

Activity Report

2024



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Selbsthilfegruppe
„Kopfweh“



Migrensamtokin



HUVUDVÄRKS FÖRBUNDET



OUCH Italy



Cluster
Kopfschmerzen
Verein Österreich



INTERNATIONAL ASSOCIATES





Organization Chart



Patrick Little

PRESIDENT



Elena Ruiz de la Torre

EXECUTIVE DIRECTOR



Kalina Tyminski

BOARD MEMBER
CLUSTER HEADACHE
GROUP



Isabel Colomina

BOARD MEMBER



María Damián

FINANCE OFFICER &
PROJECT COORDINATOR



Zoé Sales

MIGRAINE FRIENDLY
WORKPLACE PROJECT
MANAGER

EMHA

European
Migraine &
Headache
Alliance

The Migraine Movement

A small gesture could change their lives. LET'S DO IT.



DEAR MEMBERS AND SUPPORTERS

Dear All,

As you know, the European Migraine and Headache Alliance (EMHA) is a non-profit, patient umbrella group, which was launched under the name of EHA in 2006. Since then, the Alliance has grown up to represent 34 patient groups from 24 Countries across the continent and nowadays adding our colleagues from 11 other international areas as “Associated Members”. Year after year our little “Migraine family” is becoming bigger and bigger.

Together with our partner organizations, EMHA voices the views and concerns of people living with Migraine, Cluster Headache, and other headache disorders across Europe and overseas.

Our goal is to raise awareness about these conditions that affect millions of people across Europe and beyond. We develop projects and activities to achieve a better understanding, to give tools to workers living with Migraine through the “Migraine Friendly Workplace” project, and to help to provide an appropriate diagnosis and access to treatment for all.

Throughout 2024, our alliance of patient organizations has remained steadfast in our commitment to combat the stigma. Over the year, we have tirelessly worked through educational campaigns, awareness events, and close collaborations with healthcare professionals, aiming not only to inform but also to empower those living with Migraine or Cluster Headache.

Our approach has always been inclusive and collaborative, uniting voices from various organizations to create a strong and cohesive front. In this report, we will share the achievements we have made, the challenges we have faced, and the initiatives we have implemented to continue advancing our mission.

I would like to thank EMHA's president, Patrick Little and our office team, all of you, patient organizations, researchers, HC practitioners, other stakeholders, politicians, industry and supporters for all the time and efforts devoted to our bio-neurological condition.

Together, we are making a difference and working towards a future where understanding and support for individuals with migraine and headache disorders are the norm, not the exception.

Looking forward to strengthening our partnership more and more and sending you all the energy we need to improve the lives of those living with Migraine and to let a much better future to our next generations.

Elena Ruiz de la Torre,
EMHA Executive Director.



1. Migraine & Stigma

- 1.1 New EMHA Migraine Scoring System.
- 1.2 Communication campaign “I AM”.
- 1.3 Dissemination of the Stigma Survey results.
- 1.4 Ideation Stigma Workshops.



EMHA European
Migraine &
Headache
Alliance
The Migraine Movement

1.1 New EMHA Migraine Scoring System.

DESCRIPTION OF THE PROJECT.

One of the key areas EMHA has decided to tackle this year is the stigma of migraine from a scientific point of view.

The purpose of the “New EMHA Migraine Scoring System” was to evaluate migraine severity in a simple, easy-to-use communication tool that can help:

- Addressing patient requests for clearer communication.
- Homogenizing the severity of migraine.
- Reducing the stigma associated with migraine.
- Making it easier for GPs and those with migraine to understand their migraine.
- Validating by key opinion leaders as a valuable tool.

EMHA is working on this project with a scientific committee chaired by Prof. Peter Goadsby, and formed by: Prof. Mitsikostas, Prof. Irimia, Prof. Maassen van den Brink, Prof. Lampl, Prof. Ashina, Dr. Amin, Prof. Terwindt and Dra. Patricia Pozo-Rosich as the principal developer of the methodological approach.

DEVELOPMENT OF THE PROJECT

- Pilot test carried out with Vall d'Hebron Hospital.
- Factorial Analysis to check the dimensionality of the three items that make the score:
 - Frequency.
 - Pain Intensity.
 - Acute Treatment Reliability.
- Confirmatory analysis with another sample

The screenshot shows a video conference interface. The main window displays a presentation slide titled "Project objectives". The slide content is as follows:

Project objectives
In this context, EMHA wants to seize momentum and foster the ideation and prioritization of initiatives against Migraine Stigma to boost change and improvement of patients.

EMHA wants to seize momentum and foster new approaches to reduce migraine Stigma

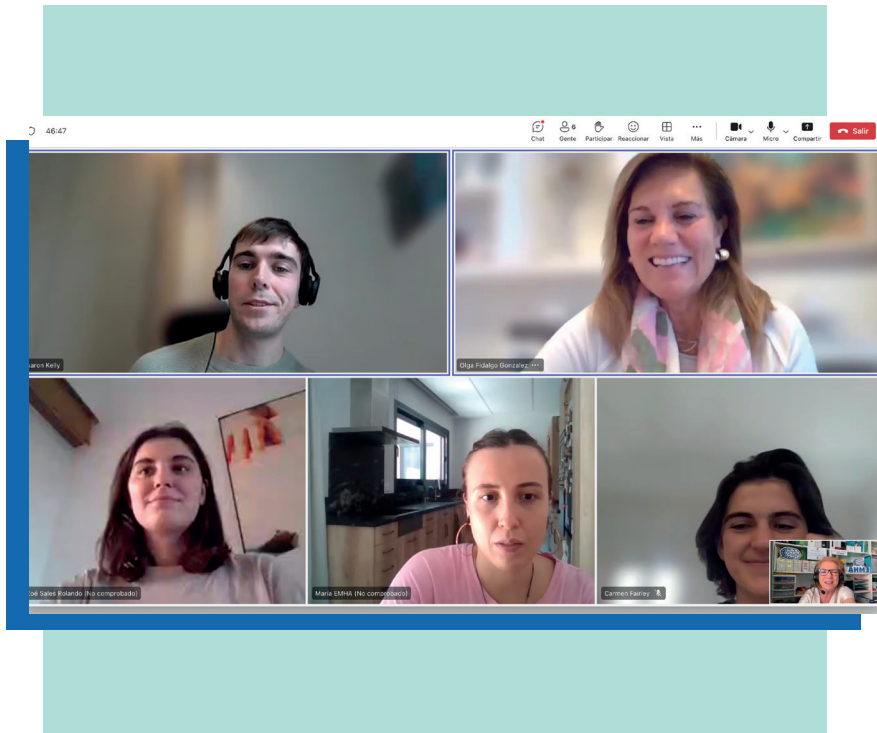
The slide features a timeline with four initiatives:

- I Pilot study with Dr. Pozo database** (April)
- II Initiative ideation workshop with industry and patients** (May-June)
- III Initiative ideation workshop with neurologists – at 10th EAN Congress** (June-July)
- IV SteerCo prioritization of initiatives and Scoring System readout** (September)

The presentation slide includes the EMHA logo and footer text: "Prescient", "Proprietary & Confidential | Prescient – See Further. Go Deeper.", and "EMHA European Migraine & Headache Alliance".

On the right side of the video conference, there is a vertical stack of participant video feeds. The top feed shows a woman with blonde hair. Below her is a man with dark hair. Further down, there are two smaller feeds showing a man with glasses and a man with a beard. At the bottom, there is a larger feed showing a man with glasses and a beard. The video conference interface includes a top bar with icons for "Control", "Separar", "Chat", "Gente", "Participar", "Reaccionar", "Vista", "Mas", "Camara", "Micro", "Compartir", and a "Salir" button.

- Assess survey stability and consistency. Determine cut-off points.
- Comparative Analysis of the EMHA Migraine Scoring System with other severity scales, HIIT-6 and MIDAS.
- Creation and testing of the patient survey.



1.1 NEW EMHA MIGRAINE SCORING SYSTEM

- Preliminary language validation to check reliability and confirmatory factor analysis of the translations.
- Clarifying questions.

Scoring system validation

President has consulted an expert epidemiologist to understand the validation process for a new scoring system

Validity	Scoring validation	Other language validation
1	Validity analysis: <ul style="list-style-type: none"> Factorial analysis to check the dimensionality of the 3 items that make the score Confirmatory analysis: ideally with another sample, but Dr. Pásztor can be used as well <p>With this we can validate the punctuation, ensure that scores are valid and that scoring system can be represented in 1 dimension. A/B, some datasets cannot.</p>	<ul style="list-style-type: none"> Survey translated (i.e. English to Greek) Another individual translates back to original language without having seen the original one Qualitative evaluation of the translation
2	Internal consistency: <ul style="list-style-type: none"> Assess survey "stability"/"consistency" Cronbach alpha to assess inter-relation between questions, get short survey Test-retest to the same group of individuals 	<ul style="list-style-type: none"> Subject matter expert does the translation (i.e. KOL) In parallel a non-physician linguist does same translation Different individuals translate it back to original language Qualitative review by independent individuals

Once translation is accepted:

- Check Cronbach alpha for reliability and do confirmatory factor analysis, and compare results vs original language

Next collaboration steps (2/2)

Now let's discuss feedback provided by AbbVie

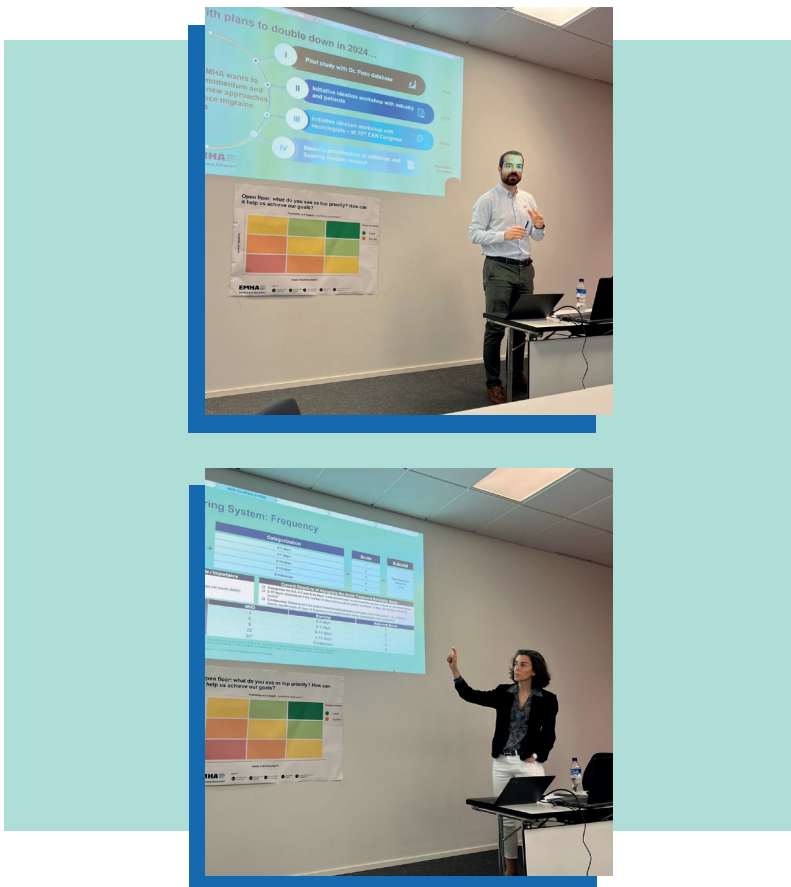
Additional request based on AbbVie feedback

AbbVie discussed with Mrs. Bäcker, president from German Migraine League the WIP of the EMHA Scoring System, she liked the idea and objective of the scoring system very much and find the 3 dimensions selected of great importance

- Side effects (=morbidity) are very important for patients and should be included as their own fourth score, as they have an enormous influence on QoL and sometimes occur independently of the actual headache: nausea, vomiting, paralysis, aura
 Idea: 4th column: How many side effects and how severe
- In the case of "acute treatment reliability", she would add to "not useful": "I am only allowed to take certain medications that do not work well", as not every patient is allowed to take highly effective medications and it may also be that the acute drugs do not work well because they can only take ibuprofen, etc.
- Shall it also address the load caused by aura, in addition should it be separately recorded whether PwM takes prophylaxis "It makes a difference whether I really have 5-10 days, or whether I achieve this number because the prophylaxis has helped me get from a chronic migraine into this area"

1.1 NEW EMHA MIGRAINE SCORING SYSTEM

- EMHA Scientific Committee Meeting at EAN, in Helsinki to:
 - Present an overview of the new scoring system, highlighting key findings from the analysis.
 - Align on next steps for scoring validation and sample increase.



