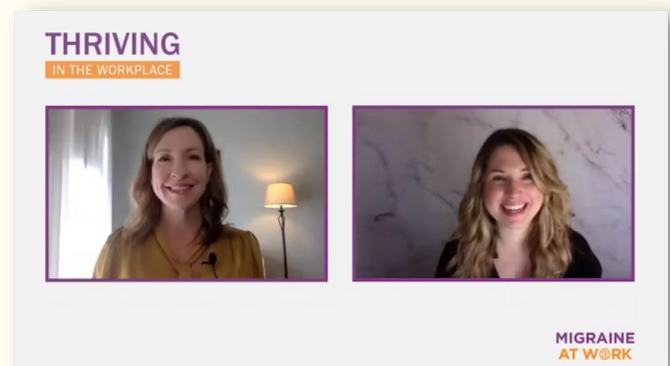
EXPERT GUEST: Dr. Vincent Martin MD, Director and Headache Specialist, University of Cincinnati Headache and Facial Pain Center

Discover the most common triggers for migraine attacks in the workplace and how to mitigate their risks.

CHARTING A NEW COURSE – COOKING UP A NEW CAREER

EXPERT GUEST: Alicia Wolf-Founder, The Dizzy Cook

Despite our best efforts, sometimes migraine disease can force us out of our career entirely. Discover how Alicia Wolf started over completely and paved an entirely new path due to vestibular migraine.

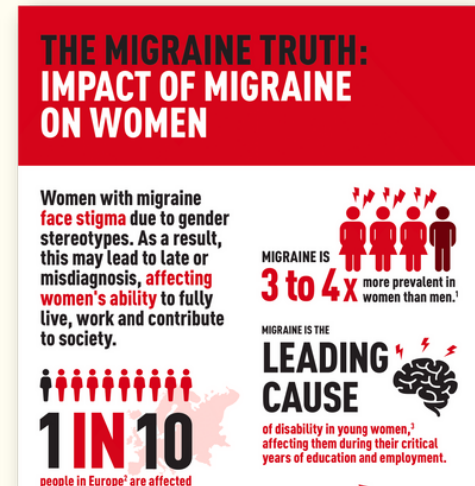


INFOGRAPHICS

One of the primary pillars of Migraine at Work is employee and employer education about migraine. This is made easy with helpful infographics. Most of the images shown below are cropped versions of the full infographic.

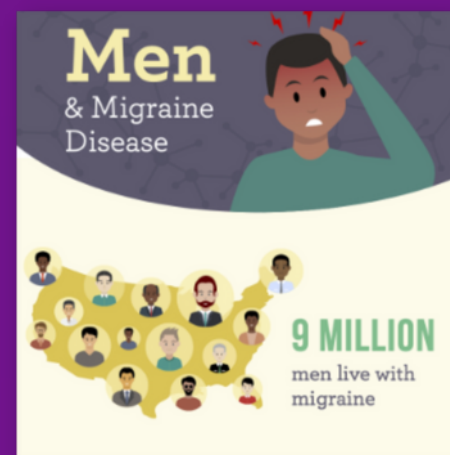
Click on the links to visit the website for each infographic. Browse the library of infographics on various topics, and feel free to share any or all of these internally at your organization.

[THE MIGRAINE TRUTH: IMPACT OF MIGRAINE ON WOMEN](#) SOURCE: ELI LILLY



[A MIGRAINE PATIENT'S GUIDE TO COMMUNICATING WITH HEALTH CARE PROVIDERS](#) SOURCE: THE HEADACHE AND MIGRAINE POLICY FORUM

[MEN & MIGRAINE DISEASE](#) SOURCE: THE HEADACHE AND MIGRAINE POLICY FORUM



SHARED CONTENT

Migraine in the workplace has never been more prominent in mainstream news. See below for a selection of news and articles that have appeared recently.

Click on the underlined titles to view the article. Topics include migraine in the media, legal rights, workplace accommodations, related comorbidities and more.



HOW MIGRAINE IMPACTS MEN

SOURCE: Thrive Global

AUTHOR: Elizabeth Burstein

About 9% of men are affected by migraine, yet men are still less likely to be diagnosed with this stigmatized "women's disease."



HOW I SURVIVE MIGRAINE EPISODES AT WORK

SOURCE: Web MD

AUTHOR: Naki Carter

Learn Carter's personal tips which are especially helpful if you have to stay on the computer or phone for extended periods.



UNDERSTANDING BIPOLAR DISORDER AND MIGRAINE

SOURCE: Psych Central

AUTHOR: Hope Gillette

29% of people living with bipolar disorder have experienced migraine, versus 12% of the general population who have migraine.

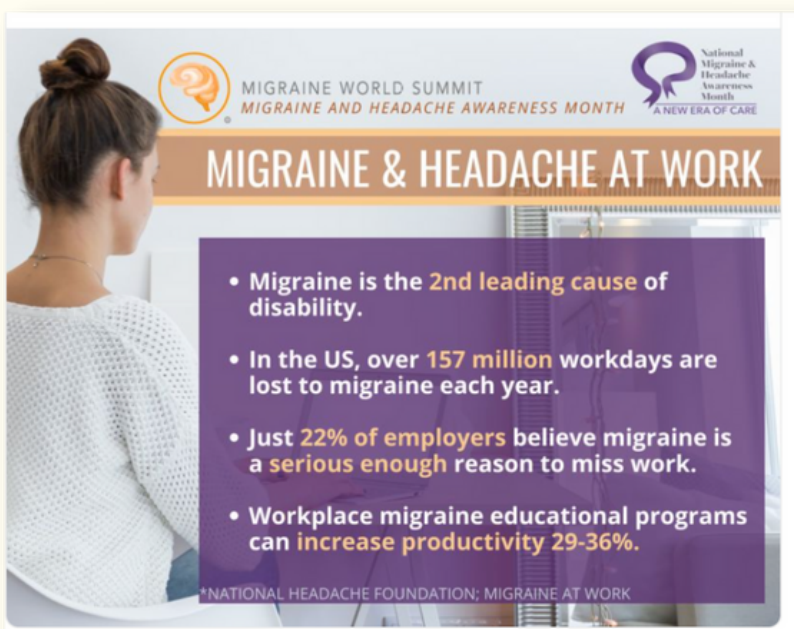


HOW FACTORY WORKERS CAN COPE WITH AND PREVENT MIGRAINE

SOURCE: IHS-GPAC

Real people working in factories with migraine share their stories and their tips.

SOCIAL MEDIA



Migraine At Work is active on social media! The focus is to educate both employees and employers about various aspects of Migraine at Work, including education about migraine disease, workplace rights, and accommodations in the workplace.

We often connect individuals to specific resources through direct messaging. Our Instagram followers steadily grown this quarter, and we continue to run weekly engagement activities with our community with polls and Q&A submissions.

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MIGRAINE AT WORK

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