

# Activity Report

2025





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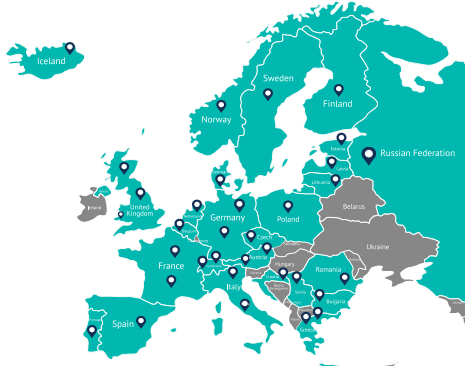


## INTERNATIONAL ASSOCIATES





**AMERICA**



**EUROPE**



**ASIA**

**OCEANIA**



# 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**



Carla Roca  
**COMMUNICATIONS**  
**MANAGER**

# EMHA Metrics

## The EMHA's community gains strength



People impressions on our SSMM channels thanks to the sum of the activities by the EMHA during 2025:

**2.695.848**



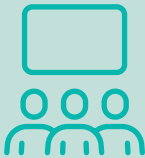
Increase in the number of followers on EMHA's social media (10,848):

**+13.2%**



Engagement rate with EMHA's social media content in 2025:

**2,5%**



Reports & Papers downloads at the EMHA's website:

**3.301**

## DEAR MEMBERS AND SUPPORTERS

Dear all,

The European Migraine and Headache Alliance (EMHA) is a non-profit patient umbrella organisation founded in 2006 under the name EHA and renamed EMHA in 2019. Since then, we have continued to grow as a stronger, more connected international advocacy network dedicated to improving the lives of people living with migraine, cluster headache, and other headache disorders across Europe and beyond.

Our mission is to raise awareness, improve understanding, and reduce stigma through educational campaigns, awareness initiatives, and close collaboration with healthcare professionals, researchers, policymakers, and key stakeholders. We strive to empower people living with migraine and cluster headache, ensuring their voices are heard and their needs are addressed.

We firmly believe that unity is strength. In 2025, our network includes 39 patient organisations across Europe and 23 international associated members, reflecting a stronger, more coordinated, and unified voice for people living with these neurobiological conditions.

More than an alliance, we are a Migraine Family—a community connected by shared purpose, mutual support, and the determination to drive meaningful change.

Over the past year, we have strengthened our collaboration at European and international level, expanded our advocacy work, and continued developing key initiatives such as the Interactive Migraine Specialist Centres Map, the International Migraine Scoring System, the Mapgraine European Access Map, and the Migraine Friendly Workplace initiative.

We would like to express our sincere gratitude to our President, Patrick Little, our dedicated office team, and all of you—patient organisations, researchers, healthcare professionals, policymakers, industry partners, and supporters—for your unwavering commitment to improving the lives of people living with migraine and headache disorders.

We envision a future where migraine is fully recognised as the serious neurobiological condition it is; where timely diagnosis, appropriate treatment, and quality care are accessible to all; and where respect, understanding, recognition, and support are the norm rather than the exception.

**Elena Ruiz de la Torre,**  
**EMHA Executive Director.**



# 1. New Migraine Scoring System

## 1.1 The Tool

## 1.2 #Misunderstood Campaign



THE NEW  
**SCORING**  
SYSTEM

**Introducing the EMHA Migraine  
Scoring System**

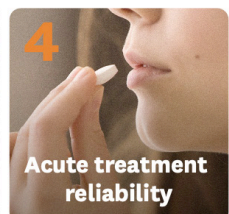
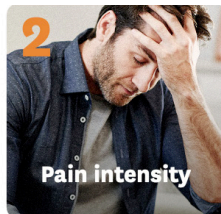
A new tool designed by Europe's leading migraine specialists to help patients, physicians, and society to better understand and communicate about migraine.

## 1.1 The Tool

### WHAT IS IT ABOUT?

This score classifies migraine into four levels, determined by the result of an algorithm based on four key questions. These questions make it possible to clearly and easily assess the degree of impact each person experiences.

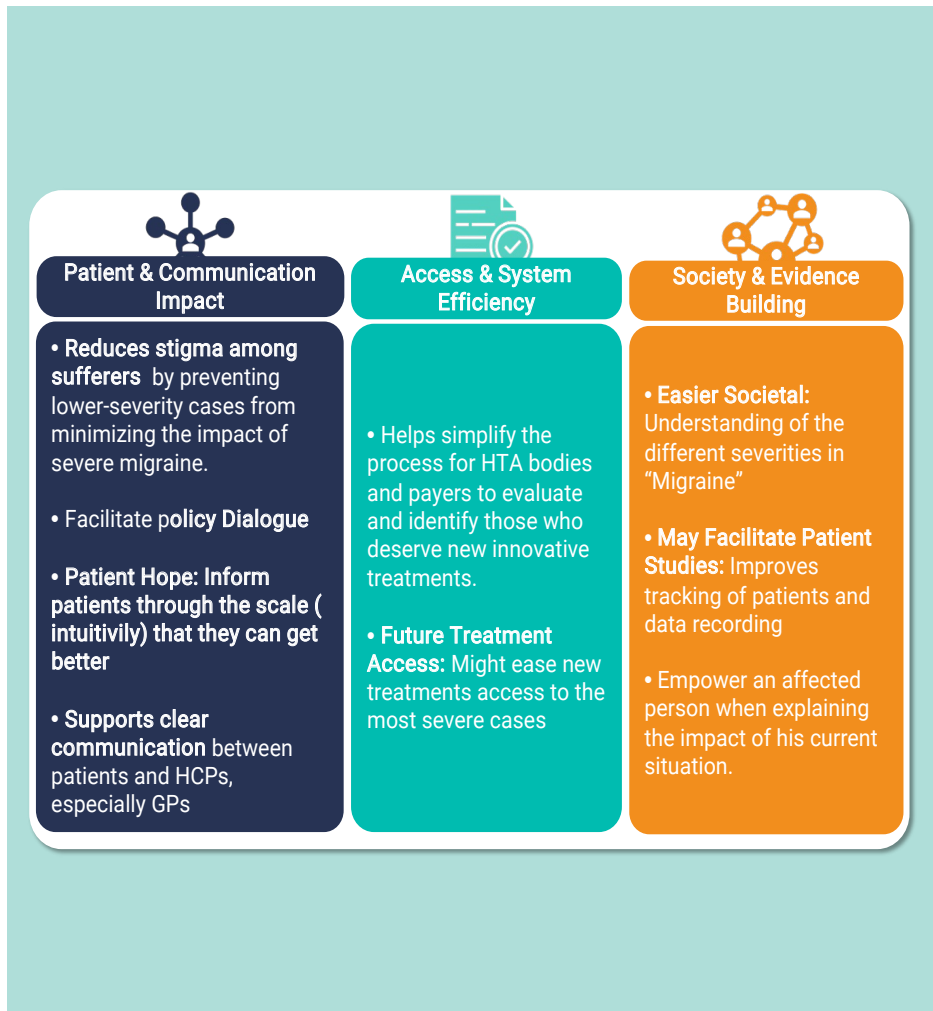
These four levels have been thoroughly studied, reviewed, compared and analysed alongside other existing scales such as MIDAS and HIT-6, and they have also been tested and validated with patients. The scoring system is not intended to replace the IHS diagnostic classification, but rather to serve as a complementary tool that enhances the understanding of migraine burden.