- MTIS 2024 Oral Presentation of the abstract.

“Evaluating a New Migraine Scoring System Against Established Metrics” by Dra. Patricia Pozo - Rosich.



- EMHA Scientific Committee Meeting at EHC, in Rotterdam to:
 - Present the recent updates on the patient questionnaire.
 - Align the timeline for translations validations and agree on next steps and launch for 2025.



1.2 Communication campaign “I AM”.

DESCRIPTION OF THE PROJECT.

The I AM campaign was born as a result of the stigmatizing messages that society spreads about people with migraine.

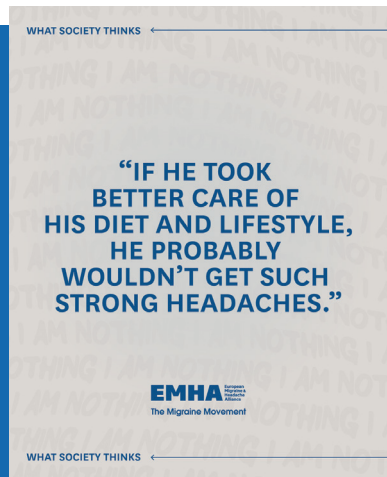
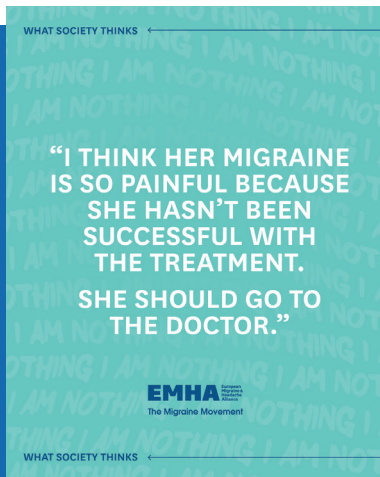
Its aim is to give visibility through awareness. One of the main goals of the campaign was to transform these messages into messages of encouragement, to empower them, highlighting their strength in facing each day despite having migraine.

The campaign was launched in EMHA’s digital channels: social media, YouTube and newsletters, but also in every event that was attended, with different actions and activations.

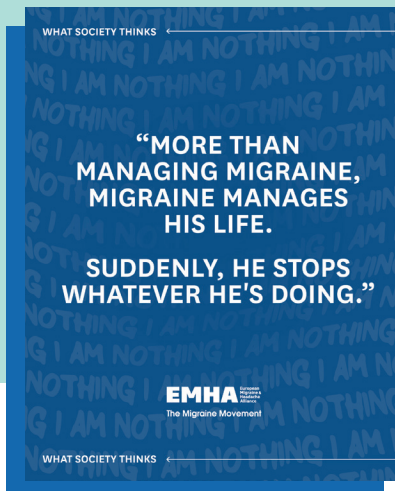
The campaign consisted of three phases, a teaser campaign, the launch of the campaign, and the post launch content, which is still a work in progress.

CAMPAIGN TEASER (JUNE 18TH TO JUNE 25TH).

Days prior to the campaign, headline charts about social stigmas were published in social media, which were later responded with the launch.



Find more about
#IAM at:



CAMPAIGN LAUNCH. 26TH JUNE.

EMHA launched the first audiovisual communication that addressed the social stigma around migraine. This content depicted several migraine patients' stories, with a clear message. Despite having migraine, I AM...

I AM strong. I AM capable. I AM ready. I AM willing. I AM fighter. I AM resilient. I AM a person with migraine, and I'm proud of myself. We are proud of ourselves. The stigma is only in the minds of others.

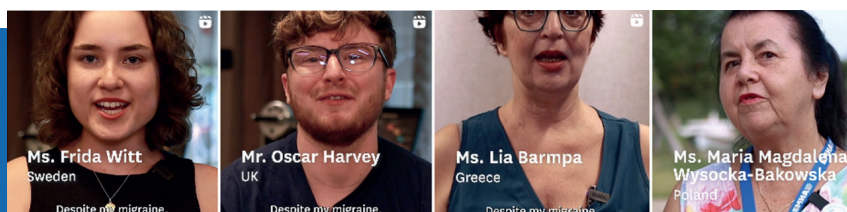


POST LAUNCH.

On the days following the 26th, more powerful messages from the spot were posted as carousels on social media.



During the year, EMHA contacted patients that gave voice and visibility to this condition, sharing their own testimony. They talked about who they are and how it is to live their lives with migraine.



In addition to the digital media communication and making the most of EMHA's attendance at various events, more content was created to help broadcast the campaign as well as the message, sharing opinions with patients, neurologists and society in general about the stigma associated with migraine.



Migraine Trust
International
Symposium 2024



1.3 Dissemination of the Stigma Survey results.

NATIONAL PRESS RELEASES.

EMHA elaborated a press release based on the results of the European Stigma Survey 2023 and translated it into five languages.

In collaboration with a renowned press agency, the press release was distributed to 25 media outlets in the UK, Spain, Germany, France, Belgium, and Italy.

You can check and use them at:



A few examples from Italy, Germany and UK.

Migränepatienten leiden unter Stigmatisierung

Freitag, 9. Februar 2024

[Newsletter abonnieren](#)
[Zur Startseite](#)

/fotokas, stock.adobe.com

Marburg – Menschen mit Migräne fühlen sich im Alltag und im Gesundheitswesen häufig diskriminiert. Sie verschweigen zum Beispiel oft ihre Krankheit am Arbeitsplatz, weil sie Angst haben, verurteilt zu werden.

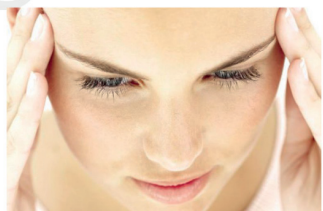
1.3 DISSEMINATION OF THE STIGMA SURVEY RESULTS

Nazionale, Salute

Le persone affette da emicrania si sentono discriminate

27 MARZO 2024 by CORNALE

Una nuova indagine condotta dalla European Migraine & Headache Alliance (EMHA) e da Alleanza Cefalalgici, rivela che le persone affette da emicrania si sentono discriminate



Workplace
Wellbeing
Professional

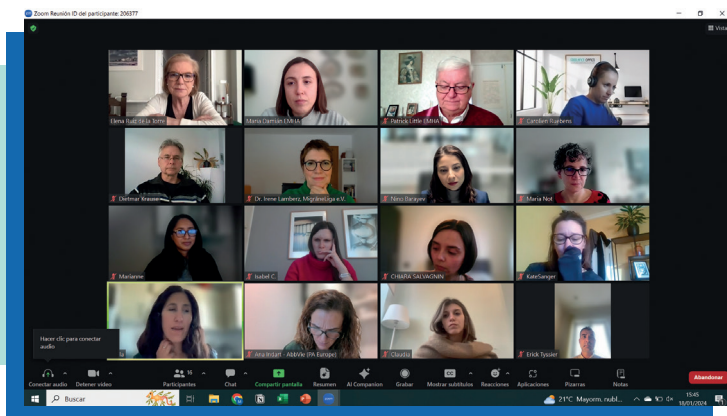
NEWS ANALYSIS & ADVICE PODCAST FREE WHITE PAPERS GUIDES COURSES RESOURCE CENTRE TO

MIGRAINE SUFFERERS KEEP CONDITION PRIVATE DUE TO FEARS OVER WORKPLACE JUDGEMENT



A new survey developed by the European Migraine & Headache Alliance (EMHA) and The Migraine Trust reveals that people affected with migraine feel discriminated against in all aspects of their everyday lives.

ALIGNMENT MEETING WITH THE PATIENT ASSOCIATIONS INVOLVED AND OTHER STAKEHOLDERS.



STIGMA SURVEY RESULTS BY COUNTRY.

The Stigma Survey results were launched in 2023.

In 2024, EMHA analyzed the data from each of the 21 countries (European and International) and provided the information to the corresponding national associations to foster the Stigma Communication actions at national level.

You can check the
results by country at:



POSTER PRESENTATION OF THE STIGMA SURVEY 2023 RESULTS.



1.3 DISSEMINATION OF THE STIGMA SURVEY RESULTS

Delivered by Prof. Peter Goadsby at the European Academy of Neurology in Helsinki.

EPR-072 | Assessing Migraine Stigma in Europe: Insights and Implications for Support

P. Goadsby¹; E. RuizdelaTorre²; D. Pozo-Rosich³; D. Maassen van den Brink⁴; P. Irimia⁵; P. Mitsikostas⁶; P. Ashina⁷; P. Terwindt⁸; S. Bardaji Ortiz²; A. Kelly⁹

¹NIHR-King's Clinical Research Facility, King's College London UK; ²European Migraine and Headache Alliance; ³Headache Unit, Neurology Department, Vall d'Hebron University Hospital, Spain; ⁴Department of Internal Medicine, Erasmus MC Medical Center, Rotterdam, The Netherlands; ⁵Department of Neurology, Headache Unit, University Clinic of Navarra, Spain; ⁶1st Department of Neurology, Aeginition Hospital, National and Kapodistrian University of Athens, Greece; ⁷Danish Headache Center, Department of Neurology, Rigshospitalet Glostrup, University of Copenhagen, Denmark; ⁸Department of Neurology, Leiden University Medical Center, Leiden, The Netherlands; ⁹Prescient HealthCare Group

Background and Aims: Migraine is the most common cause of neurological referral in most practices. Stigma around migraine has been discussed broadly over some time. We sought to evaluate the stigma of migraine patients in Europe

Methods: The European Migraine & Headache Alliance (EMHA), a patient association umbrella alliance, collaborated with migraine experts to develop an anonymous and voluntary survey. Stigma Scale for Chronic Illness (SSCI) scales were used to assess migraine stigma and correlated with frequency, severity, and medication use. The survey was distributed through EMHA's European network. Data were analyzed in Excel.

Results: People with migraine ($n=4,210$) from around Europe completed the survey: Spain 22%, France 12%, Italy 11%, Germany 10%, Portugal 8%, and were predominantly women aged 25–64 years. Of respondents, 90% were migraine sufferers, with 50% considering themselves severe and 57% having ≥ 8 migraine days/month. Medical and workplace settings were identified as primary sources of stigma. Of responders, 74% felt medical professionals lacked an understanding of what it means to live with migraine, and 79% reported a negative impact on their careers. Migraine stigma was seen as more pronounced than for other neurological conditions but less than mental health conditions. Terms, such as severe, had no clear unifying definition, and diagnostic terminology, such as chronic migraine were poorly understood.

