



For Immediate Release

June is National Migraine and Headache Awareness Month

Coalition for Headache and Migraine Patients (CHAMP) Asks the Public to Take Action to Improve the Lives of People Living with Headache Diseases

Educational Events & Advocacy Activities Are Planned Throughout June

San Rafael, CA – May, 2024 – **June is National Migraine and Headache Awareness Month** (MHAM), an opportunity to raise awareness about headache diseases such as migraine and cluster headache. 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 more than 23 [headache advocacy organizations and thought leaders](#) to provide support to people with headache diseases who are often stigmatized and under-served.

This year, [MHAM](#) is focused on the theme “Myth Truth Action” to help: end the myths about headache diseases; illuminate the truth of the debilitating symptoms; and create a call to action to improve the lives of people living with these illnesses. To that end, we are pleased to announce an extensive lineup of advocacy programs, including an **action campaign**, dozens of live and virtual **advocacy events** and **seven observance days**. Moreover, patients are sharing their stories, and leading medical experts are imparting their wisdom, to help shine a light on these disabling and often misunderstood diseases.

Myth Truth Action

The entire 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.

HeadEd

With less than 1,000 headache specialists in the United States, and more than 42 million people with migraine, the importance of providing 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 communities 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](#)

Miles for Migraine Events

Miles for Migraine will host two Walk/Run/Relax events — one in Chicago on June 2 and another in Buffalo on June 22. The free events are a fundraiser for headache awareness, treatment and research. It's also an opportunity to connect with the local headache community and listen to speakers.

Migraine Meanderings Virtual Community Events

Migraine Meanderings will host two virtual events during the month. On June 5, Migraine Myths Dispellled will feature Dr. Thomas Berk from Neura Health. On June 28, Chat & Snack will bring the community together for a discussion about life with migraine.

Cure for Cluster

The 9th annual virtual [CureforCluster 5k](#) for Cluster Headache Awareness by Clusterbusters is Saturday, June 22, 2024. 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!

"This month is so important to bring attention to the millions of Americans who live with headache disease," explained Susan Doughty, Executive Director of CHAMP. "With so many different types of headache diseases, these illnesses are often misunderstood, mis-represented and misdiagnosed. Our theme this month is focused on putting an end to the myths, highlighting the truths and driving people to take action."

Blog Posts from Community Sponsors

An educational initiative has been organized in partnership with headache healthcare sponsors 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: **Military with Headache Diseases**

June 7: **Remembrance Day**

June 16: **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 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 23 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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