

Title / Subject Line: Taking Control Of 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 **9th 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 a recent 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. 2022 research from the participants at the Migraine World Summit found that:

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

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

- 81% felt **less alone**
- 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 6-13, 2024**, 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 150,000 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:

- Controlling Chronic Migraine
- Best Exercise Options for People with Migraine
- Supplements and Food That Ease Migraine
- Balancing Risk vs. Benefit of Migraine Treatments
- Finding Migraine Relief
- How to Manage Migraine at Work

... and much more!

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