



For Immediate Release

June is National Migraine and Headache Awareness Month

Coalition for Headache and Migraine Patients (CHAMP) Empowers the Public to Become Educated, and Educate Others, About Migraine and Other Headache Diseases

Educational Events & Advocacy Activities Are Planned Throughout June

San Rafael, CA – May, 2023 – **June is National Migraine and Headache Awareness Month** (MHAM), an opportunity to raise awareness about migraine, cluster, and other headache diseases. Migraine impacts more than **forty-two million people** in the United States and currently about half of the people with migraine are undiagnosed. Approximately 400,000 Americans experience cluster headaches, recognized as one of the most painful diseases a person can have.

The Coalition for Headache and Migraine Patients ([CHAMP](#)) is a national nonprofit that brings together 20 [headache advocacy organizations and thought leaders](#) to provide support to people with headache, migraine, and cluster diseases who are often stigmatized and under-served.

This year, [MHAM](#) is focused on the theme “Educate Yourself, Educate Others” to help spread awareness about migraine and other headache diseases. To that end, we are pleased to announce an extensive lineup of advocacy programs, including a **blog initiative**, dozens of live and virtual **advocacy events**, and **seven observance days**. Moreover, patients are sharing their migraine and headache stories, and leading medical experts are imparting their wisdom, to help shine a light on this disabling and often misunderstood disease.

CHAMP is also pleased to be releasing a [Headache Diseases Statistics Guide](#) that showcases the impact of headache diseases within different demographics across the United States. The research presented is the most up-to-date information about headache disorders. It illuminates the high prevalence of migraine, cluster, and headache in the U.S. and the need for more public awareness and education.

Educate Yourself, Educate Others

The entire migraine and headache community is dedicated to providing educational resources to empower patients, healthcare providers, and the public. Here are some powerful examples of impactful educational programs and resources:

Migraine at School Ambassador Program

[Migraine at School](#) is a CHAMP program created in partnership with the [Danielle Byron Henry Migraine Foundation](#) that provides resources for students, parents, and educators to increase awareness and education of migraine for children living in the United States. The Migraine at School Ambassador Program trains advocates so they can use grassroots outreach strategies to get the Migraine at School program into their local schools.

A Migraine Toolbox

The Association of Migraine Disorders offers a free online continuing medical education course entitled, "A Migraine Toolbox." This is a comprehensive "how to" course in the diagnosis and treatment of migraine disease that offers 6.5 educational credits and includes many clinical resources and enables healthcare providers to care for people living with migraine.

ClusterBuddies

[Clusterbusters](#) is launching the ClusterBuddies program, a peer-to-peer support and education program for people living with cluster headache in 2023. Through this program, ClusterBuddies offers additional training to seasoned volunteers within the cluster community, and then pairs them with people who are newly diagnosed or new to the community who reach out in need of support.

HeadEd

With fewer than 1,000 headache specialists in the United States, and over 42 million people with migraine, the importance of providing migraine and headache education to all healthcare providers is of urgent importance. To that end, CHAMP created [HeadEd](#), a comprehensive and easy-to-search resource for all healthcare providers to find headache and migraine education courses.

Advocacy Events

Throughout June, a robust lineup of events will be taking place within the migraine and headache community across the United States. The full calendar, updated on a regular basis with new events throughout MHAM, can be [accessed here](#) and a spotlight of some of the many events are noted here:

Shades for Migraine

This is a global social media awareness campaign organized by the [Association of Migraine Disorders](#) and is dedicated to creating viral buzz around migraine disease — a disease that affects more than 1 billion people worldwide. Show your care and wear a pair of sunglasses on June 21 to show your support for people with migraine! Visit Shadesformigraine.org

Cure for Cluster

The 8th annual virtual [CureforCluster 5k](#) for Cluster Headache Awareness by Clusterbusters is Saturday, June 24, 2023. The virtual 5k can be completed at any location so that participants can join from anywhere in the world — using a treadmill at home or in a gym or running outside in a neighborhood or local park. There's no time limit, so participants can run or walk 3.1 miles (5 kilometers) at their own pace. Pets can even participate with you!

“National Migraine and Headache Awareness Month is an important time of the year to raise the visibility of all headache diseases and advocate for better access for patients and healthcare providers,” explained Meghan Buzby, Executive Director of CHAMP. “There continues to be a need for strong messaging and education about these diseases. Regardless of the high prevalence, so many are still not getting the care and treatment they need.”

Blog Initiative

An educational initiative has been organized by the full migraine, headache, and cluster community for MHAM, with a blog article being posted on many days throughout the month of June to help spread disease awareness and understanding. Please [click here to visit MHAM's Blog page](#) to read the entries starting on June 1.

Observance Days

In addition to the fulsome lineup of events, the MHAM community also recognizes the following observance days throughout the month:

June 1: **Headache at Work**
June 6: **Veterans with Headache Diseases**
June 7: **Remembrance Day**
June 18: **Headache Diseases and Men**
June 19: **Disparities in Headache Diseases**
June 21: **Shades for Migraine**
June 29: **Chronic Migraine Awareness**

Each observance day represents an important topic being addressed within the migraine, cluster, and headache community. To learn more about MHAM's observance days and the sponsoring organizations, please visit the MHAM [website](#).

About CHAMP

The Coalition for Headache and Migraine Patients (CHAMP) is a non-profit that provides support to people with headache, migraine, and cluster diseases who are often stigmatized and under-served. CHAMP brings together 20 organizations and opinion leaders in this disease area to enhance communication, coordination, and collaboration to more effectively help people wherever they are on their patient journey. To learn more please visit: <https://headachemigraine.org/>

About National Migraine and Headache Awareness Month

MHAM is a disease awareness month that plays a vital role in raising public knowledge, addressing stigma, and building a stronger community of patient advocates. Every June MHAM dedicates the entire month to spreading awareness and education through various campaigns and initiatives observed throughout the United States. To learn more please visit:
<https://www.migraineheadacheawarenessmonth.org/>

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