**Level 1****Level 2****Level 3****Level 4**

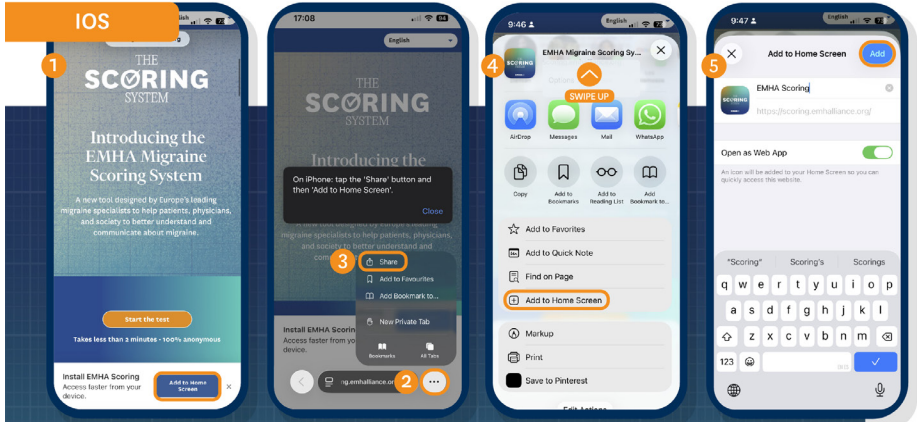
## └ 1.1 THE TOOL

### WHY CAN BE USEFUL

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



THE NEW  
**SCORING**  
SYSTEM



# Introducing The EMHA Migraine Scoring System App!

Follow these steps to install it



Scan Me



<https://scoring.emhallenge.org/>

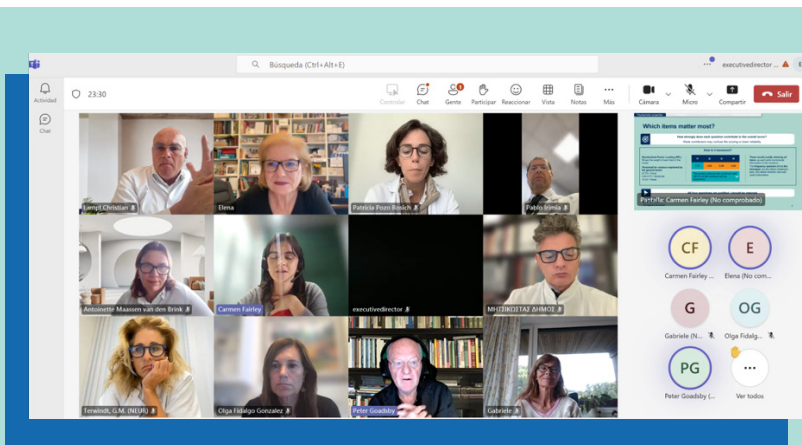
## └ 1.1 THE TOOL

### ONGOING LANGUAGE VALIDATIONS

- 1. Initial Development:** Questionnaire drafted in Spanish and English
- 2. Forward Translation** into Greek, Danish, Dutch, Portuguese, and German
- 3. Back-Translation:** Second, separate translator re-translates to English for comparison
- 4. Local KOL Review:** Native-speaking experts check clarity, accuracy, and cultural relevance

2025-2026

- 5. Patient Testing** and sample collection after local patients feedback on comprehension
- 6. Cross-Language Statistical Validation:** Scores compared across languages to confirm consistency and fairness



## A SERIES OF STATISTICAL TESTS WERE CONDUCTED TO EVALUATE THE MIGRAINE SCORING TOOL

### Strong Structure, Validity & Fairness

- The scale shows **excellent model fit**, confirming it measures a single underlying concept i.e., migraine severity
- The results support placing all items on **one unified dimension**, meaning the questions work together to reflect a single, continuous measure of how severe a person's migraines are

### Item-Level Insights

- Frequency (i1), pain intensity (i3), and attack intensity (i4) are the **strongest contributors** to the overall score
- Each of these items adds unique and meaningful information about the person's migraine experience

### Reliable & Interpretable Scoring

- The questionnaire is **reliable**, with consistent and dependable responses
- People interpret and respond to the items in a coherent way, and the overall pattern of responses is stable
- This means the tool can be trusted to give a meaningful score across different individuals and settings

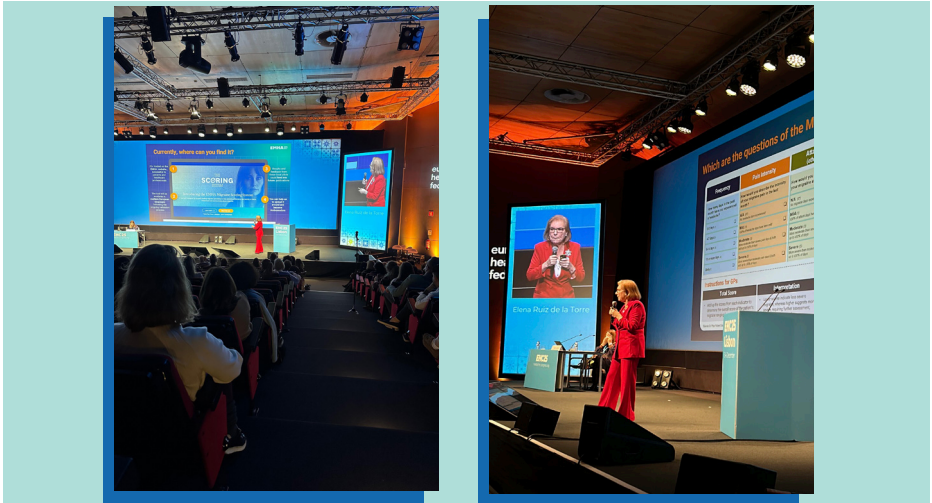
### Conclusion

The migraine scoring scale is a **valid, reliable, and interpretable tool** for assessing migraine severity. The scale is suitable for **communication and tracking** in both research and clinical settings (it was not designed as a tool for treatment decision-making)

**EMHA collaborated 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, Prof. Gil-Gouveia and Dra. Patricia Pozo-Rosich as the principal developer of the methodological approach.

### LAUNCH OF THE SCORE

The tool was presented by Elena Ruiz de la Torre, EMHA Executive Director, during the European Headache Congress that gathered over 2,500 experts in neurology and headache research.



The launch was complemented by Dr. Patricia Pozo-Rosich, who presented a scientific poster highlighting the tool's methodology and clinical relevance.



And by Prof. Antoinette Maassen Van den Brink and Elena Ruiz de la Torre in an interactive presentation of the Headache Theatre.



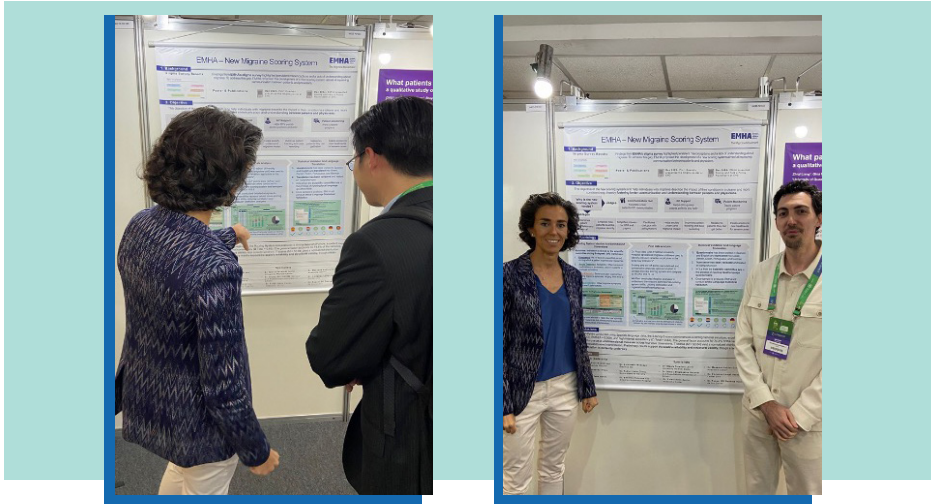
# 1. NEW MIGRAINE SCORING SYSTEM

## └ 1.1 THE TOOL

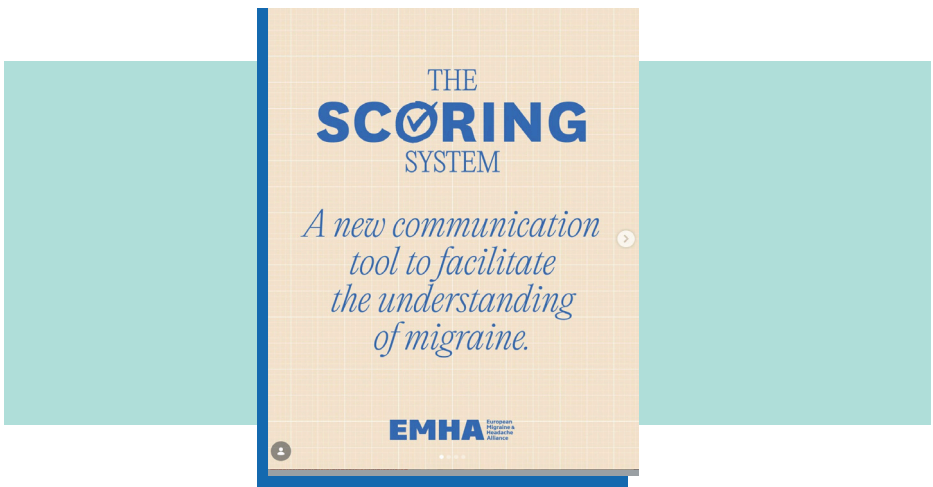
During the congress, EMHA introduced the New Migraine Scoring System to attendees, engaged them through our migraine-type word search, and conducted short interviews with neurologists and researchers on key topics in migraine.



Poster presentation in the International Headache Congress 2025 by  
Dra. Patricia Pozo and Dr. Edoardo Caronna.



In Social Media : The Misunderstood Campaign (more info in pg.21)



## 1.2 Misunderstood Campaign

The launch of the Misunderstood campaign placed the stigma surrounding migraine at the centre of the conversation, delivering a clear message: migraine is a misunderstood disease.

The campaign was developed in several phases, including a teaser stage, a testimonial stage, and a final video summarising the initiative, with the aim of giving a voice to a condition that society often fails to understand and frequently minimises.



