

AUSTRALIAN WOMEN AND MIGRAINE

A December 2022 survey commissioned by women's healthcare company, Organon, reveals the social, economic and physical impact of migraine on more than **1,000 Australian women aged 21-50**.¹

Migraine is a neurological disorder experienced by almost **5 million** (or **1 in 5**) people in Australia.² Most of these people (**7 in 10**) are women.²

For Australian women, migraine can affect every facet of their life, interfering with their ability to work, study, care for family, or enjoy a social life.¹

In fact, most people with migraine experience what is called episodic migraine, **which means they can endure up to 14 days with migraine symptoms each month**.³



MIGRAINE IMPACT

The survey reveals the extensive impact of migraine on Australian women.

WORK

62% **3 in 5** women experience migraines at work. Of these:¹

- **60%** **Over half** admit to losing concentration.¹
- **48%** **Just under half** feel comfortable speaking to their manager about their migraine.¹
- **41%** **2 in 5** say living with migraine has negatively impacted their career prospects including promotions and bonuses.¹



PLAY

69% More than **two thirds** of women feel they miss out on being able to enjoy time with family and friends.¹



CAREGIVING

71% Most mothers say they feel guilty about missing time with family and friends when they have a migraine.¹

66% **Two thirds** have had to make alternative arrangements for their families such as school pick-up, sports and meals.¹



MIGRAINE MANAGEMENT

The survey also reveals that a migraine can take up to **nine hours to manage symptoms**, with **4 in 5 women** needing to isolate themselves in a dark and quiet room to help manage their migraine.¹

Of the **80%** of women who reported feeling unsatisfied with how they manage their symptoms:¹

- **70%** say they can't stop a migraine attack from occurring.¹
- **68%** can't reduce their symptoms fast enough.¹



61% of women surveyed blame the lack of better solutions as a barrier to managing their migraine.¹

Taking treatment at the first sign of a migraine is essential to control symptoms.⁴ Yet, **only 15% of women say they carry their script with them for quick access to treatment**.¹



THE GOOD NEWS

Australians diagnosed with migraine can access **MAXALT MIGRAINE RELIEF** at their pharmacy, available without prescription.

ASK YOUR PHARMACIST ABOUT THIS PRODUCT

RESEARCH SUMMARY

The data in this infographic was sourced from a survey commissioned by Organon which was conducted in December 2022.¹ The survey evaluated the physical, social and economic challenges of a nationally representative group of women living with migraine in Australia.¹ Participants included 1,048 women, aged between 21-50 years old who have received their migraine diagnosis by a doctor.¹



REFERENCES

- ¹ Organon and Fiftyfive5. Women & Migraines. 2022. Data on File.
- ² Deloitte Access Economics. Migraine in Australia Whitepaper. 2018. Available at: <https://www.painaustralia.org.au/static/uploads/files/deloitte-au-economics-migraine-australia-whitepaper-101018-wfsydydsky.pdf>. Accessed November 2023.
- ³ Migraine and Headache Australia. Migraine. 2021. Available at: <https://headacheaustralia.org.au/migraine/>. Accessed October 2023.
- ⁴ Kelman L. Pain characteristics of the acute migraine attack. Headache. 2006 Jun;46(6):942-53. doi: 10.1111/j.1526-4610.2006.00443.x. PMID: 16732840.

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MIGRAINE
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ORGANON