Conclusion: Migraine stigma impacts personal and professional lives. Broader education on migraine and changes in terminology used may limit stigma and improve quality of life people with migraine

Disclosure: Nothing to disclose.

1.4 Ideation Stigma Workshop.

EMHA organized a Workshop Day where participants (EMHA Patient Associations and Industry) brainstormed and developed initiatives to undertake in 2024/25, focusing on the new EMHA migraine scoring system and efforts to tackle migraine stigma.





2. Migraine Friendly Workplace

2.1 MFW Companies.

2.2 New materials for employees.

2.3 New educational videos.

2.4 MFW Event.

2.5 MFW for Experts.

2.6 MFW for Policymakers.



Description of the project.

MFW is an EMHA's initiative that aims to normalise and raise awareness of workers with migraine in order to reduce its stigma.

In 2024, EMHA has created a plan that encourages companies to be more proactive in supporting employees with migraine. New tools have been developed to educate and better manage migraine attacks.

The project is suitable for all working spaces. In the framework of the Migraine Friendly Workplace project, EMHA members can offer various migraine awareness activities to the companies. For example, access to interviews with renowned neurologists, webinars with health experts, advice on the creation of migraine friendly corporate material or support in creating migraine friendly work environments.

2.1 MFW Companies.

The Migraine Friendly Workplace project is growing rapidly thanks to the help and support of associations committed to creating more Migraine Friendly Workplaces.



International Associates



MFW COMPANIES: CONTRIBUTORS.

There are two types of agreements: Contributors and Collaborators. EMHA Contributors actively support the Migraine Friendly Workplace, and they are provided with additional tools to help their employees.



MFW COMPANIES: COLLABORATORS.

EMHA Collaborators commit to raising awareness of the issue to create a healthier environment and give visibility to migraine.



MULTINATIONAL COMPANIES IN 2024.



Coca-Cola International
is this year's new Contributor.
Over 79.000 employees.
Sector: beverage industry.

Zhahan Kazajistan Sector:
Oil and gas services industry.

NEW MFW ASSOCIATIONS IN 2024.



NGO – Austrian Cluster
Headache Association.
Austria.



NGO – Migraine Action.
Switzerland.



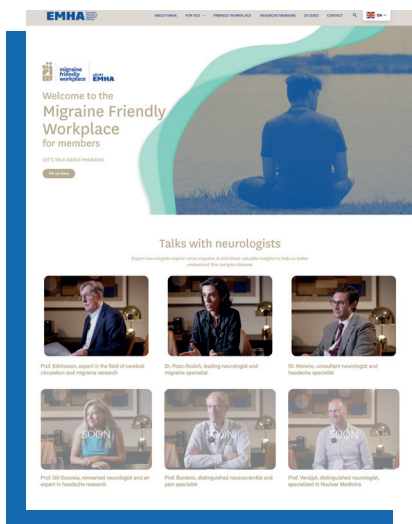
NGO – Polish Migraine
Association.
Poland.

2.2 New materials for employees.

MFW Website.

The EMHA has launched a webpage to support employees that work in MFW companies. This platform **provides educational resources, including exclusive interviews with leading Key Opinion Leaders (KOLs) in migraine and neurology**, who share the latest insights on migraine management and research. The webpage also offers stress-relieving content, such as yoga, mindfulness, and breathing exercise videos, and **specialized materials for occupational health professionals** to better equip them in supporting employees with migraine.

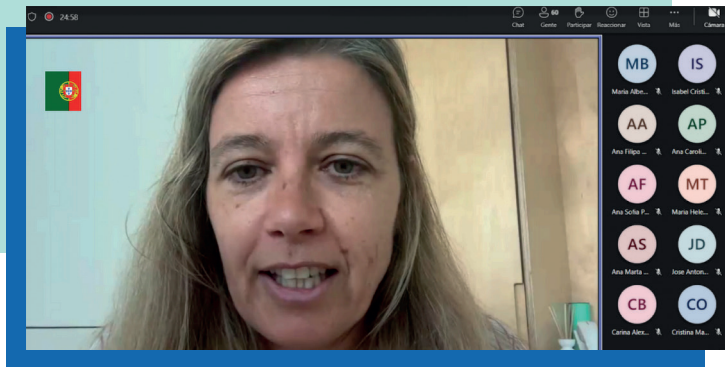
Additionally, an anonymous form is available for employees to share if they have migraine, enabling companies to access this data and tailor **support to meet the unique needs of affected employees.**



Coca-Cola Webinars.

EMHA hosted two webinars for Coca-Cola employees in Spain and Portugal, with a total attendance of 260 participants.

Dr. Patricia Pozo-Rosich and Dr. Raquel Gil-Gouveia delivered two insightful presentations on migraine. The Q&A sessions at the end of each presentation highlighted the employees' strong interest in the topic of migraine.



2.3 New educational videos

More than 27 renowned experts and neurologists have participated in a series of interviews EMHA has prepared to provide valuable content for employees in need of this information.



Thank you Prof. Edvinsson



Thank you Prof. Burstein



Thank you Prof. Maassen van den Brink



Thank you Dr. Gil-Gouveia



Thank you Prof. Ahmed



Thank you Dr. Pozo-Rosich



Thank you Prof. Amin



Thank you Dr. Versijpt



Thank you Dr. Peres



Thank you Dr. Moreno



Thank you Dr. Puleda



Thank you Dr. Karsan



Thank you Ms. Gosalia



Thank you Prof. Olesen



Thank you Prof. Goadsby



Thank you Prof. Saxena



Thank you Dr. Agosti and Dr. Brunn



Thank you Dr. Mitsikostas



Thank you Prof. Jensen



Thank you Kristi Tamela



Thank you Prof. Schoenen



Thank you Dr. Roceanu



Thank you Dr. Watson



Thank you Prof. Sacco



Thank you Dr. Vikelis



Thank you Dr. Teófila Vicente Herrero

2.4 MFW Event.

On September 12th, EMHA presented the Migraine Friendly Workplace project to various companies and organizations in Brussels. The event, held in collaboration with the Official Spanish Chamber of Commerce in Belgium and Luxembourg and opened by **Roser Domenech Amado**, Director of One Health, DG SANTE, European Commission, successfully conveyed the importance of creating supportive environments for employees affected by migraine. The challenges were also discussed of managing migraine in the workplace and underscored the importance of ESG (Environmental, Social, and Governance) practices in fostering healthier work environments.

This event reaffirmed the need for initiatives aimed at promoting migraine-friendly workplaces and the positive changes they can inspire.



The event had 50 attendees from different companies such as **Iberdrola, BBVA, La Liga, Teva Pharmaceuticals**, Tax Consult, K&L Gates GP, EPSA, Fleishman Hillard, RPP Group SRL, European Business Summits, Erasmus MC, RPP Group, CEV, AbbVie, Ceettar, Organon, FEAD, Eduxo, IEEP, Garrett, FTI Consulting, Ecetoc, ASDM Consulting, Brussels-Star, Karlsruhe Institute of Technology, European Heat Pump Association, European Brain Council and elgian Brain Council among others. With participants sharing personal stories and experiences of acquaintances who suffer from migraine, highlighting how workplace conditions influenced their well-being.



Ms. Roser Domenech Amado



Dr. Morato



2.5 MFW for Experts

The Migraine Friendly Workplace thrives thanks to the invaluable support of the scientific community. Neurologists, work physicians, general practitioners, nurses, and medical/scientific centers provide a robust foundation for the project. This collaboration with experts ensures that EMHA delivers scientifically sound information, offering employees with an accurate education and effective strategies for managing migraine. This partnership is **key to fostering a greater understanding of migraine** and promoting a healthier and more productive work environment for everyone.



Erasmus MC



Prof. Vikelis



Prof. Mitsikostas



Dr. Teófila Vicente Herrero



EAN



Prof. Irimia

2.6 MFW for Policymakers.

On December 6th, EMHA had the privilege of attending the EHC Congress in Rotterdam, where EMHA offered Migraine Friendly Workplace recognition plaques to numerous leading experts across science, politics and health. EMHA is deeply grateful to these remarkable figures for their invaluable contributions to improving the quality of life for people living with migraine.



Dr. Fidalgo, Ms. Ruiz de la Torre, Dr. Agosti, Ms. Guusje ter Horst, Prof. Ashina, Ms. Dehenna Davison and Ms. Jannet Vaessen.

3. Policy affairs

3.1 MEP Migraine Alliance

3.2 Policy Affairs at the European Parliament

3.2.1 One to One Meetings

3.2.2 Positioning Achievements

3.3 Legislative challenges

3.4 Other meetings



3.1 MEP Migraine Alliance

In June 2024 European elections took place and new MEP were elected at the European Parliament.

Considering this, EMHA had new additions to the MEP Migraine Alliance.

The number of MEPs supporting EMHA's goals at the EU level, is now 10 current MEPs plus 5 former ones.

New members: Esther Herranz (EPP, Spain) and Margarita de la Pisa (Patriots, Spain).





3.2 Policy Affairs at the European Parliament

3.2.1 One to One Meetings

EMHA held One-to-One meetings with a group of different MEPs, to discuss a variety of topics around migraine, such as EU Pharma Strategy, New Legislative priorities or the European Health Data Space.



MEP Esther Herranz



MEP Rosa Estaràs

Health Advisor to:



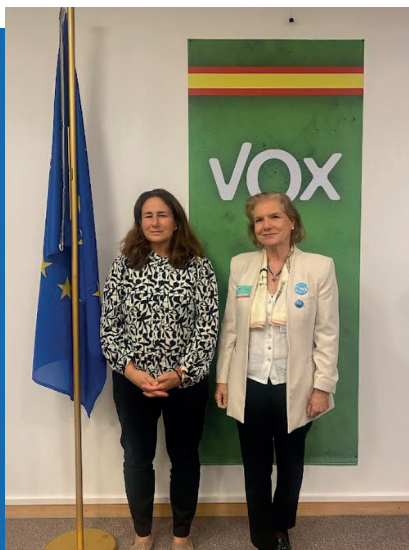
Peter LIESE 

Group of the European People's Party (Christian Democrats)
Member

3.2 POLICY AFFAIRS AT THE EUROPEAN PARLIAMENT



MEP Marie-Luce Brasier-Clain



MEP Margarita de la Pisa



Maravillas ABADÍA JOVER 🗣️

Group of the European People's Party (Christian Democrats)

Member

Health Advisor to Spanish EPP
delegation and Assistant to
MEP Maravillas Abadia



3.2.2 Positioning Achievements

- Participation as speakers in a parliamentary event on self-care medicine hosted by MEP Susana Solis.
- Submission of collective amendments for the Pharmaceutical Strategy Revision files.
- Participation in the European Commission Open Consultation on Health Technology Assessment.
- Drafted and presented the **Migraine Policy Manifesto**. This document both takes into account the new priorities of the European Union and aligns them with EMHA's priorities and concerns at EU level and how policymakers can contribute.



3.3 Legislative challenges

During 2024 EMHA has worked on two main files.

Pharmaceutical Revision: More specifically on the definition of Unmet Medical Needs.

Since September with the new parliament the focus has shifted towards the **European Health Data Space** which is to be one of the main health files for the new legislative term.

In this sense, close contact has been made with MEPs and other relevant stakeholders to gather relevant updates and information as well as to provide them with EMHA's input on the different issues.