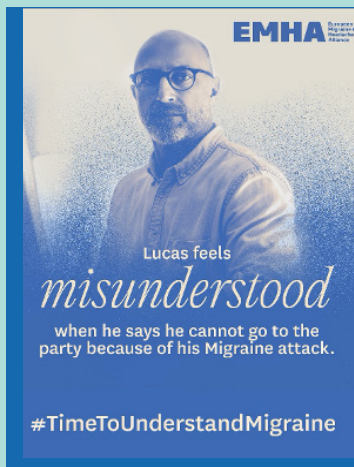
### Teaser Campaign. From 29 July to 8 August

During this period, EMHA launched a teaser campaign consisting of a series of carousel visuals that began with a message nobody could understand. In the following visual, EMHA asked the audience whether they had understood anything, before revealing in the final slide that 9 out of 10 people living with migraine experience attacks and that this confusion reflects how misunderstood they often feel.

In addition, a few days after the visuals were published, EMHA shared a video on its social media channels featuring a message recorded during MHIPAS in Brussels, with the participation of several patient associations from around the world. During one of the sessions, Elena Ruiz de la Torre opened her speech with an incomprehensible message before revealing, just as in the campaign visuals, that this is how people living with migraine often feel: misunderstood. This initiative was titled “Incomprehensible Speech”.

## Campaign Launch: 9 August – 10 September

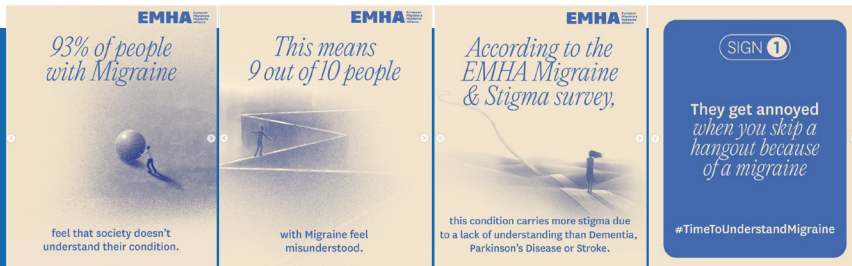
Once the initial phase of the campaign had reached its audience through deliberately confusing messages, EMHA began publishing a series of visuals featuring testimonies that highlighted the many limitations faced by people living with migraine. These stories illustrated how the condition affects everyday life and prevents many patients from living normally, reinforcing the campaign’s message and increasing its emotional impact.



# 1. NEW MIGRAINE SCORING SYSTEM

## └ 1.2 MISUNDERSTOOD CAMPAIGN

EMHA supported these messages with real data illustrating the emotional impact that stigma has on people living with migraine. “It’s time to understand migraine” became the campaign’s call to society.



Associations from around the world also shared materials from EMHA’s common campaign toolkit, helping to amplify the initiative internationally.

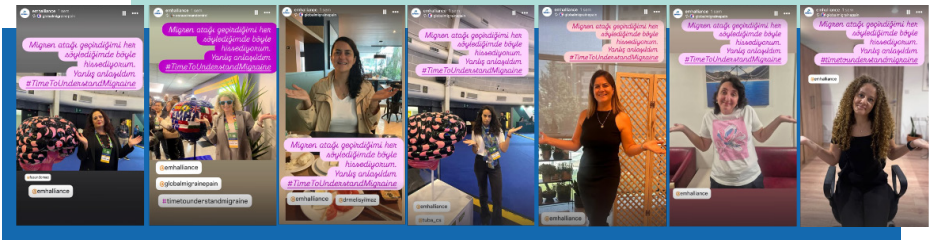


The campaign concluded on Migraine Day of Action with a video summarising all the activities carried out, featuring testimonies from various patients and outlining the campaign’s purpose. In addition, EMHA launched an engagement initiative encouraging people to share on social media a simple image of themselves making a gesture representing misunderstanding, further extending the campaign’s reach and participation.

**1. NEW MIGRAINE SCORING SYSTEM**  
**1.2 MISUNDERSTOOD CAMPAIGN**



This 12<sup>th</sup> of September,  
take a photo of you  
doing this gesture of  
misunderstanding.



## 1. NEW MIGRAINE SCORING SYSTEM

### └ 1.2 MISUNDERSTOOD CAMPAIGN

Over the course of the campaign, EMHA gained more than 150 new followers, reached an impact of 218,145, and achieved a total engagement of 1,057, resulting in an engagement rate of 0.48%. A total of 10 posts were published directly by EMHA, while more than 60 additional posts were shared by external individuals and stakeholders supporting the campaign message.



**The Misunderstood  
Campaign**

## **2. Migraine Friendly Workplace**

**2.1 New MFW enrollments.**

**2.2 New materials for employees**

**2.3 MFW Events**

## 2. MIGRAINE FRIENDLY WORKPLACE





# Description of the project.

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

In 2025, EMHA has launched a plan encouraging companies to be more proactive in supporting employees with migraine. New tools have been developed to promote education and improve the management of migraine attacks.

The project is designed to be adopted by all types of workplaces. Within the framework of the Migraine Friendly Workplace project, EMHA members can offer a variety of migraine awareness activities to companies. These include access to interviews with renowned neurologists, webinars with health experts, guidance on creating migraine-friendly corporate materials, and support in developing migraine-friendly work environments.

## MFW Companies

### ASSOCIATIONS

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.

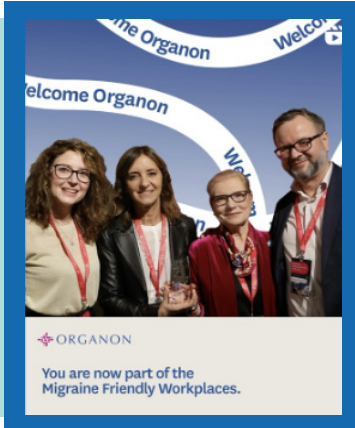


**MFW COMPANIES: COLLABORATORS.**

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



## 2.1 New MFW enrollments



Organon  
Over 10,000 employees.  
Sector: Pharma industry



Pfizer España  
Over 1150 employees.  
Sector: Pharma industry



Wellwo  
15 employees.  
Sector: Wellness



Global Coalition on Aging  
11.50 employees.  
Sector: Public Health

**NEW COMPANIES IN 2025.**



Fidelidade SA  
 Over 5000 employees.  
 Sector: Insurance



ABBVIE Portugal  
 Sector: Pharma industry



Teva Portugal  
 Sector: Pharma industry



Organon Portugal  
 Sector: Pharma industry

## 2. MIGRAINE FRIENDLY WORKPLACE

### └ 2.1 NEW MFW ENROLLMENTS



## NEW COMPANIES IN 2025.



Sociedade Portuguesa de Cefaleias  
Sector: Medical Association



Siemens Gamesa  
Sector: Renewable Energy



Orion Pharma Portugal  
Sector: Pharma industry



NKT Cables Portugal SA  
Sector: Energy/  
Manufacturing

## NEW COMPANIES IN 2025.



Pfizer Portugal  
Sector: Pharma industry

Lundbeck Portugal  
Sector: Pharma industry



Camara Municipal de Arruda  
dos Vinhos  
Sector: Public Administration.

Sonae MC  
Over 32,000 employees.  
Sector: Retail

## 2. MIGRAINE FRIENDLY WORKPLACE

### └ 2.1 NEW MFW ENROLLMENTS



## NEW COMPANIES IN 2025.



ULS Viseu Dao Lafoes  
Sector: Health care services



Haleon Portugal  
Sector: Consumer Healthcare



Sociedade Portuguesa de Neurología  
Sector: Medical Association



Super Book Group  
Sector: Publishing

## NEW MFW ASSOCIATIONS IN 2025.



People with Headache (Korea)



Club de la Migraña (Chile)



Migraine Finland (Finland)



Migraine Quebec (Canada)



Migraine Canada (Canada)

## 2. MIGRAINE FRIENDLY WORKPLACE

### └ 2.1 NEW MFW ENROLLMENTS



## NEW MFW ASSOCIATIONS IN 2025.



Lithuanian Migraine Patients Association (Lithuania)



Taiwan Young Patient Association (Taiwan)



Alliance for Headache and Advocacy (USA)



Migraine Foundation of New Zealand (New Zealand)



## MFW Policymakers.

EMHA extends its sincere gratitude to MEP Margarita de la Pisa for her invaluable support of the Migraine Friendly Workplace project. Her dedication continues to play a key role in advancing this important initiative.

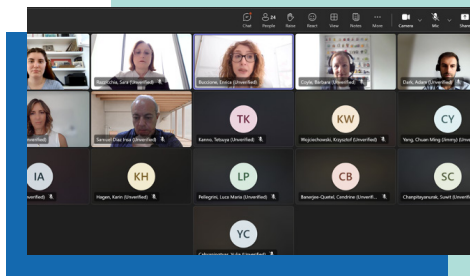


## 2.2 New materials for employees.

### Organon Webinars.

EMHA organized three webinars for Organon employees featuring Professor Samuel Díaz and Professor Antoinette Maassen Van den Brink. The sessions focused on migraine in the workplace, shedding light on the challenges faced by employees and offering strategies to foster a more inclusive environment.

Total participants: 104





## MFW Intranet new videos

The MFW webpage for employees is continuously updated with new and valuable content.

In 2025, EMHA uploaded more than 14 wellbeing videos designed to help manage stress, one of the most significant migraine triggers.

