

Survey Summary

For the 28 million Americans with migraine¹—of which 70% are women¹—there is simply no time in their busy schedules to deal with the symptoms of a migraine headache. To better understand how migraine affects women today, the National Headache Foundation and AstraZeneca conducted a survey of women in the United States who suffer from migraine.

The survey found that:

- Women who experience migraine suffer an average of five headaches each month.
- Of the working women who suffer from migraine, nearly ninety percent (89%) experience migraine headaches while at work, and 61% reported that they take time off directly due to migraines (last year, survey respondents took an average of 5.4 days off per year due to their illness).
- The most common migraine trigger is work-related stress (41%). Lack of sleep or change in sleep schedule (37%) came in second, and home-related stress (29%) was the third most common trigger.
- “Relaxation” does not necessarily mean “headache free”. About half (51%) of women who suffer from migraine reported that they still get migraine headaches while on vacation.
- Nearly half of women migraine sufferers (47%) report that their ability to function at work is affected by their headaches.
- Two in five (42%) of women migraine sufferers surveyed report that their home and family responsibilities are affected by their headaches.
- Seventy-eight percent (78%) of women migraine sufferers who are employed feel that their productivity is affected by their headaches.
- Three quarters (76%) of female migraine sufferers would be interested in a medication that relieves migraine symptoms within two hours.
- Seventy-two percent (72%) of women survey respondents indicated the most important factor in a migraine medication is that it is fast acting.

¹ Information accessed at www.headaches.org. National Headache Foundation Fact Sheet, appearing in 2002 National Headache Awareness Week Press Kit. Last accessed on September 12, 2002.