



## Understanding migraine impact, progression, and preventive care

Migraine is a complex and progressive neurologic disease. Explore various tools to help understand migraine impact, risk factors for potential progression, and ways to mitigate disease worsening.



Migraine phase info:  
[American Migraine Foundation](#)



Treatment strategies:  
[Association of Migraine Disorders](#)



Migraine spectrum of disease information:  
[CHAMP](#)



Unveiling the journey of migraine:  
[Miles for Migraine](#)



Podcast conversations:  
[National Headache Foundation](#)



Latest research and insights:  
[Migraine World Summit](#)

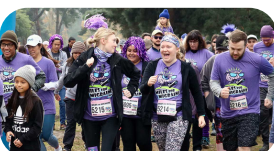
## Inspiring migraine stories spark belief in what's possible



Be your best advocate: you are the expert of your personal migraine experience – [hear how Margot](#) created her path to better days



Explore more stories of resilience and persistence from others in the community on [Me vs Migraine](#)



You are not alone: find support through [online communities](#), [Miles for Migraine](#) events, and resources addressing [healthcare disparities](#)

## Empowering improved migraine management

**Ask for a specialist referral or seek out a certified migraine provider:** tools that can help you find the [right healthcare partner](#) for you

**Create a custom care plan:** Consider lifestyle changes ([SEEDS](#)), patterns, and impacts to inform a [Migraine Action Plan](#) with your healthcare provider

Learn to better manage life/work/care stressors and challenges with a patient-advocate led program like [Migraine Masterclass](#)

### Making the most of your doctor's appointment

- [Prep with key questions](#) for your healthcare provider and be persistent in finding the right treatment and care for you
- [Sharpen your communication skills](#) to have a breakthrough conversation
- Outline 2-3 [SMART goals](#) focused on what matters most to you (e.g., improved function or impact on daily life)
- Learn more about insurance: [Action4Access](#) helps translate what you need to know on formulary coverage, co-pay, and co-insurance

Persistence pays off: Keep asking questions and don't give up on finding the right care.

**Personal Reflection:** Identify 1-2 things you'd like to improve about your migraine experience or personal life?

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Use this to prompt a focused and meaningful discussion with your healthcare provider at your next visit.

Created in collaboration with the migraine community

