

A survey of 550 adults living with migraine conducted by the American Migraine Foundation and sponsored by Ipsen* showed

migraine can shape all aspects of life

90%

said migraine impacts their **work, career or education**

74%

said migraine impacts their **social life**

66%

said migraine impacts their **physical activity**

43%+

said migraine impacts their **relationships or family**

35%

said migraine impacts their **hobbies & interests**

37%

reported being impacted more than half the month (15 days+) by migraine

60%

said they require 24+ hours to recover after a migraine attack

What is the true impact of migraine?



Livelihood

"Migraine placed me on permanent disability. I lost my career."

"I had to sell my business after 18 years because I couldn't run it anymore."



Relationships

"People do not understand, I have lost friendships. They got tired of plans being canceled."

"I only have the energy to work. I have no partner, no kids, no social life."



Experiences

"My days are spent in pain, missing family vacations, children's concerts and sporting events."



Independence

"I'm unable to clean house, unable to drive."

"I can't take care of myself or family."



Identity

"I miss who I used to be."

"My life has grown so small. I exist, but I have no life."

Be your own advocate, no one else can fight this for you.

Get a referral to a neurologist as soon as diagnosed.

You deserve to get answers. Go to a headache specialist. They will understand you.

Don't feel guilty about having a migraine.

Your pain and discomfort are real, you do not need to convince anybody otherwise.

Don't wait to see if things will get better.

If you are one of the 40 million people in the U.S. living with migraine, you are not alone. Finding community, support and care can help.



*Online survey conducted by American Migraine Foundation (AMF) sponsored by Ipsen in June/July 2026. 550 people who self-reported living with migraine in the US responded to the survey. Survey was shared by AMF across their social media channels to followers who are already engaging with the organization. By nature of the condition, these respondents may be more likely to be experiencing more severe migraine symptoms or frequency with 37% reporting more than half their month impacted by migraine. Survey respondents could list up to three areas of life impacted by migraine while selecting one or two alone was an option.
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