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One in three UK women experiencing migraine feel their pain is taken less seriously by others because of their gender

London, United Kingdom (UK). – Tuesday 22nd September 2026 – Global women's healthcare company Organon commissioned and funded a survey, conducted by IPSOS, amongst 1,000 UK women (n=1000) aged 18 to 65 who had experienced migraine in the previous 12 months (March 2025 - April 2026). The new 2026 survey data reveals that one third (33% of n=1000) of women believe their migraine symptoms are taken less seriously by others because of their gender, rising to 38% among women of reproductive age (38% of n=485).¹ The survey responses of UK women who had experienced migraine in the past year highlight opportunities to improve understanding, recognition and support across healthcare, at home and in the workplace.

In the workplace, one in three employed women (33% of n=648) report that their employer only slightly understands, or does not understand their experience with migraine at all, while one in five (19% of n=691) have faced stigma or discrimination at work because of their condition.¹ At home, nearly half of women (49% of n=1000) say caregiving responsibilities hinder their ability to manage their migraine, and more than one in ten (11% of n=1000) feel unsupported by their family and community.¹

The survey also underscores the important role healthcare professionals play in supporting women with migraine and points to opportunities to build on existing efforts. More than half (51% of n=1000) of women with migraine say they first recognised their migraine symptoms themselves, whilst nearly two thirds of women (63% of n=1000) are not currently receiving treatment for their migraine, regardless of whether their condition was self-identified or clinically diagnosed.¹ More than four in 10 women expressed a desire for greater awareness of migraine in healthcare settings (41% of n=1000) and improved access to specialised migraine clinics (41% of n=1000).¹ These findings highlight areas where continued focus on education, awareness and access to specialist services could further enhance support for women living with migraine.

"Migraine can impact every aspect of your life, yet many women still find their symptoms are being dismissed or not taken seriously," Rob Music, Chief Executive, The Migraine Trust, said. "Women experiencing migraine are carrying a significant and often invisible burden, from the pain and disability caused by attacks to the emotional toll of not feeling believed. The result is that at The Migraine Trust, we are seeing growing numbers contacting our Helpline for support with their mental health and wellbeing."

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Migraine is a complex, long-term health condition, characterised by repeated attacks that can include moderate to severe headache, nausea, vomiting, and sensitivity to light and sound.^{2,3} Approximately 10 million people in the UK live with migraine, which is estimated to result in around 3 million lost workdays every year due to migraine-related absenteeism with a detrimental impact of more than £4 billion.⁴ Migraine is the seventh most common specific condition globally, estimated to impact 1.2 billion people.⁴ Women are two to three times more likely to experience migraine than men.⁴ Migraine attacks typically last between four hours and three days and can be a painful whole-body experience that can make it difficult to function normally.^{2,3}

“Migraine is one of the leading causes of disability among young women (15–49), yet it remains absent from many conversations about women’s health,” said Sofia Ferreira, Organon’s Country Lead for the UK, Ireland, Portugal and the Nordics. “Our findings reveal a clear opportunity to improve recognition, awareness and support for the millions of women affected. Women living with migraine deserve to feel heard, believed and empowered to seek support, while benefiting from greater understanding at home, in the workplace and across society. As a condition that disproportionately affects women and can influence every stage of life, it is time for migraine to be recognised as a women’s health issue and given the attention it deserves.”

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Editor’s notes:

Organon commissioned and funded IPSOS to conduct a survey of women aged 18 to 65 in the United Kingdom, Germany and France who had experienced migraine in the previous 12 months (27th March 2025 to 10th April 2026). The UK survey responses were collected from 27th March 2026 to 10th April 2026. The UK sample included 1,000 respondents (n=1000) and quotas were representative by age and region. Sample sizes (n) are included throughout the release for any data points.

About Organon

Organon (NYSE: OGN) is a global healthcare company with a mission to deliver impactful medicines and solutions for a healthier every day. With a portfolio of over 70 products across Women’s Health and General Medicines, which includes biosimilars, Organon focuses on addressing health needs that uniquely, disproportionately or differently affect women, while expanding access to essential treatments in over 150 markets.

Headquartered in Jersey City, New Jersey, Organon is committed to advancing access, affordability, and innovation in healthcare. Learn more at www.organon.com/uk.

About The Migraine Trust

The Migraine Trust is dedicated to helping people affected by migraine. We are the only UK migraine charity providing information and support, campaigning for awareness and change, and funding and promoting research. One in seven people in the UK live with migraine, and this complex and debilitating neurological disorder significantly affects their lives.⁷ We have been leading and bringing the migraine community together to change this since 1965. Every year

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over two million people visit our website and thousands contact our helplines for information and support on all aspects of migraine and for help in managing it at work, in education, and in accessing healthcare. We campaign for increased awareness and understanding of migraine, and national policy change to improve the lives of people who get it. We have funded over 140 medical research projects and hold an international symposium every two years to bring together the world's leading experts on migraine⁷

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