

Title / Subject Line: Why The Odds Against Are Against People With Migraine

In the United States, there is less than one headache specialist for every 60,000 people living with headache or migraine disease. This figure is similar or worse in many other countries.

For most of us, this critical shortage of headache specialists means we're working to manage our disease with someone who doesn't specialize in headache or migraine—usually it's our family doctor or a general neurologist.

But here's the problem. On average, a family doctor or general practitioner has completed just **four hours of head pain instruction** during their medical training.

The World Health Organization published this figure in its *Atlas of Headache Disorders* report. You've probably spent more than four hours in your doctor's waiting room! The report also found that migraine is underdiagnosed, undertreated, and poorly managed.

Some people consult a neurologist, but a neurologist isn't necessarily a headache specialist unless they focus specifically on headache disorders. Many neurologists practice general neurology or specialize in other areas such as spinal cord disorders or Alzheimer's. Migraine and headache could be just a fraction of the cases they see.

The shortage of headache specialists is nothing less than a crisis for those of us living with migraine, and the numbers aren't getting significantly better anytime soon.

That's why we want you to know about the Migraine World Summit. The Migraine World Summit is the world's largest online event for people who want to learn about the latest treatments, research, and proven strategies to prevent and treat migraine. This year's Migraine World Summit is **March 8-16**.

The free, online event will feature 32 global experts, including doctors and specialists from leading institutions including Yale School of Medical, Mayo Clinic, and the International Headache Society.

In a perfect world, we'd all have the opportunity to work with a headache specialist. But until then, the Migraine World Summit informs about migraine and headache so you can self-advocate and work with your healthcare professionals to better manage your disease.

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