

# UNDERSTANDING AND MITIGATING MIGRAINE - RELATED STIGMA



## Stigma is a common part of living with migraine

**31.7%** of people with migraine experienced migraine-related stigma often or very often.<sup>1</sup>

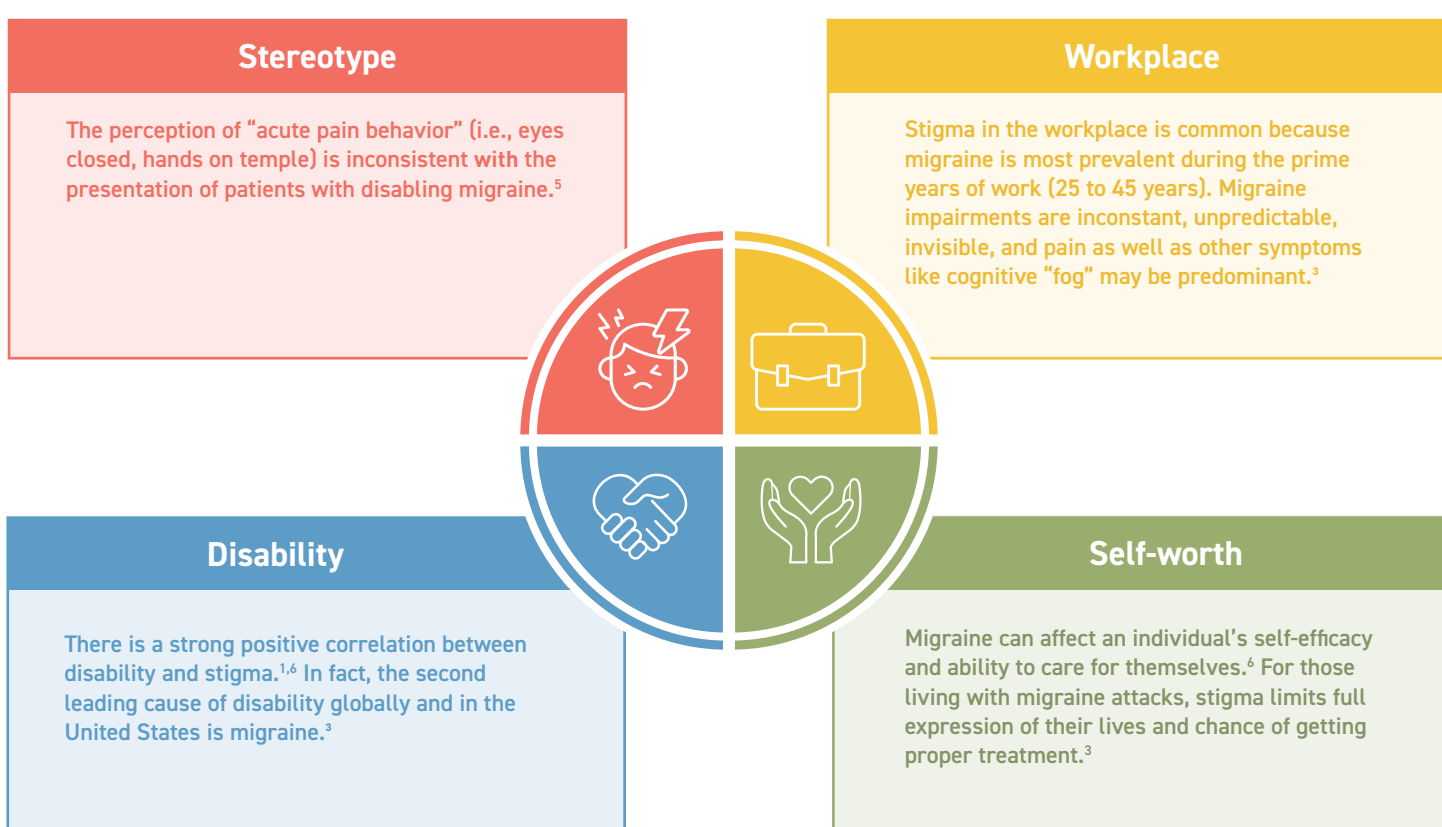
**34%** of people are hiding their migraine in the workplace.<sup>2</sup>

**78%** of employers say that migraine is not “a serious enough reason to be absent from work.”<sup>3</sup>

People living with migraine report two common forms of stigma being others believing that migraine is not burdensome and that migraine is used for secondary gain<sup>4</sup>

## Migraine-related stigma affects all aspects of life

People living with migraine deal with stigma in various facets of their lives, including:



## Ways to mitigate migraine-related stigma

Understanding the stigma of migraine and learning how to develop effective interventions can improve care.<sup>6</sup> When counseling patients, healthcare professionals (HCPs) should:

- ✓ Deemphasize the role of managing “triggers” and medication “overuse” to decrease patients blaming themselves for their attacks.<sup>6</sup>
- ✓ Support patients through positive attitudes and messages of empowerment.<sup>6</sup>
- ✓ Reframe the language used surrounding migraine, by limiting use of terms like “migraineurs”.<sup>6</sup>

Lilly's Think Talk Treat Migraine® program can serve as the foundation for HCPs to establish an open, honest and frequent dialogue with patients.

For more information on Think Talk Treat Migraine

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### References

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