

## The Impact of Migraine on the Workplace



### MIGRAINE IS MORE THAN JUST A HEADACHE, IT IMPACTS YOUR BOTTOM LINE<sup>1-6</sup>

Migraine is a complex, serious, and debilitating neurological disease, impacting individuals during the formative and most productive periods of their lives, with high direct and indirect costs to employers.<sup>3,4,6,7</sup>

### QUICK FACTS ON MIGRAINE

- ~ 31 million Americans suffer from migraine<sup>7-9</sup>
- Migraine is one of the leading causes of years lived with disability worldwide<sup>10</sup>
- Approximately 1 in 4 households has at least 1 member who is affected by migraine<sup>11</sup>
- Migraine is over 3 times more common in women than in men<sup>7</sup>
- Migraine prevalence peaks between ages 30 to 39, when individuals are most active in their employment and have significant work and family responsibilities<sup>7</sup>
- People with migraine incurred ~ **2.5 times higher** total annual health care costs vs those without migraine<sup>6</sup>
- The incremental direct and indirect costs of migraine patients vs non-migraine patients is nearly \$9,000 annually<sup>6</sup>
- A single migraine attack can last up to 72 hours, but the physical limitations of a single migraine cycle can impact patients for up to 7 days<sup>12-14</sup>

### WHY SHOULD EMPLOYERS CARE?

- The impact to employers is substantial. An employee with chronic migraine can lose up to a full day of work in lost productive time over 2 weeks<sup>15</sup>
- In the United States, the total indirect cost associated with migraine is ~ \$11 billion, of which 80% is directly due to absenteeism<sup>2</sup>
- Preventive therapy is effective for some patients. Studies indicate that ~ 45% of patients receiving preventive therapy will experience a reduction in the mean monthly frequency of migraine attacks by  $\geq 50\%$ .<sup>10,16</sup> Even though there is a potential benefit in using preventive therapy, data suggest that it is underutilized. As many as two-thirds of patients who qualify for preventive therapy do not receive it<sup>1,7</sup>
- Around 74% of individuals discontinue first-line oral preventive therapy within 1 year of treatment<sup>17</sup>

## WHAT CAN EMPLOYERS DO?

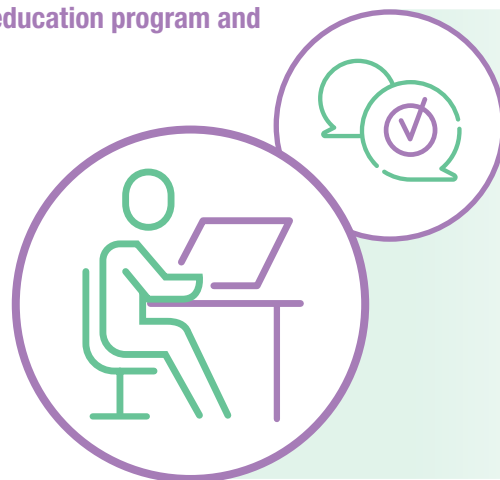
Migraine can impact employees' health, work/life balance, and productivity.<sup>7,15,18</sup> Here are several strategies an employer can implement to help manage the frequency and severity of their employees' migraine:

### Provide migraine support services to employees, including a migraine education program and migraine-friendly on-site resources<sup>19</sup>

- Improve migraine awareness and diagnosis education
- Provide information to enhance migraine self-care
- Provide tools to seek out appropriate medical care and/or lifestyle changes

### Provide workplace environment accommodations

- Offer stress management resources<sup>19</sup>
- Provide a quiet, dark room for employees to rest<sup>20,21</sup>
- Support employees in seeking help and treatment



Employers have tools and tactics available to help employees manage their migraine<sup>18</sup>

### Encourage/require your health plan, pharmacy benefit manager, employee assistance program, and others to support long-term treatment goals of migraine that<sup>22</sup>

- Reduce attack frequency, severity, and disability
- Reduce reliance on acute treatments
- Reduce headache-related symptoms



For more information on migraine, visit [www.scienceofmigraine.com](http://www.scienceofmigraine.com)

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