



For Immediate Release

June is National Migraine and Headache Awareness Month

Advocates Bring Awareness to a New Era of Care and the Impact of COVID

Educational Events & Advocacy Activities Are Planned Throughout June

Santa Monica, CA -- April 28, 2021 -- **June is National Migraine and Headache Awareness Month** (MHAM), an opportunity to raise awareness about migraine and other headache diseases. Migraine impacts **forty million people** in the United States, **one billion** worldwide, and is recognized as the **#2 global cause of years lived with disability**. Currently, about 16 million people with migraine in the U.S. are undiagnosed. Approximately 400,000 Americans experience cluster headaches, recognized as one of the most painful diseases a person can have.

This year, [MHAM](#) is focused on **a new era of care** and **the impact of COVID-19** on individuals with migraine and other headache diseases. Additionally, MHAM is pleased to announce an extensive lineup of advocacy programs during June to help educate the public about this disease, including **Blog-a-Day**, 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.

"There is currently no cure for migraine, but we are in a renaissance of new treatments, therapies, and approaches to managing the disease," explained Wendy Bohmfalk, Chairperson of the Migraine and Headache Awareness Month Committee. "If you have been struggling in silence, now is the time to speak up, educate yourself, and seek care. You might just change your life."

A New Era of Care & COVID-19 Impact

During the pandemic there has been a significant rise in telemedicine. According to [a survey](#) by the Headache and Migraine Policy Forum and MigraineAgain, **78% of migraine and headache patients used telemedicine after the start of the pandemic**, in comparison to just 22% before the pandemic.

This trend is ushering in a new era of care, where patients can interact with health professionals from the convenience and comfort of their homes. The survey also revealed that there has been a nearly **70% rise in the number of migraine attacks during the pandemic** and 84% of people have more stress managing their disease.

On the treatment front, there are new options for patients to explore. “Migraine and headache patients now have more options due to a wave of innovation in acute and preventive care,” noted Dr. William Young, Professor of Neurology, Thomas Jefferson University and Medical Advisor for the Coalition for Headache and Migraine Patients. “These include CGRP monoclonal antibodies, gepants, lasmiditan, and several neuromodulation devices.”

Advocacy Events

Throughout June, a robust lineup of events will be taking place virtually within the migraine and headache communities -- from educational seminars about veterans with headache disorders and how to tackle migraine at work by the National Headache Foundation; a run/walk/rest event in Chicago by Miles for Migraine; Rally Against Chronic Migraine by Chronic Migraine Awareness; Shades for Migraine, a global awareness campaign asking everyone to wear a pair of sunglasses on June 21 to show support for people with migraine, organized by Association of Migraine Disorders; a patient education program entitled Share the Pain Behind the Smile by Hope for Migraine and Migraine Meanderings; the Cure for Cluster 5k by ClusterBusters, and many more. [The full calendar, updated on a regular basis with new events, can be accessed here.](#)

"Migraine and headache diseases are invisible illnesses, but our community includes more than 40 million Americans that are standing up, fighting stigma, and demanding to be seen, treated effectively, and respected," explained Kevin Lenaburg, Executive Director CHAMP (Coalition for Headache and Migraine Patients).

Blog-a-Day

An educational initiative has been organized by the full migraine, headache, and cluster communities for MHAM, with a blog article being posted every day in June to help spread disease awareness and understanding. Please [click here to visit MHAM's Blog-a-Day page](#) to read the daily 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 19: **Disparities in Headache Diseases**

June 20: **Headache Diseases and Men** (Father's Day)

June 21: **Shades for Migraine**

June 29: **Chronic Migraine Awareness**

Each observance day represents an important topic being addressed within the migraine 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 month of June 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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