3.4 Other meetings



The Parliament Health Summit



Hungarian Presidency
Health Priorities
Presentation



Euronews Health Summit



ENVI Committee
Meetings



EU Health
Coalition Event

4. Special days

4.1 Women's Day

4.2 Brain Awareness Week

4.3 Cluster Headache Awareness Day

4.4 Workers' Day

4.5 Shades for Migraine

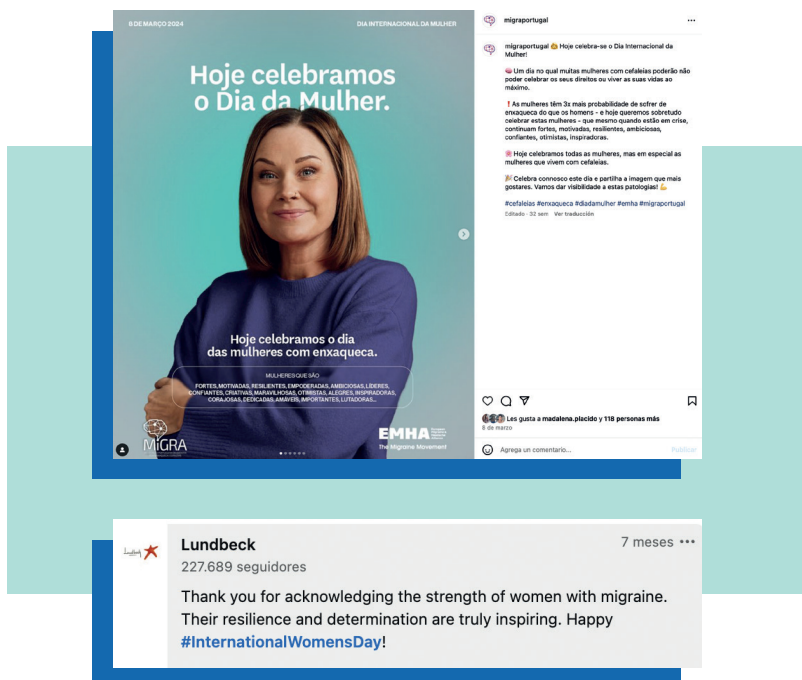
4.6 Migraine Day of Action



4.1 Women's Day

Science revealed that migraine mainly affects women, and because of that, the 8th of March has always been an important milestone in the communication calendar of those who give visibility to migraine. This year, EMHA celebrated all women, especially women who, despite migraine, are strong, empowered, ambitious, leaders and fighters, following the #IAM theme.

Thank you to associations like Migra Portugal, Suomen Migreeniyhdisty from Finland, AEMICE from Spain, AbbVie, Lundbeck and others for amplifying this message.



8 DE MARZO 2024 DÍA INTERNACIONAL DE LA MUJER

Hoy celebramos el Día de la Mujer.

Hoy celebramos el día de las mujeres con migraña.

MUJERES QUE SON FUERTES, MOTIVADAS, RESILIENTES, EMPODERADAS, AMBICIOSAS, LÍDERES, SEGURAS, CREATIVAS, ASOMBRADAS, OPTIMISTAS, ALEGRES, INSPIRADORAS, VALENTES, CURULOSAS, AMABLES, IMPORTANTES, LUCHADORAS.

 **AEMICE** Asociación Española de Migración y Cefaleas

EMHA European Migraine & Headache Alliance
The Migraine Movement




MARCH 8TH 2024 INTERNATIONAL WOMEN'S DAY

Today we celebrate Women's Day.

Today we celebrate the day of women with migraine.

WOMEN WHO ARE STRONG, MOTIVATED, RESILIENT, EMPOWERED, AMBITIOUS, LEADERS, CONFIDENT, CREATIVE, AMAZING, OPTIMISTIC, JOYFUL, INSPIRING, COURAGEOUS, CARING, KIND, IMPORTANT, FIGHTERS.

EMHA European Migraine & Headache Alliance
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MARCH 8TH 2024 INTERNATIONAL WOMEN'S DAY

Today we celebrate Women's Day.

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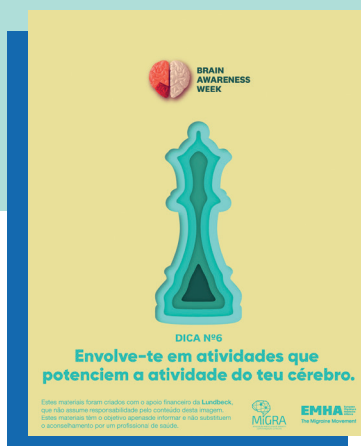
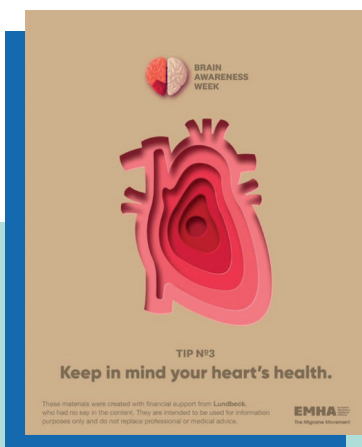
WOMEN WHO ARE STRONG, MOTIVATED, RESILIENT, EMPOWERED, AMBITIOUS, LEADERS, CONFIDENT, CREATIVE, AMAZING, OPTIMISTIC, JOYFUL, INSPIRING, COURAGEOUS, CARING, KIND, IMPORTANT, FIGHTERS.

EMHA European Migraine & Headache Alliance
The Migraine Movement



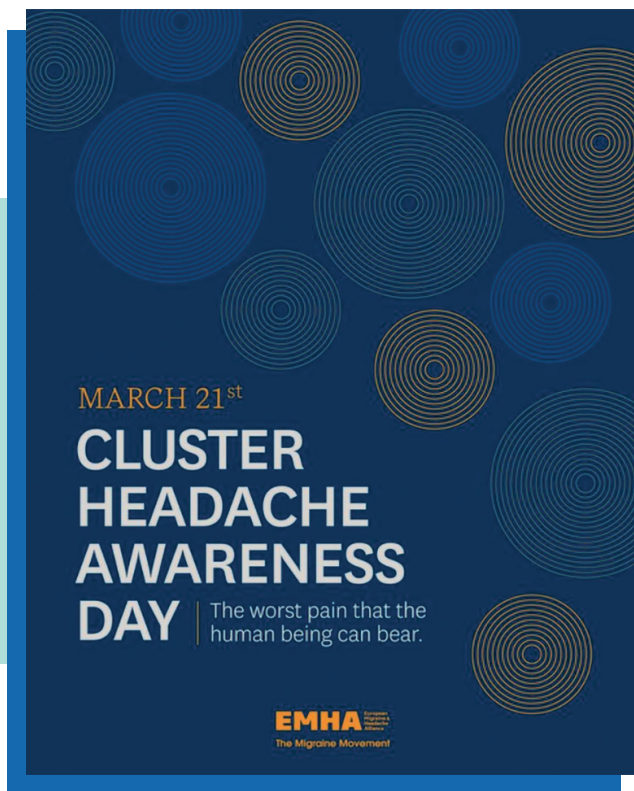
4.2 Brain Awareness Week

During the third week of March, EMHA created a range of illustrations for social media, giving tips on how to take care of other parts of the body, closely related to the brain, which are just as vitally important, as well as other aspects to consider for a healthy environment in your daily life.



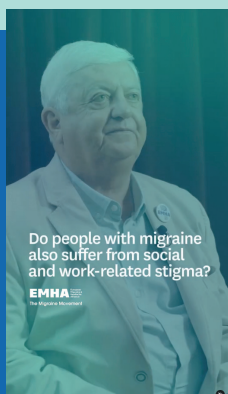
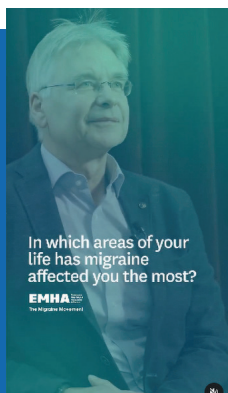
4.3 Cluster Headache Awareness Day

On this day EMHA gave visibility to the suffering of those who experience this type of migraine. The message was clear and stark, speaking about the worst possible pain someone can endure.



4.4 Workers' Day

This year for Workers' Day, EMHA posted 4 videos, where representatives from Headache National Patient Associations shared personal experiences to give visibility to a Project that Migraine Friendly Workplace works relentlessly on. In the videos, people talked about work-related stigmas and the distress of interrupting their work because of a sudden migraine attack, especially when facing their coworkers.



4.5 Shades For Migraine

On June 21st EMHA joined #ShadesForMigraine campaign, inviting others to collaborate and give support on the day that aims to give more visibility than ever to this illness.

This campaign consists of raising awareness and sharing a photo on social media while wearing sunglasses as a representative symbol. The goal is to educate at a social level and spread the message as loudly as possible through digital platforms.



4.6 Migraine Day Of Action

On 12th September, EMHA went to the streets of Belgium with #IAM campaign merchandising with encouraging messages. People were able to take pictures with them, know more about EMHA's work thereby creating content that EMHA shared through their network profiles.

Also, EMHA's Executive Director, Elena Ruiz de la Torre interviewed civilians about their level of knowledge of migraine and raised awareness beyond social media.

With this action, EMHA wanted to engage with the public and motivate people to spread the #IAM message.





Find more
about #IAM at:



5. Unity is strength

5.1 Annual Member's Meeting

5.2 European Headache Congress Working Sessions

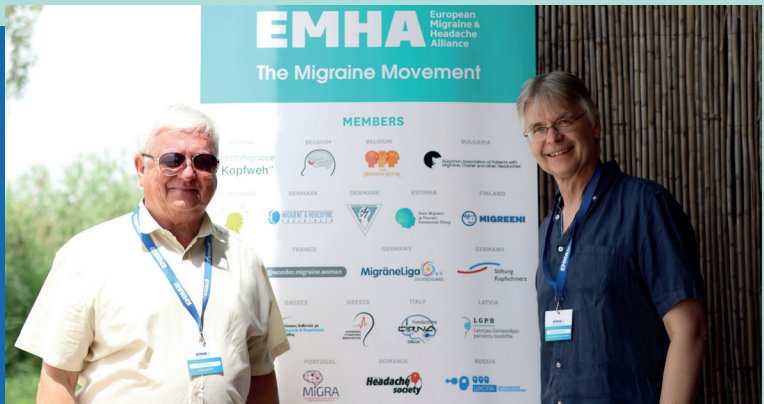


5.1 Annual Member's Meeting

June 2024 | Valencia

As every year, EMHA brings together its members to discuss past projects and set the next steps to achieve future goals.





5.2 European Headache Congress Working Sessions

December 2024 | EHC Rotterdam

Session - Positive Health

During the **Positive Health Session on the 5th December**, key aspects were presented, including managing headaches from a different perspective, the benefits of positive health, and key takeaways.

In collaboration with **Hoofdpijnnet, patient association in the Netherlands**, EMHA organized an event attended by **nearly 50 participants**, including representatives from international and European patient associations, neurologists, and EMHA's corporate partners. The session aimed to emphasize the importance of proper migraine management and its significant role in fostering a more positive approach to the disease.

The session aimed to empower **EMHA members** and other patients by fostering new skills and knowledge, enabling more effective engagement in advocacy at both the **European and national levels**. Additionally, it sought to enhance policymakers' understanding of the impact of migraine, including the **burden of the disease and its socio-economic consequences**, and to facilitate more informed discussions that underscore the value of **“migraine freedom”**. The ultimate objective was to improve **access to treatments**.

