Migraine is a disabling disease that causes recurring attacks of head pain associated with a variety of symptoms including nausea, vomiting, dizziness, cognitive impairment, and heightened sensitivity to light, noise, odors, and movement. Research has uncovered several triggers that can lead to these attacks. If left untreated, migraine attacks can last from 4 to 72 hours.\(^1\)

Migraine affects women 3 times more often than men.\(^4\)

**Research Delivers Solutions**

Existing diagnostic techniques are being evaluated through studies like the **Chronic Migraine Epidemiology and Outcomes (CaMEO)**. The CaMEO study was designed to improve understanding of episodic and chronic migraine, and new techniques, such as a self-administered survey which successfully identifies the occurrence of a migraine attack, are being developed to allow for the **earlier detection and prevention** of migraine.\(^10, 11\)

A 2016 study found that **Onabotulinumtoxin A** can be effective in preventing migraine by blocking the release of chemicals involved in pain transmission.\(^12\) Additionally, research has found that some medications developed originally for diseases such as high blood pressure and epilepsy can be effective in preventing migraine attacks.\(^13\) In 2019, research efforts resulted in FDA approval for a **new class of drugs** that block a particular molecule which, if left unblocked, can worsen migraine attacks.\(^14\) This is the first new class of drugs specially developed for migraine prevention in more than 50 years.

To help physicians and researchers better understand the causes, characteristics, costs and treatment of migraine, the American Migraine Foundation launched the **American Registry for Migraine Research (ARMR)** and the **International Registry for Migraine Research (IRMR)**.\(^15\) Clinical data are gathered on each patient over time, along with data from brain scans and blood samples. Research using this registry holds unprecedented promise for understanding the disease and identifying new treatments.
Migraine

Then. Now. Imagine.

THEN
In the early 20th century, it was believed that migraine headache was exclusively due to abnormal dilation of blood vessels around the brain.

NOW
Researchers have now proven that migraine is a neurological disorder involving the release of chemicals and overactivity of nerve pathways in the brain.

IMAGINE
A cure.

American Adults with Migraine Headaches in 2018, by percentage of indicated population

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>9.1%</td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>15.6%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>16.35%</td>
</tr>
<tr>
<td>White</td>
<td>22.1%</td>
</tr>
</tbody>
</table>

SOURCE: “NCHS, National Health Interview Survey - United States, 2018.”

Percentage of American Adults with Migraine Headaches, Age-Adjusted (by region, 2018)


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