### Wellbeing

Here you have some interesting tips and advice to take care of yourself against this illness.



**Self-massage (3 min)**  
Head self-massage is a non-pharmacological technique that improves blood flow to the head, reduces tension, and promotes relaxation. It is a simple and effective technique for managing stress and promoting overall well-being.



**Neck mobility and stretching (3 min)**  
Neck mobility and stretching exercises are essential for maintaining good posture and reducing tension in the neck and shoulders. These exercises can help prevent and manage stress-related headaches.



**Cervical mobility (3 min)**  
Cervical mobility exercises are designed to improve the range of motion in the neck, reduce tension, and promote relaxation. These exercises can help prevent and manage stress-related headaches.



**Cervical activation exercises (3 min)**  
Cervical activation exercises are designed to strengthen the neck muscles and improve posture. These exercises can help prevent and manage stress-related headaches.



**Asana: Balasana (4 min)**  
Balasana (Child's Pose) is a gentle yoga pose that stretches the hips, thighs, and ankles while relaxing the back and shoulders. It is a great pose for stress management and relaxation.



**Asana: Viparita Karani (5 min)**  
Viparita Karani (Inverted Legs Pose) is a restorative yoga pose that improves circulation, reduces stress, and promotes relaxation. It is a great pose for stress management and relaxation.



**pranayama: nadi shodhana (4 min)**  
Nadi Shodhana (Alternate Nostril Breathing) is a pranayama technique that balances the left and right hemispheres of the brain, reduces stress, and promotes relaxation. It is a great technique for stress management and relaxation.



**craniofacial massage (5 min)**  
Craniofacial massage is a gentle massage technique that focuses on the head, face, and neck. It is designed to reduce tension, improve circulation, and promote relaxation. It is a great technique for stress management and relaxation.



**Acceptance and compassion (7 min)**  
Acceptance and compassion exercises are designed to help individuals accept their thoughts and feelings without judgment. These exercises can help reduce stress and promote relaxation.



**Mindful Visualization (7 min)**  
Mindful visualization is a technique that involves creating a mental image of a peaceful scene or situation. This technique can help reduce stress and promote relaxation.



**Healthy Environment (7 min)**  
A healthy environment is one that supports physical, mental, and emotional well-being. This video provides tips on how to create a healthy environment in your home or workplace.



**Body Scan (10 min)**  
A body scan is a mindfulness exercise that involves focusing attention on each part of the body, from the head to the feet. This exercise can help reduce stress and promote relaxation.



**Conscious Breathing (10 min)**  
Conscious breathing is a mindfulness exercise that involves focusing attention on the breath. This exercise can help reduce stress and promote relaxation.



**Tips practice for the prevention of headache and migraine (16 min)**  
This video provides a comprehensive guide to preventing headaches and migraines. It includes tips on diet, exercise, stress management, and more.

Return to MFW

## 2.3 MFW Events

During the European Headache Congress, EMHA co-organized an event for 50 attendees where Elena Ruiz de la Torre presented the Migraine Friendly Workplace, including a roundtable discussion. The day concluded with The Migraine Friendly Workplace award ceremony for the new companies joining the initiative and the closing by MEP Marta Temido.





On **25 March**, **Elena Ruiz de la Torre** presented the MFW initiative to **FNAC employees across Spain**, both virtually and in person. The session proved highly enriching and concluded with a Q&A segment, during which employees actively engaged and posed insightful questions related to migraine.





On 31st October, EMHA, took part in the Activate Your Wellbeing!, an FNAC initiative workshop, contributing to an engaging session focused on health and wellbeing in the workplace.

Elena Ruiz de la Torre participated in a roundtable discussion addressing key questions around self-care, headache, and migraine awareness, and the importance of wellbeing initiatives at work.

The session also included a guided relaxation exercise aimed at easing headache discomfort, offering participants a valuable moment to pause and reset.





On the occasion of International Migraine Day, Elena Ruiz de la Torre took part in a workplace session organized by Pfizer Spain, focused on migraine awareness, within the framework of the Migraine Friendly Workplace (MFW) project.

The event marked the inauguration of a new rest room designed to support employees living with migraine, reinforcing the importance of creating more inclusive and understanding work environments.

Through initiatives like this, EMHA continues to promote meaningful change for people living with migraine in the workplace.

**Día 15 de septiembre**

La migraña afecta a 1 de cada 7 personas<sup>1</sup>. Muchas de ellas son nuestros propios compañeros... Y queremos que todos se sientan comprendidos y cuidados.

Por eso, ponemos en marcha una serie de iniciativas para crear un espacio más amable que responda a sus necesidades.

Te invitamos a bajar a la Sala Multiusos a las 11:00 h para disfrutar de un desayuno en el que compartiremos con todos vosotros la iniciativa.

**11:00 h Desayuno**

**11:15 h ¿Conoces la migraña?**

- 👤 Javier Montaña. Internal Medicine Director
- 👤 Carla López. CBL Vydura®

**11:25 h Migraña, más que un dolor de cabeza**

- 👤 Dra. Ana Gago. Neurología Hospital Universitario de la Princesa
- 👤 Eva Rodrigo. Técnico de Cuota

Modera: Beatriz Armada. Medical Advisor Vydura®

**11:45 h Un espacio mejor para quienes viven con migraña**

- 👤 Elena Ruiz de la Torre. Executive Director, Company Secretary and Immediate Past President EMHA
- 👤 Marco Marzola. Médico del trabajo
- 👤 Ana Gómez. Directora People Experience

Modera: Mario Torbado. Director Pacientes España

**12:05 h Cierre**



**migraine  
friendly  
workplace**

LED BY



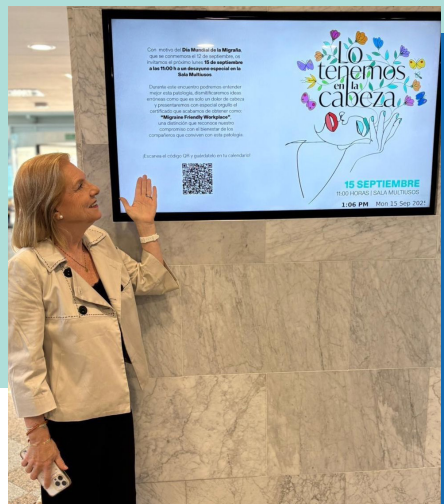
**EMHA**

**Un espacio mejor para  
quienes viven con migraña**



## 2. MIGRAINE FRIENDLY WORKPLACE

### └ 2.3 MFW EVENTS



# 3. Migraine in Women

THE  
**INVISIBLE**  
*Hormonal Pattern*  
IN WOMEN

Hormonally-related migraine follow a predictable cycle that women recognize, but which often goes undetected, undiagnosed and untreated.

**EMHA** European  
Migraine &  
Headache  
Alliance

## Description of the project

In 2025, one of the key areas EMHA has decided to address is the impact of hormonal changes on migraine across the female life course. Migraine disproportionately affects women, yet hormonal migraine remains under-recognised, under-diagnosed and insufficiently integrated into healthcare pathways and women's health policies.

Hormonal fluctuations during different life stages — including menstruation, pregnancy, perimenopause and menopause — play a significant role in migraine patterns, severity and treatment response. However, patient experiences across these stages are still poorly documented from a holistic and patient-driven perspective.

**The Migraine & Woman Project** aims to generate robust patient insights to better understand hormonal migraine and to position it as a women's health priority.

### The project seeks to:

- Generate patient-driven insights on hormonal migraine across key life stages.
- Highlight the real-world impact of hormonal migraine on daily life.
- Reduce stigma, misdiagnosis and gaps in care.
- Support better recognition and prioritisation of hormonal migraine within women's health.
- Inform education, advocacy initiatives and future research.
- Help people affected by migraine recognize their monthly headaches as migraine attacks, so they can receive a better diagnosis and treatment.

The survey captured migraine experiences across key hormonal life stages, enabling analysis of how migraine patterns evolve over time.

## Development of the project

The project is developed with the support of a multidisciplinary Scientific Committee, ensuring scientific rigour, clinical relevance and methodological robustness throughout all phases of the project. The Committee provides guidance on survey design and interpretation of results, and supports the scientific dissemination of findings through publications and presentations.

