

Title / Subject Line: Taking Control Over Chronic Migraine



If you've lived with migraine for years, you know it requires constant effort to learn more about the disease and manage your day-to-day life. For people living with chronic migraine—defined as 15 or more migraine days per month—this can be especially difficult.

Not everyone has access to a migraine specialist. Very few people with chronic migraine receive a proper diagnosis and effective, guideline-recommended treatment.

This means that most of us with chronic migraine receive inadequate treatment.

What happens when we don't have access to a trained medical professional who understands chronic migraine? Our best choice is to **be informed** and **advocate for ourselves**.

We're proud to announce the **8th Annual Migraine World Summit**. This free virtual event gives you the information you need to better understand migraine and headache. It will help you manage your own health and advocate for yourself to ensure you're getting the right diagnosis and appropriate treatment.

Two out of three people who attended the 2022 Migraine World Summit reported living with **chronic migraine**¹ compared to an estimated 10% in the general migraine population.² What's exciting is that 83% reported having a **better outlook on their condition** since they began participating in the Migraine World Summit. Of those who attended last year's Summit:

- 94% felt more **informed**
- 87% **understood** their condition better
- 81% felt **less alone**

¹ 2022 Migraine World Summit Feedback Survey, conducted April 2022 among 1,022 viewers of the 2022 Migraine World Summit

² Source: Migraine Research Foundation

- 77% felt **more confident** talking to their health care provider
- 73% were more **hopeful** or optimistic
- 77% were more comfortable **advocating** for themselves
- 68% felt more **in control** of their own health.

The Migraine World Summit won't replace your doctor, but it can help you partner with your healthcare professionals to achieve the best possible results.

The Migraine World Summit returns **March 8-16, 2023**, convening the world's top experts to share new treatments, research, and best practices for migraine and headache—including chronic migraine.

This online Summit is available from the comfort and privacy of your own home, giving you the flexibility to participate at your own pace and on your own schedule. Join 130,000 new and returning attendees to see 32 NEW interviews that will help you find the answers you need. Some of this year's topics include:

- How to Get Back From Chronic to Episodic Migraine
- The Migraine Treatment Landscape
- Brain Retraining for Chronic Pain
- What to Do When CGRP Treatments Don't Help
- Identifying & Treating Continuous Headache Disorders
- Practical Changes to Reduce Migraine Frequency

... and much more!

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