

MIGRAINE AT WORK



Welcome to the Q2 2024 newsletter for Migraine at Work. This newsletter is a quarterly resource to keep you up to date on the latest news, events and research for migraine at work.

Welcome to the Q2 edition of the Migraine at Work newsletter! This quarter, we highlight significant events such as Migraine and Headache Awareness Month to support educational efforts around the stigma of migraine & headache disorders.

We attended the American Headache Society Conference's 66th Annual Scientific Meeting in San Diego, where over 1,200 experts attended and shared the latest advancements in headache and migraine management. Our participation ensures we bring you the latest insights and research.

Additionally, we have recently hosted several virtual workplace seminars to educate and support employers and employees. These seminars provide practical strategies for managing migraine at work, and fostering a more migraine-friendly environment. Stay tuned for more updates on our educational initiatives.

FROM THIS QUARTER

**MIGRAINE & HEADACHE
AWARENESS MONTH**

**AMERICAN HEADACHE
SOCIETY ANNUAL
SCIENTIFIC MEETING**

**MIGRAINE AT WORK
WEBINAR**

HEALTH ACTION ALLIANCE


VIRTUAL SEMINARS

JOBS POSTINGS

MIGRAINE AT WORK

MIGRAINE & HEADACHE AWARENESS MONTH: JUNE 2024

Each June the migraine community recognizes MHAM (Migraine & Headache Awareness Month). This year's theme was Myth: Reality: Action. We highlighted several pervasive myths contributing to the stigma of this neurological disorder. You can take ACTION today by booking a free virtual seminar in your workplace by contacting Dean@MigraineAtWork.org (free for a limited time only).




MIGRAINE WORLD SUMMIT

#MIGRAINEMONDAY

MIGRAINE & HEADACHE AWARENESS MONTH

- Migraine is a **complex neurological disease**, not "just a headache."
- Migraine is the **2nd leading cause of disability** worldwide.
- **1 billion people** live with migraine disease; it's the **3rd most prevalent disease** worldwide.
- Nearly **1 in 4 U.S. households** includes someone with migraine.
- Those with migraine have 2-3x the rate of **depression**, 5x the rate of **anxiety**, and 2.5x the rate of **suicide** compared to the general population.









NATIONAL MIGRAINE & HEADACHE AWARENESS MONTH



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#MIGRAINEMONDAY

INTRO TO MIGRAINE TYPES

 MIGRAINE WITH AURA	 MIGRAINE WITHOUT AURA
 HEMIPLEGIC MIGRAINE	 RETINAL MIGRAINE
 SILENT MIGRAINE	 VESTIBULAR MIGRAINE
 HORMONAL MIGRAINE	 ABDOMINAL MIGRAINE



MIGRAINE WORLD SUMMIT




National Migraine & Headache Awareness Month

MYTH: "Migraine is just an excuse to get out of work."

REALITY:

We are more likely to fake being well, than we are to fake a migraine attack.

- Migraine is a **debilitating** neurological disease & the 2nd leading cause of disability.
- 20% of Americans with chronic migraine are **occupationally disabled**.
- Only **42% of people** indicate migraine as their reason for taking a sick day.
- Just **22% of employees** report migraine as a "serious enough" reason to miss work.



MIGRAINE WORLD SUMMIT

#MIGRAINEMONDAY

INTRO TO THE ID-3 MIGRAINE SCREENER

The ID-3 screening tool was developed by Dr. Richard Lipton, from the Albert Einstein College of Medicine. If you suspect you might have migraine, this is one tool that might aid in identifying it.

- 1** In the past three months, how disabling are your headaches?
 - Think: Do they interfere with your ability to function at work, school, family activities, etc.?
- 2** Do you ever feel nausea when you have a headache?
- 3** Do you become sensitive to light while you have a headache?

If you answer "yes" to two of the above three criteria, migraine is likely 93% of the time. If you answer "yes" to all three, a migraine diagnosis is 98% likely.

AMERICAN HEADACHE SOCIETY 66TH ANNUAL SCIENTIFIC MEETING SAN DIEGO, CALIFORNIA

The Migraine at Work team attended the annual AHS meeting to discuss and learn about topics on the forefront of migraine and headache medicine.

In order to give our workplace the most accurate information, it is crucial to keep involved in the latest research, debates, and treatment options.



Migraine at Work Steering Committee Members, Carl Cincinnato, Dr. Vincent Martin, and Paula K. Dumas

Topics that stood out at the AHS Scientific Meeting included the increasing prevalence of brain fog with migraine; concussion and lack of innovation in diagnosis and treatment; importance of sleep in treating migraine; the increase of weight loss medications and the impact that may have on patients with comorbid migraine; and the fact that the burden of migraine does not appear to be decreasing despite advocacy efforts, and whether this is due to better reporting or worsening health of patients.