### Project's leadership / coordination



**Prof. Peter Goadsby**  
Neurologist – Wellcome Trust King's  
Clinical Research Facility (The UK)



**Dr. Patricia Pozo-Rosich**  
Neurologist – Vall D'Hebron Hospital  
(Spain)



**Prof. Anne MacGregor**  
Neurologist & Women's  
Headache Specialist at  
Barts Health NHS Trust



**Dr. Emile Couturier**  
Neurologist specialising  
in headache medicine,  
affiliated with the  
Headache Clinic at St  
Lucas Ziekenhuis,  
Amsterdam



**Prof. Rossella Nappi**  
Gynecologist &  
Endocrinologist (Ob/Gyn)  
with a focus on women's  
hormonal health and  
migraine, at San Matteo  
Hospital, Pavia, Italy



**Dr. Gabriele Merki**  
Gynecologist / Obstetrician  
& Reproductive  
Endocrinologist at  
University Hospital Zürich,  
Switzerland

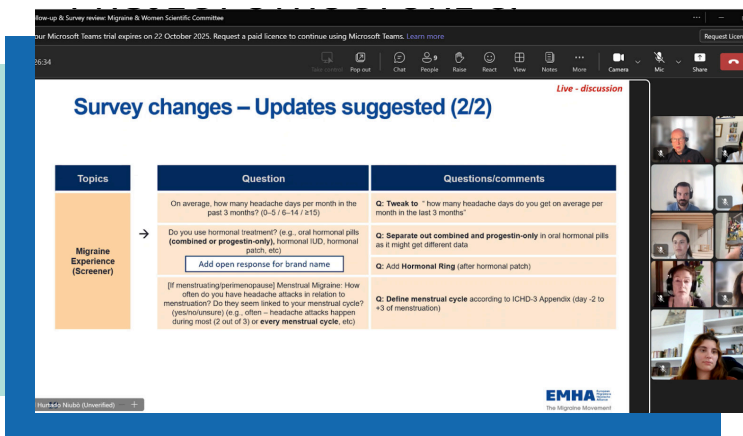


**Dr. David Watson**  
General Practitioner with a  
focus in headache in  
Hamilton Medical Group,  
Aberdeen

## Project Structure and Phases

### Phase A – Project foundations

- Project kick-off and scientific alignment
- Survey design, validation and launch \*1
- Definition of target population, segmentation and survey flow

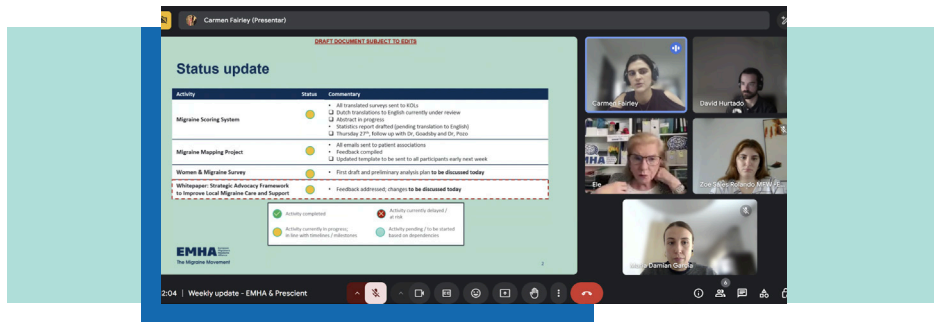


### \*1 Survey Scope

The survey captured migraine experiences across key hormonal life stages, enabling analysis of how migraine patterns evolve over time:

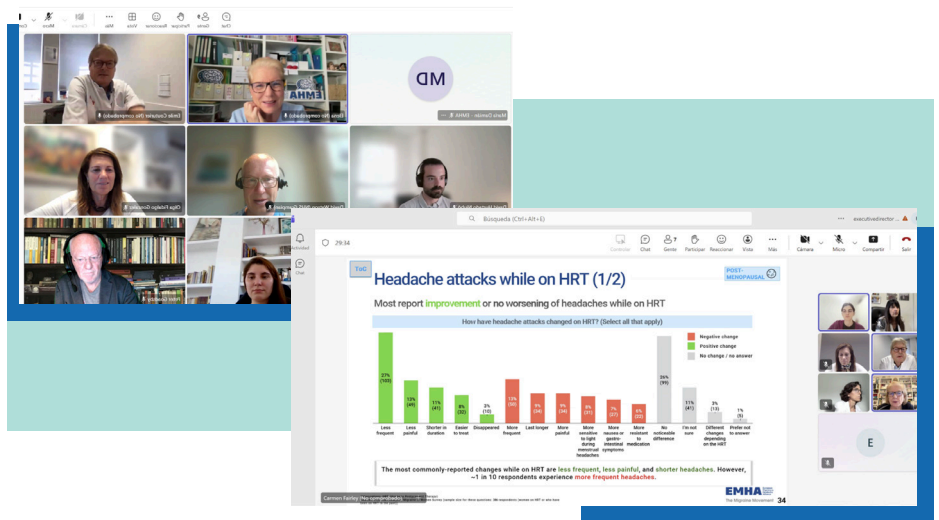
- Pre-menarche
- Menstruation
- Pregnancy and postpartum
- Perimenopause
- Postmenopause
- HRT and trans participants (analysed separately)

Participants were routed through tailored survey paths based on relevance, ensuring accuracy while reflecting a chronological narrative of migraine across the life course.



### Phase B – data collection and analysis

- Survey fieldwork across multiple countries
- Ongoing monitoring and preliminary analysis



## **Phase C – Dissemination & advocacy (2026)**

- **Launch of results and communication activities:** Launch of the project results through a dedicated communication campaign on 5 March 2026, including the release of key messages and materials.
- **Scientific dissemination:** Poster presentation at EAN 2026 and submission of a scientific publication.
- **Policy engagement:** Presentation in different EU Parliament touchpoints in 2026 to discuss hormonal migraine and policy implications.
- **Results by country:** Spain, United Kingdom, France, Italy, Germany, Greece, Portugal, the Netherlands, Denmark, Norway, Sweden, Poland, Belgium.
- **Manifesto:** Release a public-facing manifesto and press release with a strong call to action for better recognition and care pathways for hormonal migraine.

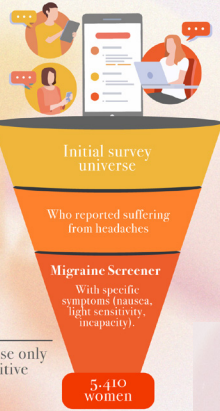
**Access to the full  
project:**



**5,410 women** across 13 European countries were selected to participate in the survey

All analyses use only screened-positive respondents

**EMHA** European Migraine & Headache Alliance  
EMHA Migraine in Women Survey, 2025  
Total sample (screened-positive respondents): N=5,410.



**THE INVISIBLE** Hormonal Pattern in Women

**EMHA calls for action on hormonally-related migraine:**

Our three pillars:



**Recognise**

Increase awareness of hormonally-related migraine across women's health and primary care professionals.



**Diagnose**

Improve timely diagnosis when migraine is suspected.



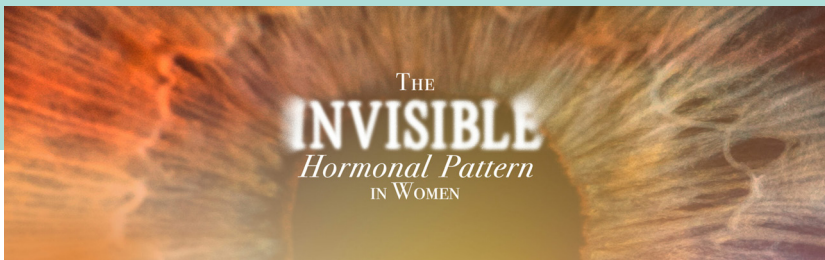
**Treat**

Improve therapeutic management and ensure tailored options are considered across life stages.

**EMHA** European Migraine & Headache Alliance

Data source: EMHA Migraine in Women Survey, 2025

**THE INVISIBLE** Hormonal Pattern in Women



# 4. European Map of Access to Migraine Treatments

# The European **MAPGRAINE**

A MAP HIGHLIGHTING ACCESS, AVAILABILITY, AND AFFORDABILITY OF MIGRAINE TREATMENTS IN EUROPE.

ACCESS: <https://www.emhalliance.org/european-map/>



**EMHA** European  
Migraine &  
Headache  
Alliance

## Description of the project

The purpose of this project was to analyze the differences in access, availability and affordability of migraine treatments, country by country of reimbursed and out-of-pocket migraine pharmacological treatments across Germany, Serbia, France, Greece, Spain, Italy, Portugal, Switzerland, UK, Finland, Czech Republic and Netherlands, based on patient associations and EMHA studies.

While commonly used pain medications are widely accessible, access to migraine-specific treatments remains limited and uneven across countries. By identifying gaps between countries, this project aims to promote more equitable and supportive European policies for patients.



