CHRONIC MIGRAINE

Sponsored by the American Headache Society and the American Migraine Foundation

General Facts

It is estimated that 10 to 12 million Americans have CM.

There are twice as many women as men with CM.

Between 3 and 7 million people in the US have CM.

More than 17 million people in the US meet criteria for CM and migraine.

Between 3 and 7 million people have CM.

People with CM are twice as likely as people with EM to also have depression or anxiety, and they are 2.5 times more likely to develop CM.

Compared with people with EM, people with CM:

• Are less productive while at work
• Miss more work/school
• Are more likely to use more healthcare resources
• Have higher headache-related disability and burden
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Progression from EM to CM

Among people with EM per year, 2%–3% will develop CM the following year.

At least 60% of people with CM will develop CM.

If you have EM and this:

• Use more healthcare resources
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Healthy Lifestyle Behaviors

Healthy lifestyle behaviors are very important to living well with CM.

Burden of Migraine and Chronic Migraine

People with CM have the same level of overall disability and burden as those without a disability.

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Compared with people with CM:

• Have a higher headache-related disability and burden
• Experience a reduced quality of life
• Use more healthcare resources
• Have a higher risk of psychiatric conditions

The number of people with CM is approximately the same as every person in Iowa.

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www.ahs.org - American Headache Society (AHS)
www.headachejournal.org - Headache: The Journal of Head and Face Pain
www.americanheadachesociety.org - American Headache Society (AHS)

REFERENCES