A panel of experts, including:



Ms. Dehenna Davison
Former MP and Government
Minister



Ms. Guusje ter Horst
Former minister and former
member of the Senate



Dr. Reto Agosti
Committee for Social Affairs and
Security (Zurich Cantonal Council).
CEO and CMO Headache Centre
Hirslanden Neurologist



Ms. Jannet Vaessen
Founder and exec. Director of WOMEN
Inc. Sr Research Fellow at The Law
Center for Health & Life (University of
Amsterdam)



Prof. Peter Goadsby
Director NIH Research and Wellcome
Trust and neurology professor (King's
College London)



Dr. Messoud Ashina
Professor of Neurology and Director of
Human Migraine Research Unit
(Danish Headache Center)



Ms. Elena Ruiz de la Torre |
Founder of AEMICE and EMHA and
EMHA's Executive Director



Dr. Olga Fidalgo
Vice President
Prescient

addressed inequities in migraine care across Europe. They highlighted the importance of **early diagnosis** for equitable treatment, the **crucial role of general practitioners** in patient pathways, and the **socio-economic burden of untreated migraine**.

The panelists proposed key solutions, including greater involvement of pharmacists, enhanced education for general practitioners, targeted advocacy efforts, earlier access to treatments, and awareness campaigns to reduce stigma and improve outcomes for individuals living with migraine.

5.2 EUROPEAN HEADACHE CONGRESS WORKING SESSIONS



+ 20 countries
worldwide



+ 50
attendees



+ 18 patient
organizations



December 2024 | EHC Rotterdam

Policy Roundtable - It's Time to Amplify Advocacy in Migraine

EMHA organized an event attended by more than 45 participants including representatives from European Patient Associations from 15 different countries, neurologists, EMHA's corporate partners and policymakers.

The goal of the session was to empower EMHA members and other patients by fostering new skills and knowledge, facilitating more effective engagement in European and/or national level advocacy.

Moreover, to help policymakers better understand the impact of migraine (burden of the disease and socio-economic impact) and to have more informed conversations with policymakers that highlight the value of "migraine freedom".

With the ultimate hope and objective of improving access to treatments.



This event has been possible thanks to AbbVie's support

6. Social media plan

6.1 EMHA Metrics

6.2 Social Media Listening

6.3 Vicious Circle Communication Campaign



6.1 EMHA Metrics

EMHA's community gains strength



People reached us through EMHA's social media channels thanks to the activities carried out by EMHA during 2023:

526,893



Increase in the number of followers on EMHA's social media (9,586):

+26.3%



Engagement rate with EMHA's social media content in 2023:

355%



Increase in users on EMHA's website:

27.39%

Newsletter

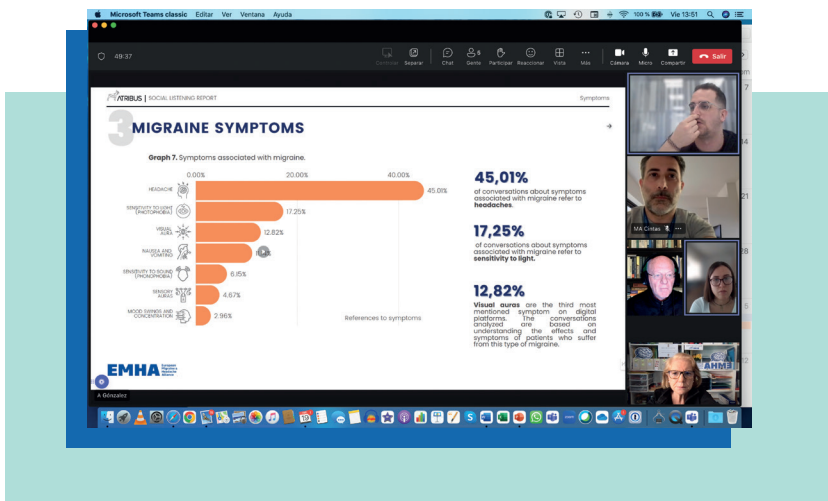
Since 2022, EMHA emails its subscribers quarterly with updates on its activities, so they stay informed about all the events and initiatives that raise awareness about migraine ranging from special actions to information and achievements.

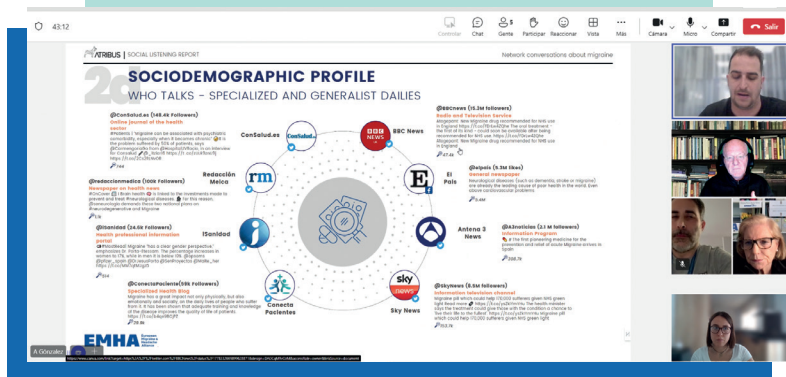
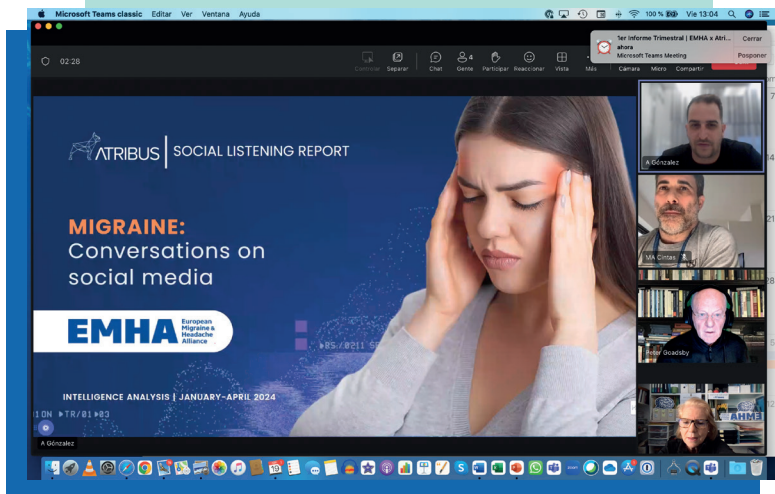


6.2 Social Media Listening

EMHA conducted from January 2024 – December 2024 a Social Media Listening research to identify conversations on social networks and the Internet regarding users' perception of migraine and to identify the most commonly used "terms" by social media users, the top concerns were:

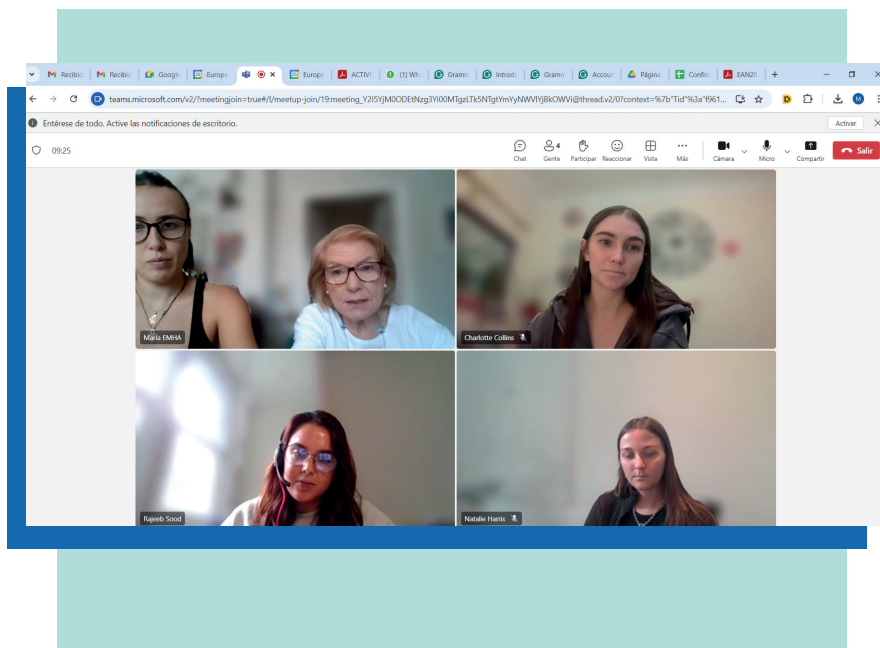
- Detection of the most well-known types of migraine and their symptoms.
- Analysis of treatments discussed on social media, including misuse and non-professional recommendations.
- Identifying the most trending topics around migraine and brain health to address in future events.



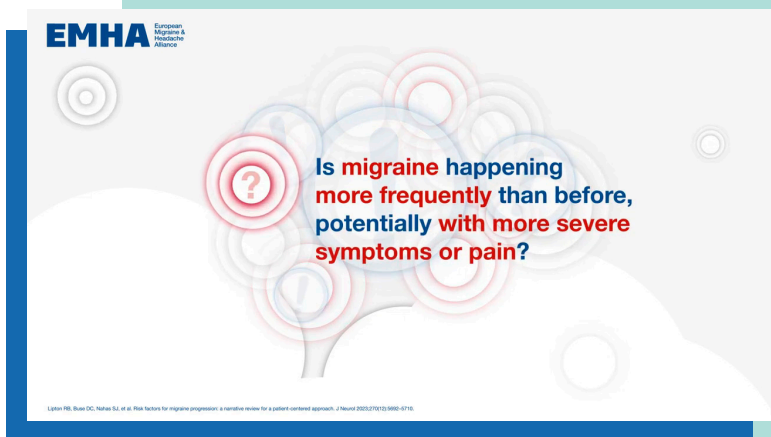
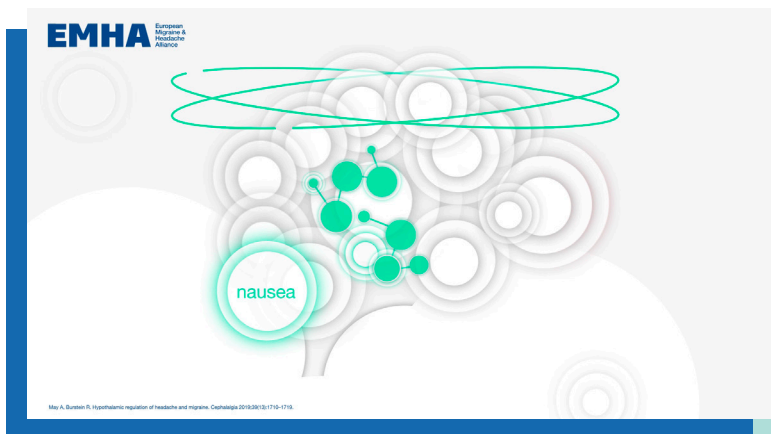


6.3 Vicious Circle Communication Campaign

The campaign aimed to raise awareness and promote education to prevent worsening migraine. EMHA did so through an informative and educational video shared through EMHA's website and SSMM profiles, targeting our key audiences (other health patient organizations, other migraine patient associations (EU + International), pharmaceutical industry, migraine and other primary headache patients).