**Kick off Meeting**

Access to the full project:

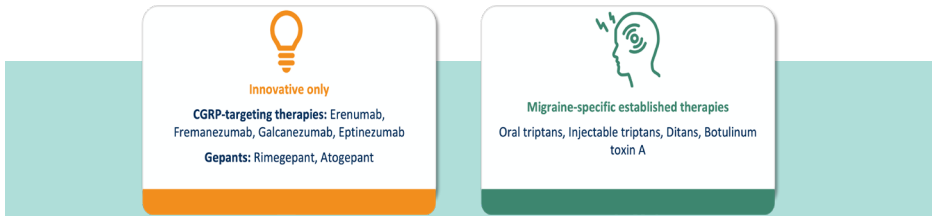


DESCRIPTION OF THE PROJECT

## Development of the Project

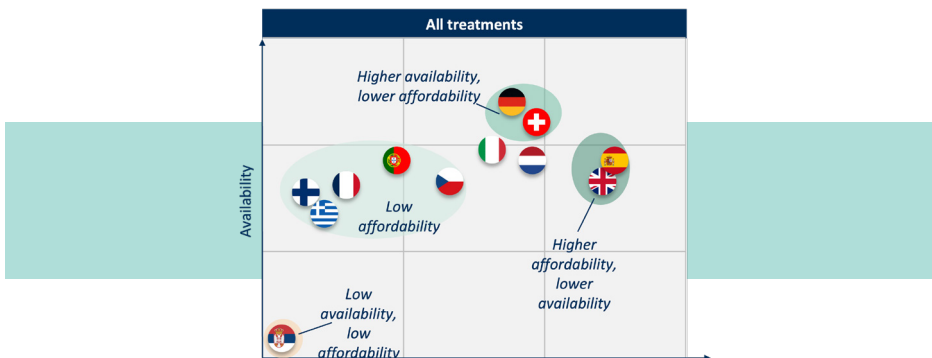
This analysis focused on products specifically developed for migraine treatment, distinguishing two key groups:

**Commonly used drug classes (analgesics, anti-inflammatories, ergotamine derivatives, antiepileptics, calcium channel blockers and beta blockers) are widely available as low-cost generics across countries, available through prescription or OTC.**



## Availability and affordability matrix

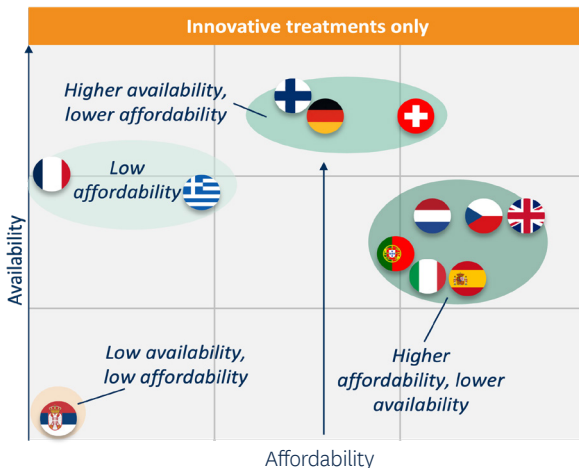
Germany, Switzerland, Spain, and the UK emerge as overall leaders in both availability and affordability, while Serbia remains the most limited across availability and affordability.



# Key conclusions on availability and affordability

Availability and affordability for Gepants and CGRP-targeting therapies vary significantly across European countries.





<p> <b>Availability Leaders</b> FINLAND • GERMANY • SWITZERLAND</p> <p>Combine broad availability with moderate-to-high affordability.</p> <p><i>Patients have strong access to both Gepants and CGRP therapies through reimbursed channels, with few prescription or dispensing barriers.</i></p>	<p> <b>Affordability Leaders</b> PORTUGAL • SPAIN • NETHERLANDS • UK</p> <p>Provide low or no-cost availability for patients, although availability is sometimes constrained by prescription or dispensing models.</p> <ul style="list-style-type: none"> <li>• <b>Italy &amp; Spain:</b> Gepants and CGRPs require specialist prescription, prior treatment failure, and hospital-pharmacy dispensing — limiting outpatient access.</li> <li>• <b>Portugal:</b> Model applies to CGRPs but not to Gepants, which are more widely available.</li> </ul>
<p> <b>High Availability, Limited Affordability</b> FRANCE • GREECE</p> <p>Patients often face significant out-of-pocket costs despite broad treatment availability.</p> <p>&gt;50% of treatments require full private payment.</p> <p>Costs range €200–340 in Germany, Serbia, and France.</p>	<p> <b>Most Underserved Country</b> SERBIA</p> <p>Lacks both treatment availability and reimbursement pathways.</p> <ul style="list-style-type: none"> <li>• <b>All treatments</b> require full private payment.</li> <li>• <b>50%</b> of treatments are <b>not approved</b>.</li> </ul>

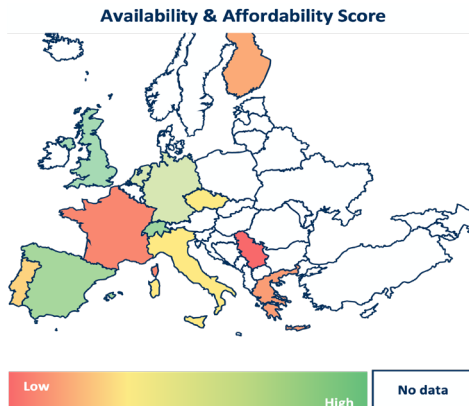


# Findings

There is a need for action to ensure equitable care for all migraine patients.

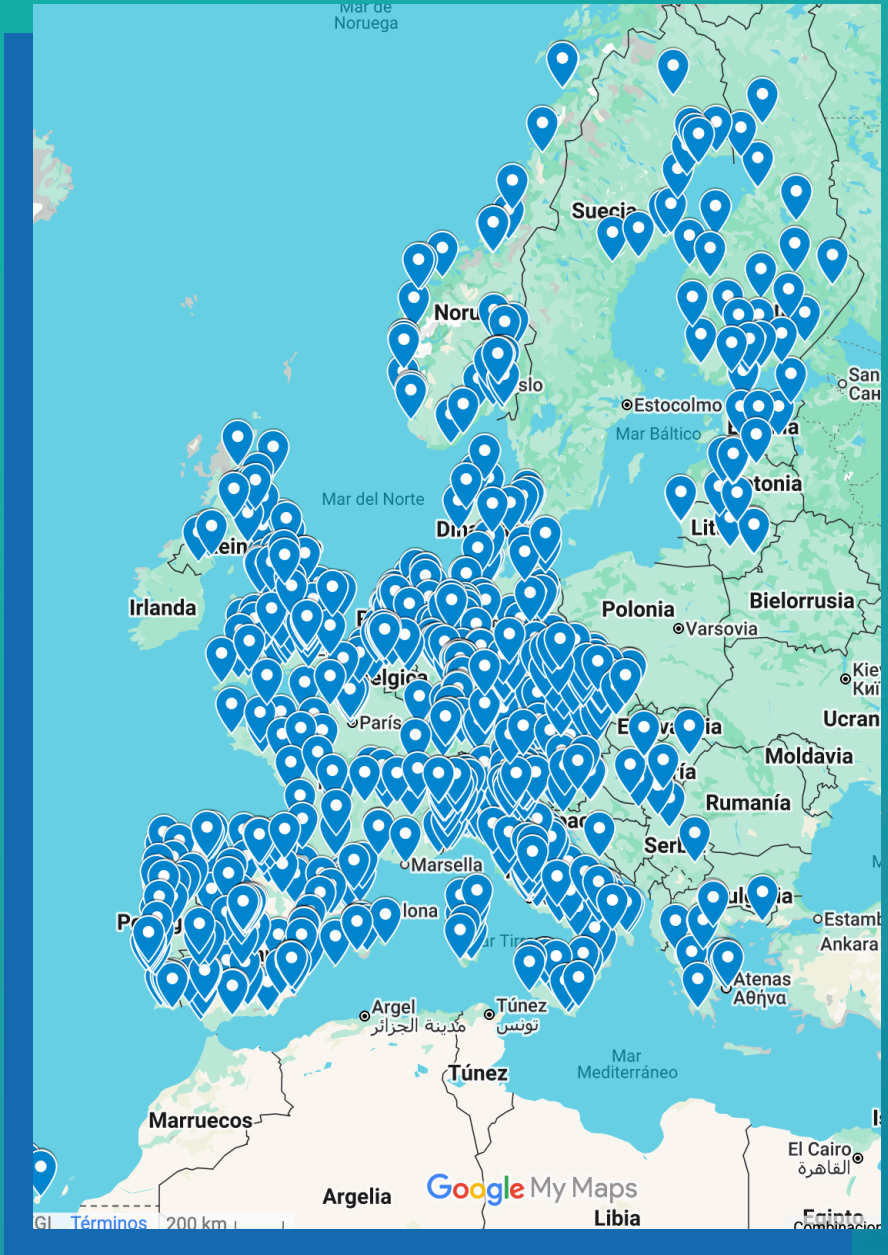
## We looked at how easy it is for people to get and afford migraine treatments in 12 European countries

 <p><b>Getting the right treatment is not always easy</b> <i>ACCESS BARRIERS</i></p> <p>In many countries, people face barriers ranging from the treatment <b>not being available</b>, to having to meet <b>strict conditions</b> <i>Examples: needing a specialist prescription or first trying other medications.</i></p>	 <p><b>Paying for treatment is a hidden challenge</b> <i>OUT-OF-POCKET COSTS</i></p> <p>In <b>2 out of 3 countries</b>, at least one migraine treatment must be paid for entirely by the patient.</p> <ul style="list-style-type: none"> <li>• <b>1 in 3 countries</b> — innovative treatments (gepants, CGRP-targeting)</li> <li>• <b>1 in 5 countries</b> — migraine-specific treatments (oral &amp; injectable triptans, ditans, Botulinum toxin A)</li> </ul>
 <p><b>Those who need help most face the most obstacles</b> <i>INEQUITY IN ACCESS</i></p> <p>Patients with more severe symptoms cannot access innovative treatments unless they have <b>tried and failed with other options first</b>. In <b>50%</b> of countries, reimbursement for innovative treatments comes with <b>additional requirements</b>.</p>	 <p><b>What the patient pays depends on the treatment</b> <i>PRICE DISPARITY</i></p> <ul style="list-style-type: none"> <li>• <b>Generic pain medications</b> are low or no cost.</li> <li>• <b>Innovative migraine treatments</b> can cost patients up to <b>€340 per month</b> in some countries.</li> </ul>



