



10-YEAR IMPACT

MIGRAINE WORLD SUMMIT

Celebrating a Decade of Reducing the Global Burden of Migraine

Since its inception in 2016, the Migraine World Summit (MWS) has been steadfast in its mission to reduce the global burden of migraine.

MWS provides an annual series of interviews with the world's leading headache and migraine experts, available for free and presented entirely online, to improve the lives of people living with migraine disease.

Over the past decade, MWS has become a vital resource for millions of individuals worldwide, empowering them with knowledge, community, and actionable insights to lead healthier lives — **with fewer migraine days.**

OUR GREATEST ACHIEVEMENT

Preventing 1.6 Million Migraine Days

We are proud to announce that, through the collective impact of our community and the resources we provide, the Migraine World Summit has helped prevent an estimated 1.6 million migraine days. This achievement represents lives transformed — enabling individuals to work, connect with loved ones, and enjoy life with greater freedom from the burden of migraine.

We calculated this milestone through a systematic and conservative process in partnership with a third-party research agency, ensuring credibility and transparency.*

It helps quantify what we have heard from our community over the years, that MWS:



Helps provide empowerment



Inspires healthy action



Builds stronger connections



Helps achieve a better quality of life

**See page 6 for details on how this number was calculated.*

KEY OUTCOMES FOR THE MIGRAINE COMMUNITY



EMPOWERED PARTICIPANTS

- **94%** of participants feel more informed about migraine.
- **87%** report a better understanding of their condition.
- **82%** say they have an improved outlook on living with migraine.



INSPIRED ACTION

- **93%** of participants plan to take action after attending MWS, with an average of 3.5 actions to improve their condition.



STRONGER CONNECTIONS

- **83%** of participants report feeling less alone in their journey with migraine.



BETTER QUALITY OF LIFE

- **56%** of survey respondents report a reduction in migraine days or overall disability after participating in MWS.
- Among those reporting improvements, **9 out of 10** attribute their progress at least partly to MWS.

KEY OUTCOMES FOR THE MIGRAINE COMMUNITY

Over the past 10 years, the Migraine World Summit has grown into a trusted global platform, offering unparalleled access to the world's leading migraine experts and resources.



199

experts from across the globe have been interviewed on MWS



334

interviews have provided insights and actionable strategies for managing migraine



1M+

video views have delivered vital information to the migraine community



40+

years of total watch time have been accumulated by our community

THE FOUNDATION OF OUR SUCCESS

None of this would have been possible without the dedication and passion of **325 volunteers** and team members who have contributed their time and expertise to the Migraine World Summit over the years. Their commitment is the bedrock of our success, and we are deeply grateful for their invaluable contributions.

We also extend our sincere gratitude to the **199 world-renowned experts** who have generously shared their knowledge, research, and practical advice with our community. Their insights have been instrumental in shaping our understanding of migraine and empowering individuals with effective management strategies.

It is through this collaborative effort — combining the passion of our volunteers with the expertise of leading specialists — that the Migraine World Summit has been able to make such a significant impact on the global migraine community.



“Often I see new patients because of the Migraine World Summit who come in so educated about migraine and really advocate for themselves with great questions for me to help get them better when I see them.”

*— Matthew Robbins,
MD, Associate Professor
of Neurology &
Residency Program
Director, Weill Cornell
Medicine, NewYork-
Presbyterian Hospital*



THE METHODOLOGY

How We Achieved 1.6 Million Migraine Days Prevented

The figure of 1.6 million prevented migraine days is based on a rigorous and transparent process.

1

ANNUAL COMMUNITY SURVEYS: Each year, MWS surveys 700–1,000 participants to gather data on migraine frequency, improvements, and the role of MWS in their lives.

2

INDEPENDENT ANALYSIS: A third-party research agency analyzed the data to ensure objectivity.

3

CONSERVATIVE ASSUMPTIONS: Calculations used conservative estimates, such as assuming the lowest level of migraine days per month (i.e., 15 days) for participants with chronic migraine.

4

CUMULATIVE IMPACT: The results were projected across the broader MWS-participant community and summed over the past nine years.

LOOKING AHEAD

While we celebrate this milestone, we recognize that there is still much work to be done. Migraine remains one of the most disabling conditions worldwide, and we are committed to expanding our reach, deepening our impact, and continuing to provide world-class resources and support.

Together, we can create a brighter future for all those affected by this disease.

WHAT OUR COMMUNITY SAYS

"I am so grateful to everyone working on & advocating with the Migraine World Summit ... All of this information needs to get out to EVERYONE struggling."

— Carrie W., MWS Participant



"Life with migraine can be very disheartening, can lead to a lot of feelings of isolation, depression, hopelessness, helplessness and worry. One of the most important things we can do to empower ourselves is to educate ourselves. And that's one thing the Migraine World Summit does."

— Dawn C. Buse, PhD, Psychologist & Clinical Professor of Neurology, Albert Einstein College of Medicine



"It has made a world of difference in the treatments I have been able to discuss and try with my migraine doctor. I can advocate for myself with confidence ... I have more attack-free days now than I have had for many years."

— Jeanne S., MWS Participant



JOIN US

Be part of our mission to reduce the global burden of migraine. Visit migraineworldsummit.com to learn more and get involved.