6.3 VICIOUS CIRCLE COMMUNICATION CAMPAIGN



Watch video

7. Access To Care




7.1 France - Call to Action



7.1 France - Call to Action

An opinion column written by EMHA’s Executive Director, Elena Ruiz de la Torre was released denouncing the lack of access to the most innovative and effective treatments in France, and making an urgent request to national authorities to tackle this issue to improve the situation of French Migraine Patients.

The column was released in influential media magazines and websites during Migraine Awareness Month (September 2024).

Media	Link	Newspaper Audience
Nouvel Obs		9.063.000
MSN France		85.600
Le Quotidien du médecin		803.113
Le Quotidien du Médecin	Print	41.000

Tribune

Migraine en France : « l'urgence d'un accès équitable aux nouveaux traitements »

PUBLIE LE 27/09/2024

0 RÉACTIONS COMMENTER



Article réservé aux abonnés

La migraine est une affection neurologique invalidante qui touche 15 % de la population française, soit plus de 10 millions de nos concitoyens, affectant deux fois plus de femmes que d'hommes, selon la Fédération française de neurologie. Et pourtant, la réponse de notre système de santé à cette souffrance reste désespérément inadéquate.

Des progrès scientifiques importants ont permis le développement de nouveaux traitements anti-migraineux. Ces traitements (anticorps monoclonaux anti-CGRP et Gépants) sont une révolution thérapeutique pour les migraineux sévères et présentent un profil de tolérance nettement meilleur que les anciens médicaments. Pourtant, ces traitements ne sont pas



Elena Ruiz de la Torre

Nouvel Obs

Procès des viols de Mazan, l'onde de choc

Lire le magazine de la semaine

Migraine : en France, l'urgence d'un accès équitable aux nouveaux traitements

Elena Ruiz de la Torre

Directrice exécutive de l'EMHA (l'Alliance européenne contre la Migraine et les Céphalées)

Publié le 12 septembre 2024 à 18h00

Publicité

8. EMHA & other stakeholders

8.1 Scientific Collaborations

8.2 Collaborations with other organizations

8.3 EMHA Partners & Associates

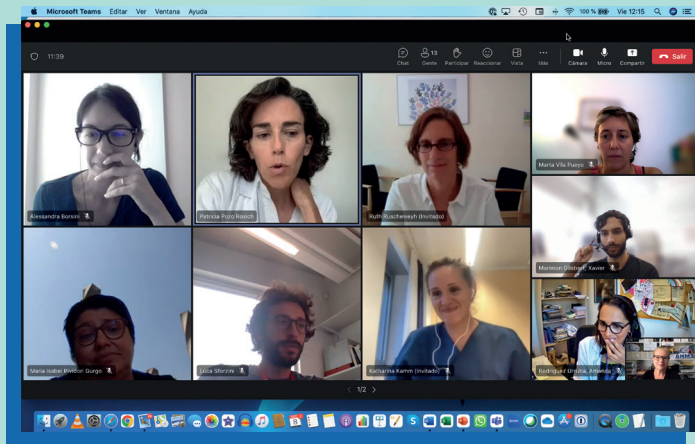
8.4 Collaborations with Industry



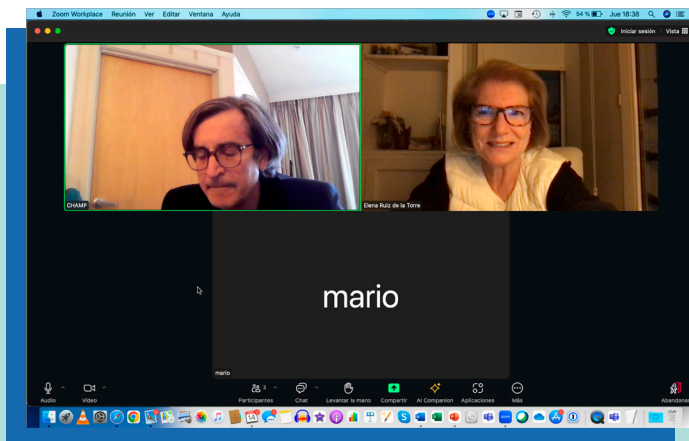
8.1 Scientific Collaborations

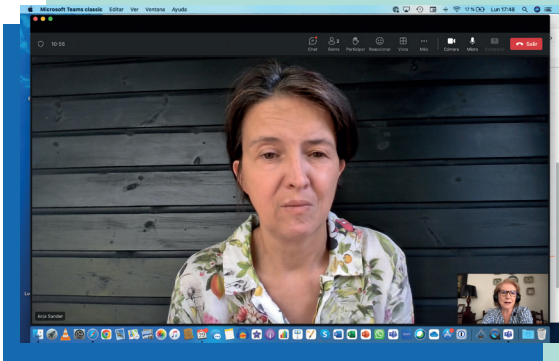
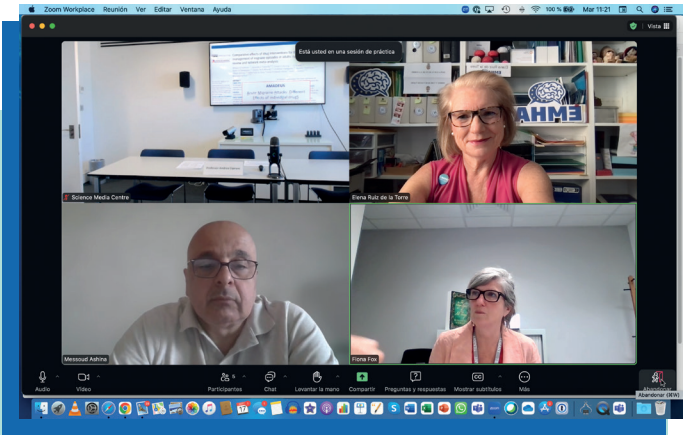
Scientific groups with whom the EMHA is collaborating.

- Optimization of a Digital Headache Diary for Migraine and Depression with an Integrated Disease Burden Score.
- Research Paper "Patient driven research" - American Academy of Neurology
- Horizon 2024: "Tackling high-burden for patients. Under-researched medical conditions" – Leiden University
- EAN Panel on Headache – European Academy of Neurology
- Comparative effects of drug interventions for the acute management of migraine episodes in adults: systematic review and network meta-analysis Publication
- SIH-Guideline Task-force - European Academy of Neurology
- Guideline on Pharmacological Treatment of Individuals with Migraine - European Academy of Neurology & European Headache Federation
- AMADEUS Project - The Danish Headache Center
- Brain Health Mission Strategic Partner - European Academy of Neurology
- Faculty member - European Headache Federation



Preparation meeting for IHC 2025







Brain Health Mission Forum

The Brain Health Mission

Partners (as of 19 December 2024)

Strategic Partners



Support



Scientific congresses where EMHA had presence



Migraine Trust International Summit (MTIS) September 2024 | London

From September 5 to 7, EMHA set up a booth where visitors could actively remove stigmatizing messages displayed on a board — messages commonly heard in society — that undermine the seriousness of this debilitating disease. The goal was to challenge these harmful narratives and raise awareness. The initiative was a success, attracting more than 40 specialists to EMHA's stand, who expressed their views against these stigmatizing messages.

Additionally, Ms. Elena Ruiz de la Torre, Executive Director at EMHA, participated in the congress with a presentation addressing barriers to headache care.





Scientific congresses where EMHA had presence

european
headache
federation



European Headache Congress (EHC) December 2024 | Rotterdam

Ms. Elena Ruiz de la Torre participated in the **Opening Ceremony** of the congress during the session titled "**Headache Burden: The Professionals' and Patients' Perspective**," with more than 2,200 attendees.

Additionally, the **EMHA** organized parallel sessions for its members, policymakers, and other stakeholders. More detailed information about the sessions dedicated to patients and policymakers can be found in **chapter 5.2 of the EHC Working Sessions** (p. 78).

The EMHA's Executive Director also took part in parallel sessions at the **EHC** (see p. 119) and coordinated recording sessions with renowned experts to produce educational materials. These videos aim to help patients, employees, and employers better understand various aspects of migraine (see p. 39).

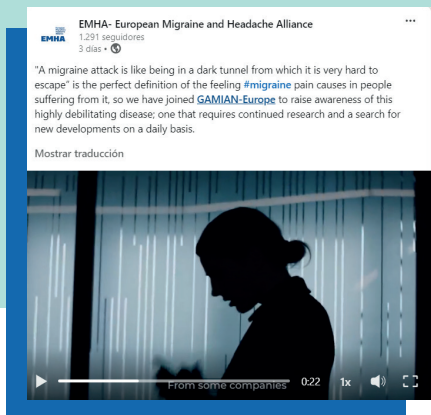


8.2 Collaborations with other organizations



Communication Campaign "Promoting better treatment and advocacy for people experiencing severe migraine and mental health issues"

Based on the 2023 Survey "Migraine & Mental Health in Women: Addressing the Challenge" and "Migraine and Mental Health Workshop" 2024 insights, EMHA in collaboration with GAMIAN had launched a communication campaign to raise awareness of the need for better understanding of how these two different types of diseases correlate and to offer support and information to those who experience them.



Workshop on Migraine and Mental health

This second workshop (the first one organized in 2023) aimed to build on those findings to create campaign messages and materials to educate the public and policymakers about migraine and mental health.



Migraine & Climate Change RAQRS VI 2024

Recent Advances in Quantitative Remote Sensing



24th National Congress of the French Society for the Study and Treatment of Pain



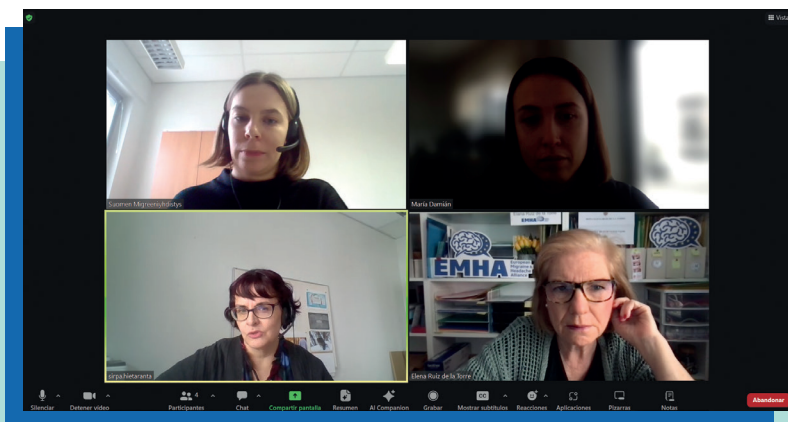
Educational Talk on Temperamental Intelligence