# 5. Googling - Migraine Interactive Specialist Centers Map

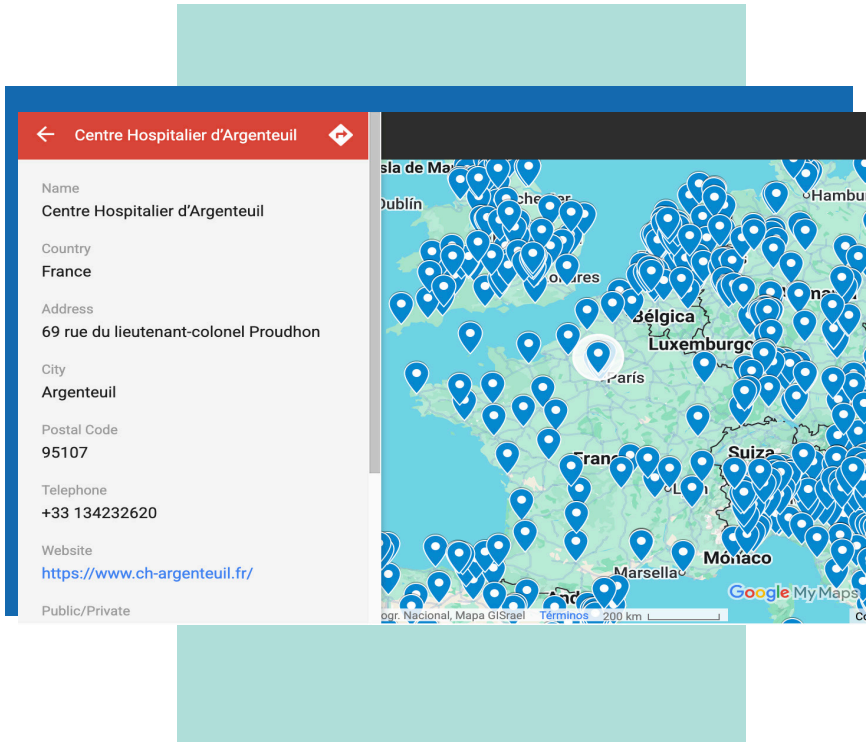
5. GOOGLING - MIGRAINE INTERACTIVE SPECIALIST CENTERS MAP



## About the project

This map aimed to connect patients with specialized Headache Centers and provide a key informational resource for migraine management. It's an ongoing project — if you know of a center that should be included, please share the details with us so we can keep expanding the map.

Countries included in the first phase: Spain, Switzerland, the Netherlands, Germany, France, Portugal, Greece.

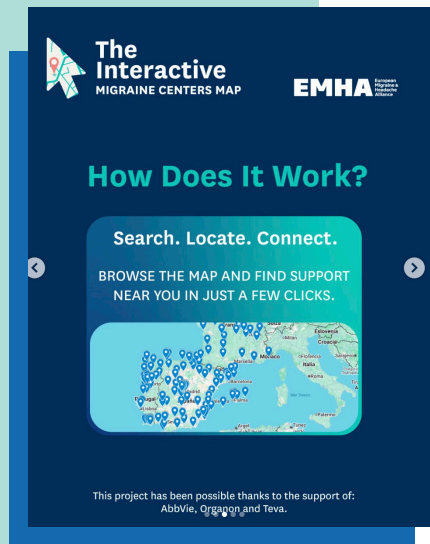


## Methodology and Reliability

- Rigorous and structured data collection and validation process.
- Careful selection of data sources.
- Thorough verification of each clinic.
- Validated by the National Associations
- Annual updates including more countries



Check the Map here:



# 6. Migraine and Headache International Patient Associations Summit IV

## 6. MIGRAINE AND HEADACHE INTERNATIONAL PATIENT ASSOCIATIONS SUMMIT IV



## United Voices in Brussels for the Future of Migraine

In June 2025, EMHA convened the **Migraine Headache International Patient Associations Summit (MHIPAS)** in Brussels, bringing together patient representatives, clinicians and policymakers from across Europe to reinforce migraine advocacy at EU level. The summit served as a strategic platform to align political engagement, scientific dialogue and patient collaboration around a common objective: strengthening the recognition of migraine within the European health agenda.

The central milestone of MHIPAS 2025 was the high-level event held at the **European Parliament**, hosted by MEP De la Pisa where policymakers, stakeholders and patient representatives discussed the burden of migraine and the importance of its inclusion in the forthcoming **EU Neurological Health Strategy**. This engagement was framed within EMHA's broader advocacy work, including the EMHA **EU Roadmap for Migraine**, which outlines key priorities and recommendations to guide European institutions in addressing migraine as a public health and neurological priority.



+29 countries  
worldwide



58 attendees



30 patient  
organizations



Check the  
roadmap



The event was also covered by several magazines

**POLITICO**PRO  
**Morning Health Care**

**NEUROLOGICAL HEALTH**

**MIGRAINE STRATEGY NEEDED:** The European Migraine and Headache Alliance (EMHA), representing over 30 patient groups across Europe, is urging the European Parliament to ensure that migraine is a priority in the upcoming neurological health strategy.

**ICPM:** In its 2025 draft [work program](#), the Parliament's public health committee said it's planning to draw up a neurological health strategy. The strategy represents "a major step forward by distinguishing neurological conditions from mental health in EU-level health planning," the EMHA said in a press release.

**Don't leave migraine out:** That's one of the key messages issued by EMHA, lawmakers and experts, who gathered this week for an event on the topic in the Parliament.

"This meeting is a crucial step in ensuring that migraine is finally recognised as a serious, systemic health issue in EU policy," said Elena Ruiz de la Torre, executive director of EMHA.

"Through coordinated efforts, we can ensure that migraine is recognised and treated as a neurological disorder, rather than merely a common headache, and that the necessary resources are allocated for its effective management."

**By the numbers:** Migraine affects about 15 percent of adults in Europe and is the [leading cause](#) of disability among young women. Yet "it remains underdiagnosed, undertreated, and underfunded across most health systems," the EMHA said in a press release.

**MEPs on board:** Patricia MEP Margarita de la Písa Carrión said "including migraine in the Neurological Health Strategy will ensure that the EU's commitment to equity and dignity in healthcare extends to all who suffer from this invisible but devastating disease."

**PharmaTimes**  
online

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# Migraine takes the spotlight at European Parliament

by John Pinching | 12th Jun 2025 | News



**HealthEconomics.com**  
Connected Community | A Scientist.com Company

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# Migraine Advocacy Gains Momentum at European Parliament

June 12, 2025



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Selected News

## Migraine takes the spotlight at European Parliament

🕒 June 12, 2025

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### *Migraine takes the spotlight at European Parliament*

👤 📅 12th June 2025 🏷️ Uncategorized 💬 0

EMHA calls for its inclusion in EU neurological health strategy More: Migraine takes the spotlight at European Parliament Source: News

[read more](#)

The summit also included a strong scientific and educational component, featuring internationally recognised leaders in CGRP receptors and the development of innovative treatments, including Prof. Goadsby and Prof. Edvinsson delivered expert lectures highlighting advances in migraine science and the future direction of research and care. These sessions were complemented by workshops and a Best Practices Exchange among patient associations, fostering knowledge sharing and strengthening collaboration across countries.

MHIPAS 2025 concluded with the celebration of EMHA's 20th anniversary, marking two decades of sustained advocacy, alliance-building and progress for people living with migraine and cluster headache. The summit reinforced EMHA's role as a unifying platform advancing recognition, research and equitable care for migraine.

This edition also welcomed industry representatives, who presented their commitment to supporting patient advocacy efforts to KOLs and patient leaders.



There is always time for fun, and this year European Migraine and Headache Alliance celebrated its 20th anniversary with bachata dancing lessons and karaoke, where we all joined in.



# 7. Policy Affairs

7.1 Policy Documents

7.2 EU Institutional Engagement

7.3 Legislative Follow-up

7.4 Events & Representation



## 7.1 Policy Documents

### Breaking the Silence on Migraine - European Parliament Event

Held at the European Parliament, hosted by MEP Margarita de la Pisa on 11th June. Highlighted urgent need for EU action on migraine, participating 58 participants from more than 29 countries.

The objective was to ensure that migraine is properly represented in the forthcoming "EU Commission Neurological Health Strategy".

The roundtable was led by EMHA ally MEP Margarita de la Pisa, alongside EMHA's Executive Director Ms Elena Ruiz de la Torre. Distinguished guests such as Prof. Peter Goadsby and Dr. Magdalena Wysocka addressed the high burden of migraine and stressed the need for equitable access to treatments across Europe.

