



For Immediate Release

## **June is National Migraine and Headache Awareness Month**

**Stakeholders Advocate for Better Access to Migraine and Headache Treatments, Headache Medicine Training, and Equal Access to Healthcare for the BIPOC Community**

*Educational Events & Advocacy Activities Are Planned Throughout June*

San Rafael, CA -- May, 2022 -- **June is National Migraine and Headache Awareness Month** (MHAM), an opportunity to raise awareness about migraine and other headache diseases. Migraine impacts over **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 **advocating for better access to treatments, headache medicine training for healthcare providers, and equal access to healthcare for the BIPOC community**. Additionally, MHAM is pleased to announce an extensive lineup of advocacy programs during June to help educate the public about this disease, 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.

This year the Coalition for Headache and Migraine Patients (CHAMP), a non-profit that provides support to people with headache, migraine, and cluster diseases who are often stigmatized and under-served, has **launched a national radio PSA campaign** to educate the public about migraine symptoms and offer helpful resources. The PSA includes two recorded messages by real migraine patients explaining that migraine is not “just a headache” and encouraging listeners to learn more at [headachemigraine.org](http://headachemigraine.org). The national radio PSA will air leading up to and during MHAM this June.

“Advocating for access has never been more important, as patients are often denied new acute therapies and preventatives as evidenced by the [National Headache Foundation’s recent statement on Access to Care](#),” explained Thomas Dabertin, Executive Director and CEO of the National Headache Foundation. “MHAM allows us to expand the dialogue on treatment for the 40 million American adults who are impacted by migraine.”

## Advocating for Access

Throughout MHAM 2022 we are focusing on the advocacy work underway to remove barriers to therapies and care to alleviate symptoms, eliminate the stigma surrounding headache diseases, and ensure marginalized communities have the tools to manage migraine and headache disease, cluster headaches, and other conditions.

The migraine and headache community is **advocating for better access to headache medicine training for healthcare providers**. Astonishingly, many doctors only receive less than four hours of headache medicine training and there are currently fewer than 1,000 certified headache specialists in the United States. There is an urgent need for more healthcare providers to gain headache medicine training to help treat the millions of Americans with headache diseases. To that end, CHAMP recently launched [HeadED](#), a curated resource of many headache medicine training options for doctors, physicians, and nurses.

Another top priority for the migraine and headache community is **advocating for equal access to healthcare for the BIPOC community**. The [Disparities in Headache Advisory Council](#) (DiHAC) was formed by CHAMP for this purpose in 2020, and offers its members cross-cultural competency trainings, guest presentations, and micro-grants for initiatives that are working to diversify the engaged headache patient community and reduce health disparities in headache medicine. A [Disparities in Headache issue brief](#) was published that highlights the work of DiHAC.

The Headache and Migraine Policy Forum (HMPF), a CHAMP participant, is working to advance public policies and practices that promote accelerated innovation and improved access to treatments for people living with headache disorders and migraine disease. This year, HMPF and their partners are **advocating for neuromodulation devices to be included as a covered benefit in health plans and addressing onerous protocols that prevent patients from accessing treatments** to improve headache and migraine patients' quality of life.

## 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](#).

"Migraine and headache diseases are invisible, but our community includes millions of Americans that are standing up, fighting stigma, and demanding to be seen, treated effectively, and respected," explained Meghan Buzby, Executive Director of CHAMP. "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."

## **Blog Initiative**

An educational initiative has been organized by the full migraine, headache, and cluster communities 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 19: **Disparities in Headache Diseases**

June 20: **Headache Diseases and Men**

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 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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