MIGRAINE AT WORK WEBINAR

In acknowledgement of Migraine and Headache Awareness Month, Migraine at Work hosted a webinar, Navigating Migraine in the Workplace: Strategies For Success. During the webinar, Carl and Paula told their stories of having their careers derailed by migraine and offered personal insights to thrive despite migraine at work.


The audience joined in by asking questions and offering comments through the chat. Many people realized for the first time that they were not the only one who was currently struggling or out of work due to the debilitating nature of migraine. Despite it being the 2nd leading cause of global disability, many employees feel isolated and alone.

Headache/migraine is a top reason for ER visits

Ranked no.6 by the CDC as a reason for visiting the ER.
Ranked no.1 by some hospitals like Beaumont Emergency Hospital

CDC website accessed July 2023: <https://www.cdc.gov/nchs/ohced-visits/index.htm>
Beaumont Hospital website accessed July 2023: <https://beaumont.org/health-common-er-visits/>




2 Migraine Screening Tool


Answering "yes" to two out of three of these simple questions suggests probable migraine. "Yes" to three out of three confers a 90% confidence of migraine.

During the last three months, have you ever had any of the following symptoms concerning your headache pain?

1. Did you ever feel nauseous when you had headache pain?
2. Did the light trouble you (much more than when there is no headache)?
3. Did your headache ever limit your ability to work, study or do something you needed to, for at least one day?



Lipton RB, Dodick D, Sadovskiy R, Kolodner K, Endicott J, Hettiarachchi J, Harrison W. ID Migraine validation study. A self-administered screener for migraine in primary care: The ID Migraine validation study. *Neurology*. 2003 Aug 12;61(3):375-82. doi: 10.1212/01.wnl.0000078940.53438.83. PMID: 12913201



Along with Carl and Paula's personal stories, the webinar also covered:

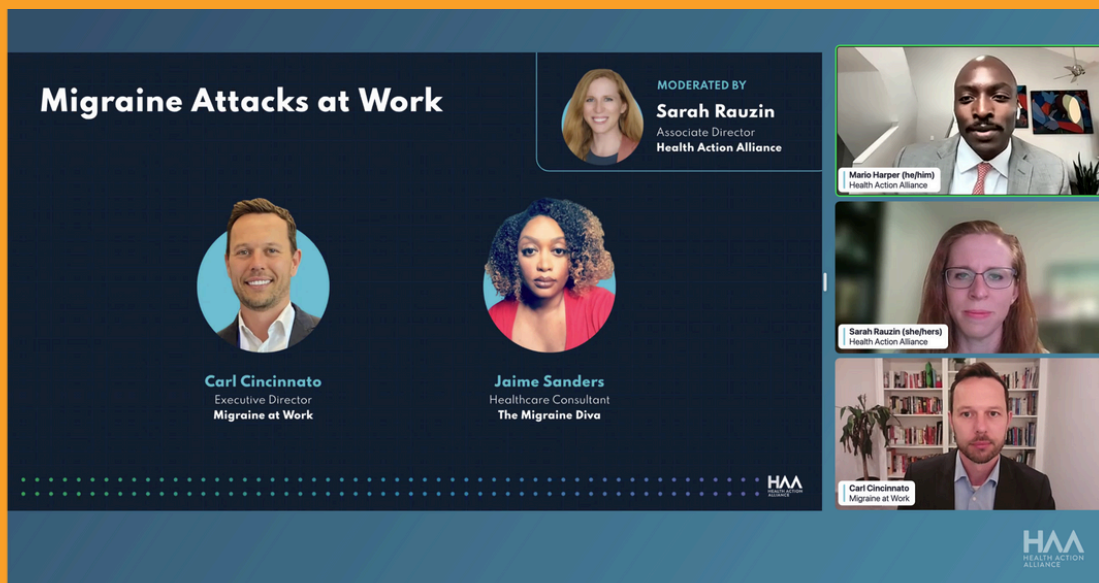
- Understanding why migraine is a significant workplace issue.
- Initiating conversations about migraine with your employer.
- Navigating the employee rights and accommodations and how to request them.
- Weighing the benefits and drawbacks of disclosing migraine at work.