8.3 EMHA Partners & Associates

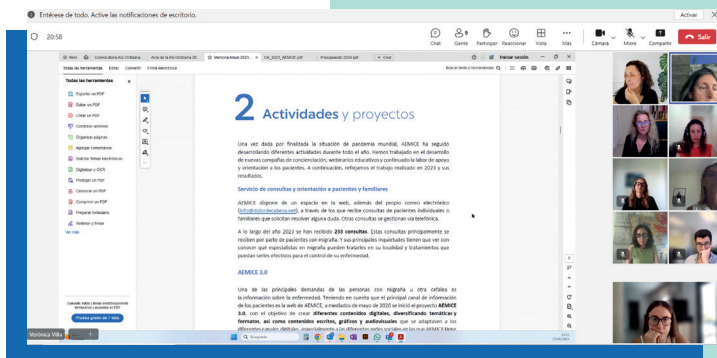


Finland

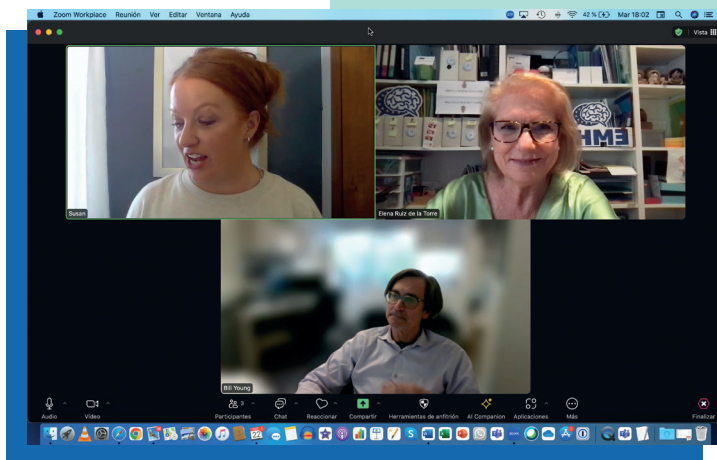




Spain

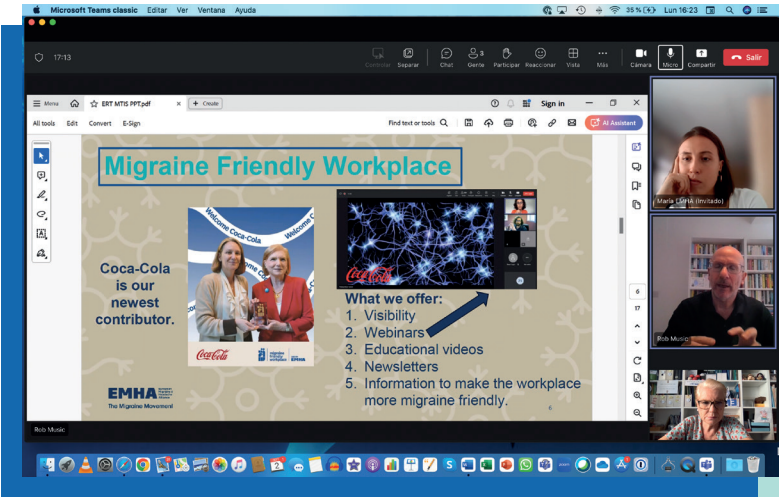


United States



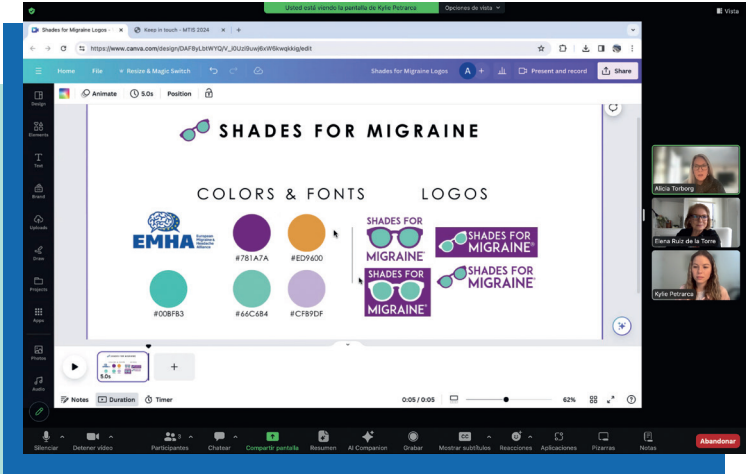


United Kingdom





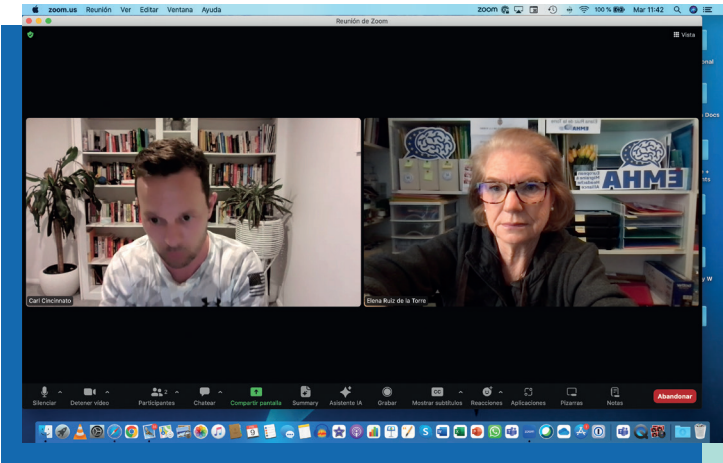
United States





MIGRAINE WORLD SUMMIT

Australia





migraine
friendly
workplace

LED BY
EMHA

Workplace MiGRA-Care Portugal Webinar

AGENDA

PARTE 1 | Workplace MiGRA-Care

PARTE 2 | A consulta dedicada às cefaleias

PARTE 3 | Adaptações laborais em pessoas com cefaleias

- Recomendações de adaptações laborais para a enxaqueca
- Experiencia práctica en intervenciones en salud laboral en el contexto de la migraña - Dra. María Teófila Vicente-Herrero

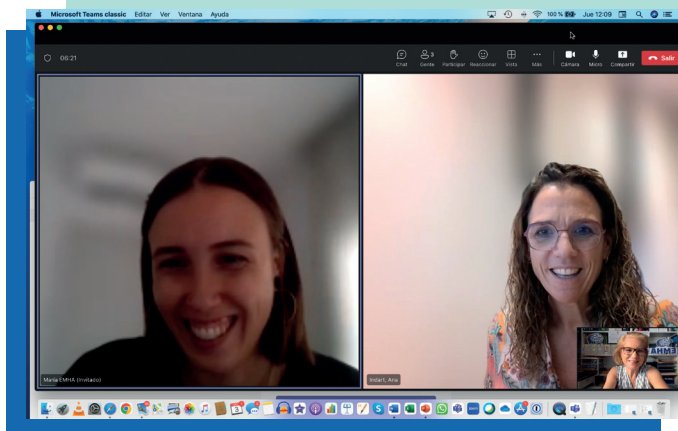
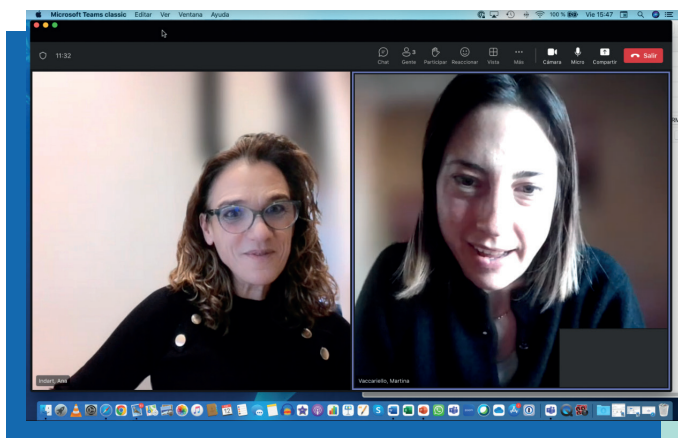
TRABAJADORES CON MIGRAÑA

LA GESTIÓN PREVENTIVA DESDE SALUD LABORAL EN ESPAÑA

Dra. Mª Teófila Vicente Herrero, Especialista en Medicina del Trabajo
Grupo de Investigación AUREMA-SALUD University Institute of Health Sciences IUNICO IISN Basilea ESPAÑA.

8.4 Collaborations with Industry

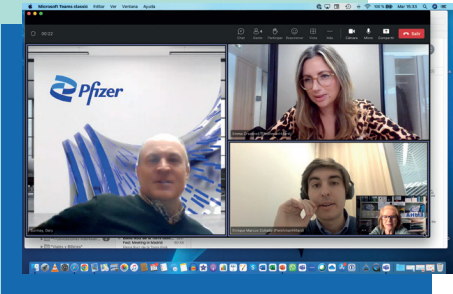
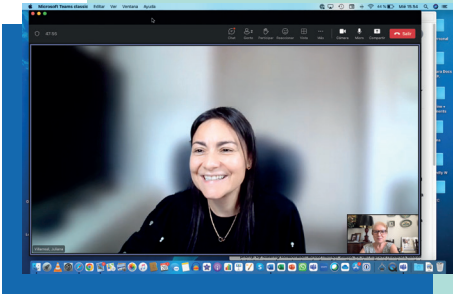
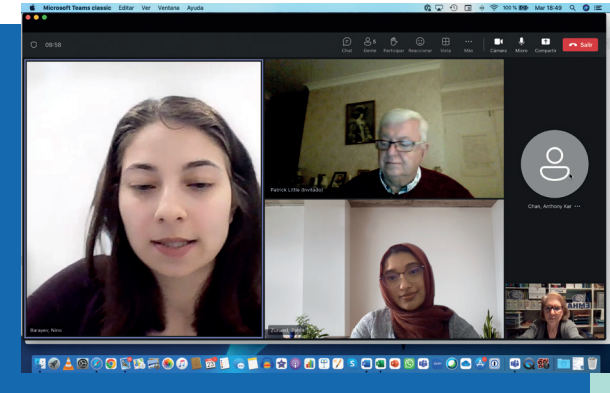
abbvie



Press conference in Madrid

abbvie



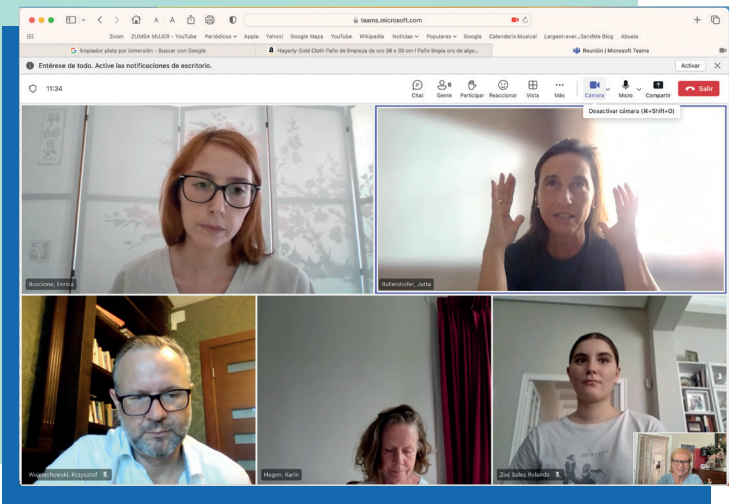
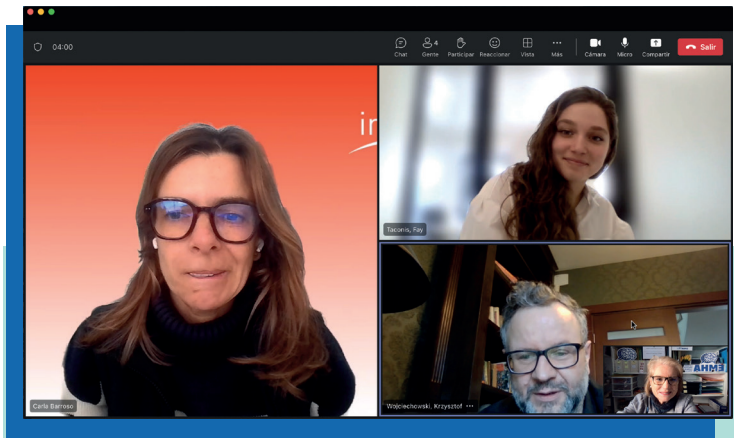


