

CHRONIC MIGRAINE

Episodic migraineurs with cutaneous allodynia (CA; heightened skin sensitivity) are almost 1.5 times as likely to develop CM as those without CA⁷



If you have EM and this hurts... you're 50% more likely to develop CM.

Compared with people with EM, people with CM⁸⁻¹²

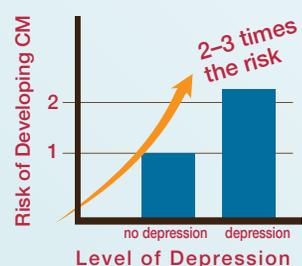


- Have higher headache-related disability and burden
- Experience a reduced quality of life
- Use more healthcare resources
- Show a higher rate of psychiatric co-morbidities



Both migraine and CM are 2-3 times more common in women than men^{3,4}

Depression more than doubles the risk of developing CM for someone with EM⁷



Compared with people with EM, people with CM¹³



- Miss more
 - Work/school
 - Days from household responsibilities
 - Family, social and leisure activities
- Are less productive while at work

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Among people with EM one year, 2-3% will develop CM the following year^{5,6}



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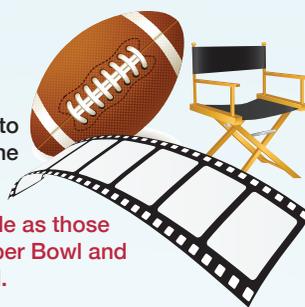
1.3% of women and 0.5% of men in the US meet criteria for CM³



The number of women with CM (3.2 million) is approximately the same as every person in Iowa.

It is estimated that up to 144 million people in the world have CM^{3,4}

This is as many people as those who watched the Super Bowl and the Oscars combined.



The number of men with CM (750,000) is approximately the same as every person in San Francisco.



Healthy lifestyle behaviors and modifying risk factors



are very important to living well with migraine and CM.¹⁴⁻¹⁶

Between 3 and 7 million people in the US have CM³



The number of people with CM is approximately the same as the populations of Los Angeles and Chicago combined.

CM occurs when individuals meet criteria for migraine and average 15 or more headache days/month for at least 3 months^{1,2}

FEBRUARY	MARCH	APRIL
S M T W T F S	S M T W T F S	S M T W T F S
16 17 18 19 20 21 22 23 24 25 26 27 28	16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

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