[Watch the recording of the webinar here >>](#)

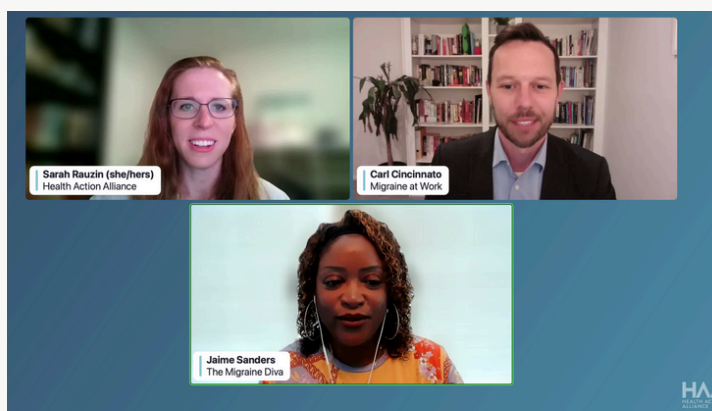
HEALTH ACTION ALLIANCE

The Health Action Alliance presented “The Great Disrupters: Creating a Culture of Compassion for Chronic Pain at Work”. Chronic pain and “hidden” health conditions, such as migraine, musculoskeletal disorders and endometriosis, can adversely affect

affect worker well-being and productivity. Yet their impact on business operations is often under-recognized. Many workers are unaware of the support available to them or face stigma that prevents them from seeking assistance or accommodation.



To prepare for this webinar, Migraine at Work collaborated with the Health Action Alliance to prepare the [Migraine in the Workplace Toolkit](#), including Managing My Migraine at Work: An Employee Guide; Migraine in the Workplace: A Conversation Guide for Managers; Migraine; Treatment Coverage: An HR Leader's Guide; Migraine in the Workplace: Sample Letter to Employees. Note that an email address is requested before the free download of this toolkit from Health Action Alliance's website [here](#).



Featured Speakers included Migraine at Work's Carl Cincinnato, The Migraine Diva Jaime Sanders, Dr. David Michaels, Kristine Kohn, Dr. Paige DeBaylo, Mario Harper. and Sarah Rauzin.

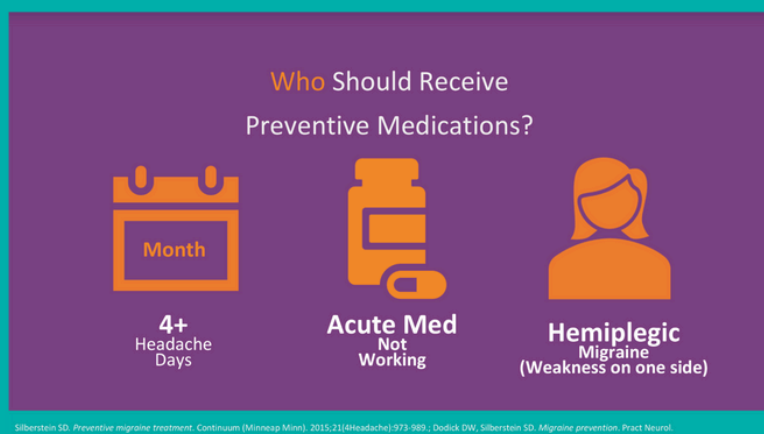
[Register for the webinar recording here >>](#)

VIRTUAL SEMINARS

Elevate your workplace with Migraine at Work's tailored virtual seminars. At Migraine at Work, we understand that each organization is unique, and so are the challenges faced by individuals dealing with migraine in the workplace.

That's why we are now offering a range of virtual seminars tailored to meet the specific needs of your organization.

Have an idea? Looking for a new topic or speaker to bring to your workplace? Reach out today.



Our engaging seminars cover a diverse array of topics, including the importance of addressing migraine in the workplace;

- Migraine 101 - for comprehensive understanding; migraine treatment options
- Workplace Accommodations
- HR & Manager Training - guidance for managers and teams for those with migraine
- Brain Health & Wellbeing
- Sleep Better & Wake Up Refreshed
- Stress, Resilience & Burnout
- Mental Health in the Workplace

We partner with you to create a customized seminar package that aligns with your unique needs and enables your workforce to lead happier, healthier, and more productive lives.

Join other employers and employer groups who are taking action on migraine.



MIGRAINE WORLD SUMMIT

JOBS LISTINGS

Many employees with migraine are not setup for success due to certain work environments. Below are several companies and roles that pride themselves on making their workplace more accessible to

employees with disabilities. Organizations that excel in this area prioritize these efforts beyond the hiring process to truly support their workers.

HOW HAS MIGRAINE AFFECTED YOUR CAREER? ENTER THE ABBVIE MIGRAINE CAREER CATALYST AWARD

"If you are living with migraine and have faced migraine-related challenges at work, enter to win the AbbVie Migraine Career Catalyst Award™ by September 3, 2024. Twenty contest entrants will win up to \$2,500 that they may decide to use for career support, such as career counseling, professional development programs, and networking opportunities." [Apply Here.](#)



CVS IS HIRING INDIVIDUALS WITH DISABILITIES - REVIEW THEIR JOBS POSTINGS

CVS Health prides itself on prioritizing hiring and supporting workers with disabilities.

[CVS Jobs Postings](#)

IS YOUR WORKPLACE DISABILITY FRIENDLY? LET US KNOW!



MIGRAINE AT WORK

For more information, please feel free to reach out.

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