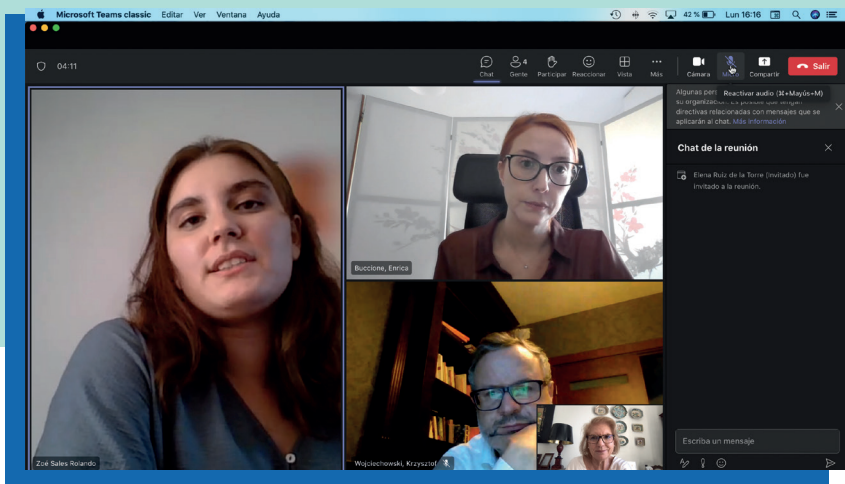
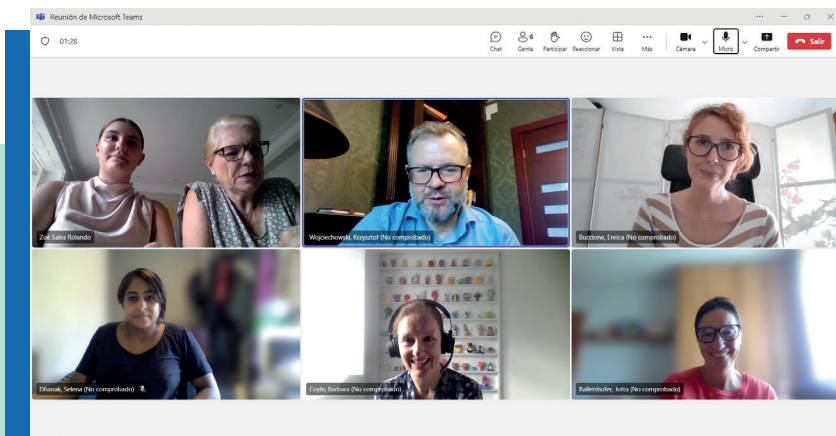
Elevating the European Migraine Action Plan Workshop in Brussels

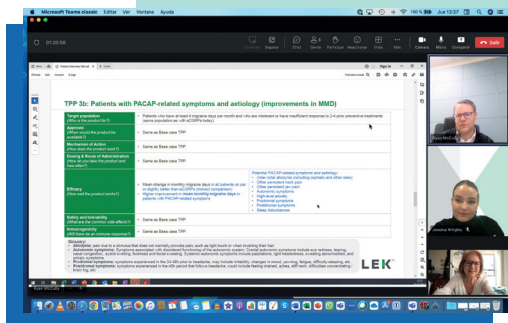
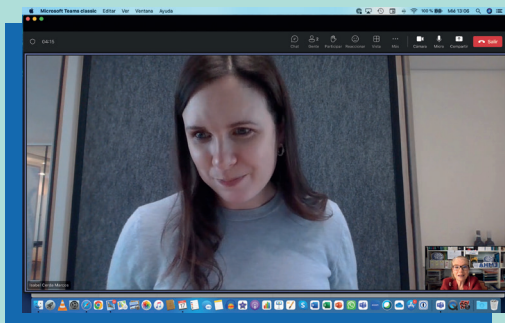
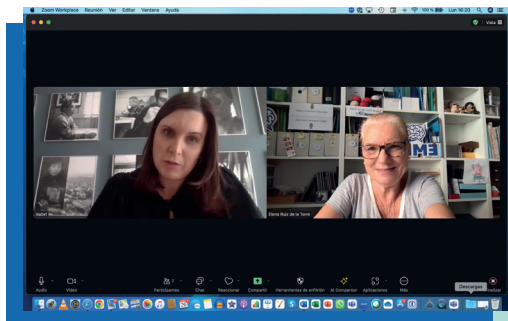


**EHC 2024 Pfizer parallel symposium:
Raising the patient voice in migraine treatment**



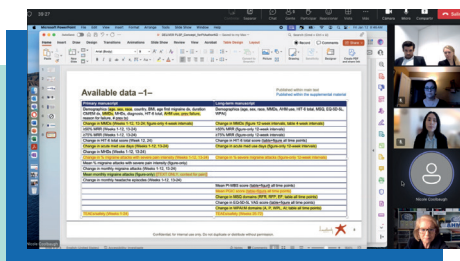
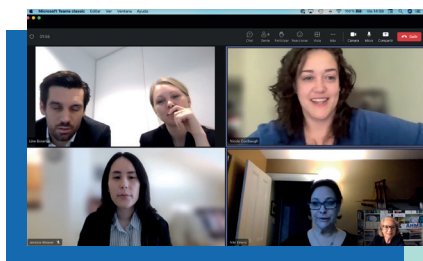




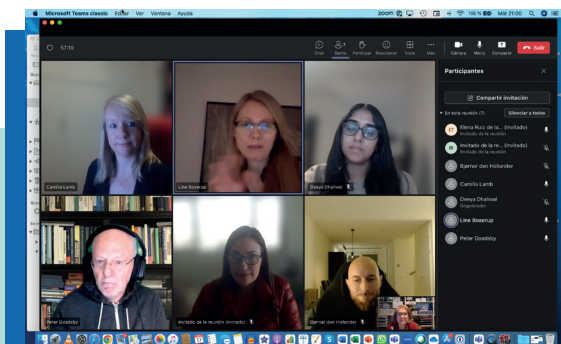




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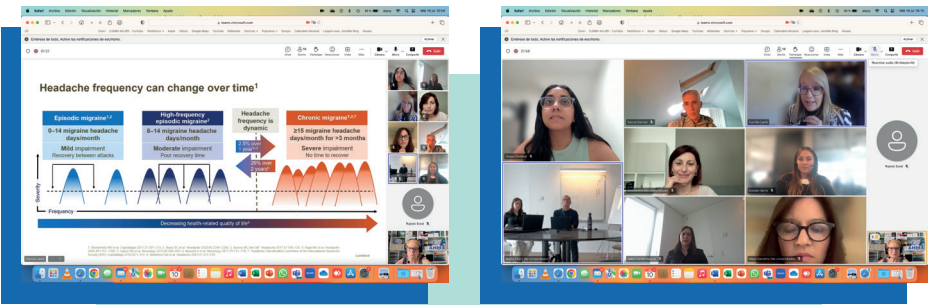


Migraine Community Survey | Stigma

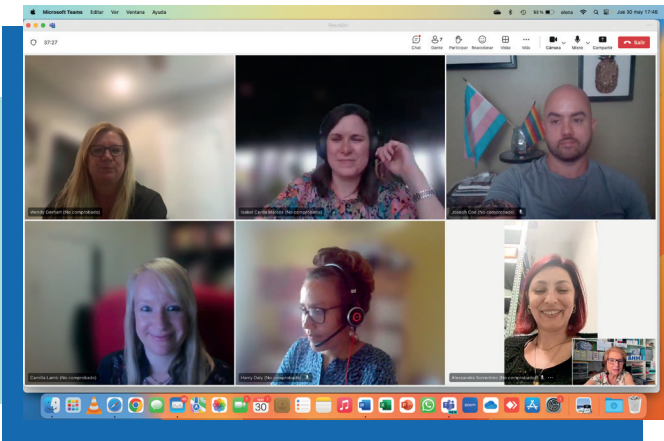




Migraine Patient Advocacy Groups Advisory Board



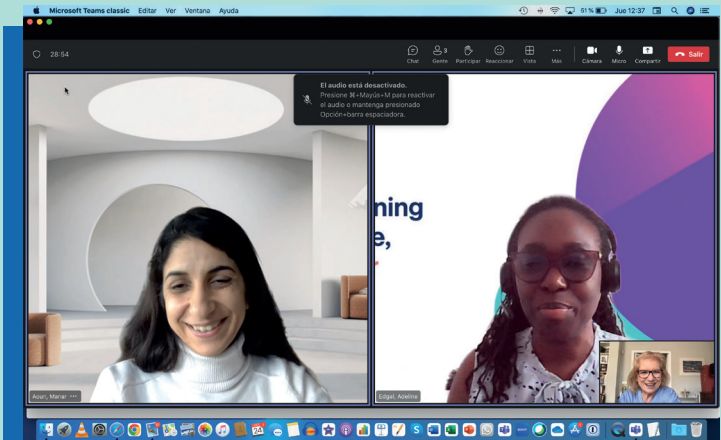
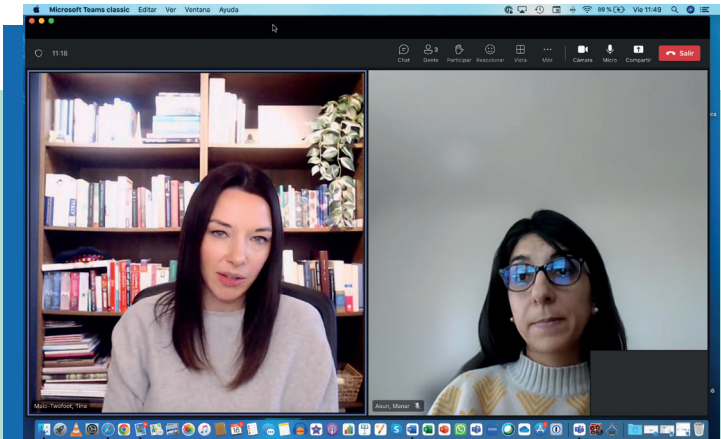
Migraine Community Survey | Stigma





Global Leadership Summit in Madrid

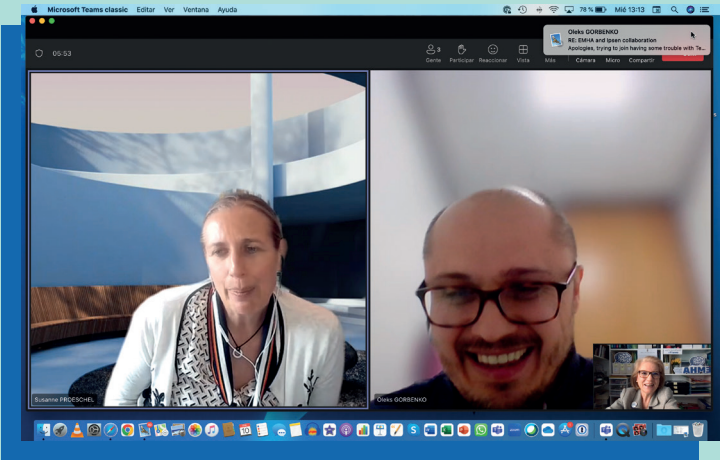






4th Global Patient Organizations Advisory Board in Paris: “Leading a patient driven strategy together.”





This work has been possible to our supporters:



Thanks to our supporters.

Thank you all for one more year of your ongoing support and helping us to fight towards a better future of the upcoming generations of migraine sufferers around the world.

All these projects would not have been possible without the invaluable work of all our members in Europe and International Associates.

MORE TO COME IN 2025

