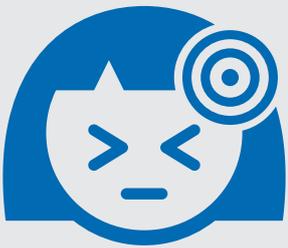


# MIGRAINE SURVEY



If you suffer from migraine, you are not alone. Migraine is Ireland's fifth leading cause of disability, affecting almost one in eight people.<sup>1</sup>



In the wake of COVID-19, navigating the 'new normal' brings its challenges, including common migraine triggers such as stress, anxiety, food and drastic changes of routine, all of which are likely to be heightened during this time.



The Migraine Association of Ireland and Novartis Ireland recently conducted a survey to understand how the recent changes in day-to-day life caused by COVID-19 have impacted migraineurs.<sup>2</sup>



**56%** of respondents are getting more frequent migraine attacks



**69%** of respondents who reported more frequent migraine attacks, also said their symptoms of migraine had become more severe



**82%** of respondents with more frequent migraine attacks cite COVID-19-related stress as the cause



Other factors for triggering a moderate to severe increase in migraine attacks included

**58%** increased screen time



**65%** change to their routine



**63%** lack of sleep



Among those who experienced more frequent migraine attacks:

**36%** were working from home



**21%** had increased working hours during the pandemic



Over half of all respondents said that their medical appointments were either cancelled or postponed since the start of the pandemic



# TIPS FOR MANAGING MIGRAINE



Keep a **migraine diary** to identify any potential migraine triggers



Establish a **daily routine** and stick to it as much as possible

Practice **good sleep hygiene** go to sleep and wake up at a similar time each day



**Limit screen time** take regular breaks from screens throughout your day



Practice **self-care** exercise regularly, eat regular healthy meals and stay hydrated



Consume **alcohol in moderation**



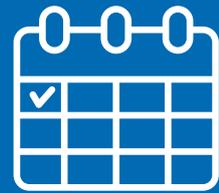
**Reduce stress** practice meditation, yoga or mindfulness to help reduce stress levels



**Speak to your doctor or pharmacist** virtually or face to face, if your migraines have increased in frequency or severity



**Stay connected** maintain contact with friends, family and support groups



Migraine diaries are available from the Migraine Association of Ireland or by downloading the free Migraine Buddy app.

Other supports and resources are available on [www.speakyourmigraine.ie](http://www.speakyourmigraine.ie)



or from the Migraine Association of Ireland website [www.migraine.ie](http://www.migraine.ie)



1. Vos T, et al. Global, regional, and national incidence, prevalence, and years lived with disability for 310 diseases and injuries, 1990–2015: a systematic analysis for the Global Burden of Disease Study 2015 *The Lancet* Volume 388, Issue 10053, 8–14 October 2016, Pages 1545-1602.
2. Novartis Migraine Patient Survey, Data on File 2020.

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