

living with
**SEVERE
HEADACHES**

symptoms, triggers & unmet need



People who suffer from chronic headaches, cluster headaches, or migraines know how much of an impact the symptoms can have on their lives. But these headache disorders also have a huge impact on the economy. This infographic explores symptoms, triggers, and unmet needs of headache disorders.

One in four American families contains someone who suffers from migraines



HEADACHE DISORDERS

migraine

- Often begins at puberty and most affects those aged between 35 and 45 years
- Caused by a mechanism in the brain that causes the release of pain-producing inflammatory substances around the nerves and blood vessels of the head
- Recurrent, often life-long

Tension -type headache (TTH)

- Chronic TTH affects 1-3% of adults
- Often begins during the teenage years
- May be stress-related or associated with musculoskeletal problems
- Episodic TTH can last for a few hours up to several days
- Described as pressure or tightness, like a band around the head, sometimes spreads to or from the neck

Cluster Headache (CH)

- Relatively uncommon, affecting fewer than 1 in 1000 adults
- Affects six men to each woman
- Most people developing CH are in their 20s or older
- Characterized by frequent recurring, brief, but extremely severe headache associated with pain around the eye with tearing and redness, the nose runs or is blocked on the affected side and the eyelid may droop

47%

of the adult population have had a headache
at least once within the last year

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What makes treating severe headaches
so complicated is the myriad of triggers
that can bring on a severe headache.

triggers

Hormonal changes/ patterns

Bright lights Changes in wake-sleep pattern
Barometric pressure/ weather changes

Emotional stress *Physical stress*
Food allergies Medications *Odors*
Loud sounds **Alcohol**

symptoms

Sensitivity to odors Irritability

Blurred vision

Sensitivity to noise

General muscle aching

Dizziness *Loss of appetite* *Disturbed concentration*
Sensitivity to light

Fever *Paleness* *Nausea*

Difficulty falling asleep and staying asleep **Chronic fatigue**

AURA

Sensations of being very warm or cold

Aura includes:

- Seeing flashing lights, zigzag lines, or blind spots
- Numbness or tingling in the face or hands
- Disturbed sense of smell, taste, or touch
- Feeling mentally "fuzzy"

IMPACT

Headaches have a significant impact on the individual and the economy.



\$31 BILLION

annual direct and indirect economic costs of headache disorders in the U.S.



25 MILLION

working or school days are lost every year due to migraines alone in the U.K.

“ *These migraines make it extremely hard to enjoy my family and friends. They cause me to miss special moments with my family.” – ISR Respondent*

NEED

ONLY 9%

of patients are "completely satisfied" with treatments



The top four unmet needs:

- 1) Pain management
- 2) Impact on quality of life
- 3) Prevention of headaches
- 4) More effective medications

Learn more about unmet needs and what patients want the pharmaceutical industry to know in ISR's *"Headaches: Current Treatments, Unmet Needs, and Patient Recruitment"*

www.ISRReports.com

Sources: ISR Reports, World Health Organization, American Headache Society, womenshealth.gov, allianceforheadacheadvocacy.org, migraineresearchfoundation.org



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