The following panel, also coordinated by MEP Margarita de la Pisa and Ms. Elena Ruiz de la Torre, included Dr. Samuel Díaz, Dr. Reto Agosti (also Swiss politician), Ms. Chiara Salvagnin (Italian patient association) and Ms. Rita Paizinho (Portuguese patient association), and gave participants a platform to share their national challenges. MEP Margarita de la Pisa expressed her deep empathy for the patient community, moved by their testimonies.



# European Roadmap on Migraine

As a result of this event, EMHA developed the Roadmap Conclusions to translate political momentum into clear, long-term policy directions for migraine at EU level. The work included stakeholder consultations, message tailoring for EU audiences, and final drafting and publication. The document sets out structured recommendations to support a coordinated European approach to migraine and neurological health summarising the conclusions and providing guidance for the European Parliament until the new Strategic Neurological Work Plan is in place.

**EMHA**  
European Migraine & Headache Alliance  
The Migraine Movement

## Towards a European Roadmap on Migraine:

### Strategic Conclusions and Policy Recommendations

Based on the conclusions of the “Breaking the Silence on Migraine” event, European Parliament, 11 June 2025.

#### 1. Executive Summary

The **Breaking the Silence on Migraine** event, co-organised by the **European Migraine and Headache Alliance (EMHA)** at the **European Parliament** on **11 June 2025**, brought together a truly global community of stakeholders, including patient advocates, healthcare professionals, policymakers, and industry representatives to highlight the **urgent need** to prioritise migraine as a major health, economic, and societal challenge. In total, **34 patient advocacy groups**, representing **20 different countries** from Europe, North America, Asia, as well as South America, joined forces in Brussels to share experiences, advocate for change, and contribute to **shaping a more inclusive and impactful policy agenda on migraine**.

**WHO IS AFFECTED?**

**41** million adults in the EU<sup>1</sup>

**1.1** billion people globally<sup>2</sup>

**HOW DISABLING IS IT?**

is **2nd** leading cause of disability overall

and **1st** leading cause in young women

**The disease burden is dramatic:**

The economic cost of migraine is staggering, reaching **€1 billion** in indirect costs across the EU<sup>3</sup> due to absenteeism and reduced productivity. People with frequent migraine lose up to **46 workdays** per year, and **72% report it affects their professional lives**. Yet, only **18% of employees** who disclose their condition receive **workplace support**<sup>4</sup>. These losses are compounded by comorbid mental health disorders migraine sufferers are **2 to 10 times more likely** to have anxiety or depression<sup>5</sup>, contributing to an estimated **€70 billion** annual burden to the EU from overlapping conditions<sup>6</sup>.

**Unequal access to effective treatment:**

The latest therapeutical innovations have shown remarkable benefits in reducing attack frequency and severity. However, patients still face barriers due to restrictive reimbursement, healthcare bottlenecks, and a lack of public and institutional awareness. **87% of patients** and **94% of healthcare providers** agree that better migraine control improves mental health, yet access remains uneven<sup>7</sup>.

**Equitable care is imperative:**

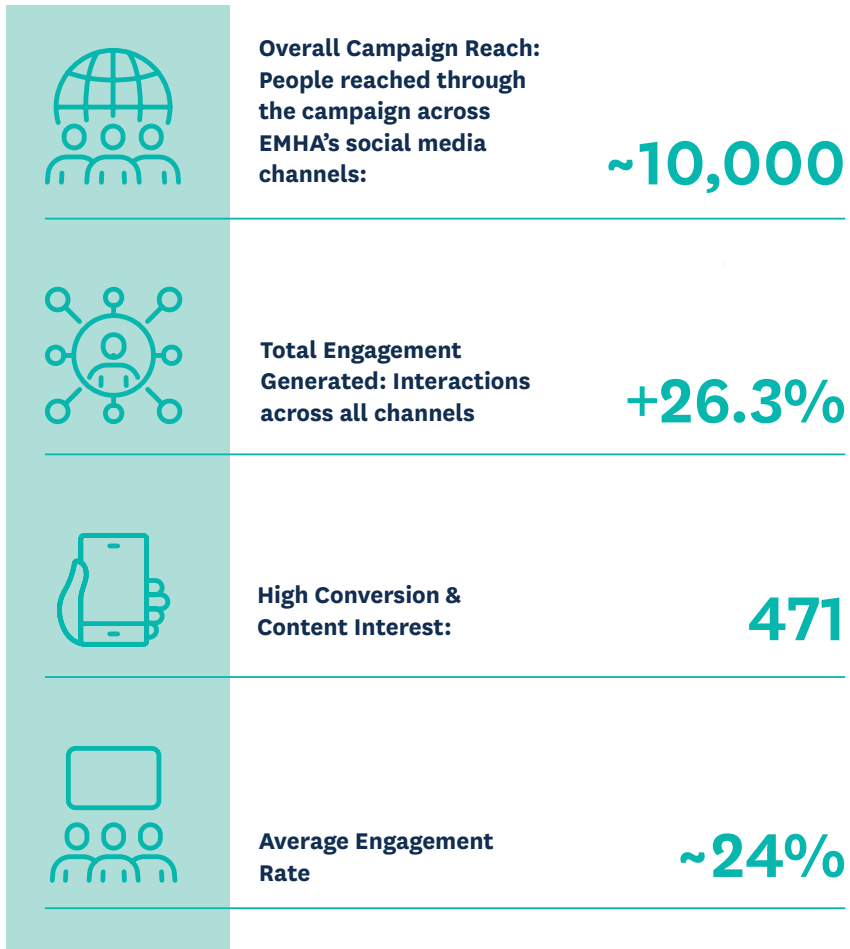
**3 out of 4** migraine patients are women, many of them in their most productive years<sup>8</sup>. Among European working women with migraine, **74% report they cannot function at full capacity at work or school**<sup>9</sup>. Severe or uncontrolled migraine often forces women to take sick leave, decline opportunities, or exit the workforce entirely. EU policies must recognize migraine as a women’s health issue and ensure tailored support through future strategies for gender equality and mental health. Despite the above we cannot fail to address the problem of men with migraine.

**Awareness, education, and policy harmonization are key:**

Despite its prevalence, migraine is often dismissed as **stress or weakness**, worsening patient distress and discouraging them from seeking treatment. This stigma, alongside inadequate training and guidance in many health systems, reinforces gaps in care and policy inaction.

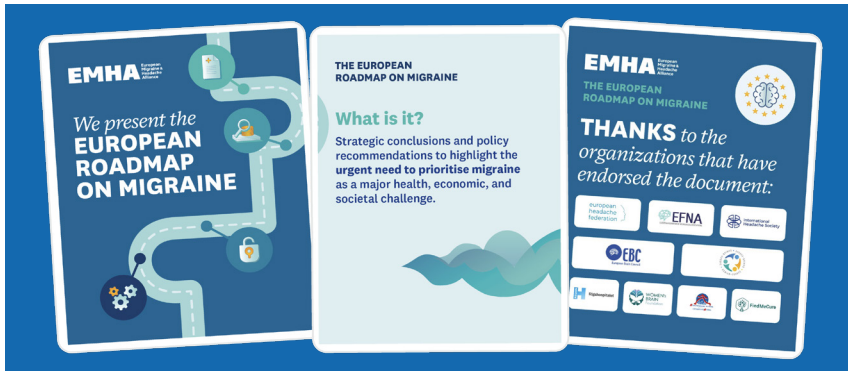
Check the roadmap

With the objective of leveraging the document, increasing its visibility, promoting its dissemination, and encouraging the involvement of key stakeholders, EMHA developed a communication strategy.



## 7. POLICY AFFAIRS

### └ 7.1 POLICY DOCUMENTS



# Parliamentary Question to the European Commission

Together with MEP Margarita de la Pisa, EMHA drafted and supported the submission of a Parliamentary Question to the European Commission to raise migraine as a disability-related policy priority at EU level. The question strengthened political attention on the condition's impact and generated formal institutional engagement with the topic.

 **Parliamentary question - E-001991/2025(ASW)** Download

**Answer given by Mr Várhelyi on behalf of the European Commission**

28.8.2025 > Written qu

According to Article 168 of the Treaty on the Functioning of the European Union<sup>[1]</sup>, Member States are responsible for the organisation and delivery of health services and medical care, including treatment<sup>[2]</sup>.

The Commission supports Member States in reducing the burden of non-communicable diseases (NCDs), including neurological disorders, under the 'Healthier Together' – EU NCD initiative<sup>[3]</sup>.

A joint action<sup>[4]</sup> supports Member States to reduce the burden of neurological disorders, through health literacy, early detection, and integrated care pathways.

The communication on a comprehensive approach to mental health<sup>[5]</sup> supports the prevention and early detection of mental health problems and provides support to vulnerable groups.


The Commission also supports the collection and sharing of best and promising practices through the EU Best Practice Portal on Public Health<sup>[6]</sup>.

The Commission regularly exchanges views with Member States via the Expert Group on Public Health<sup>[7]</sup> on priorities in addressing key public health challenges, and currently it does not envisage the development of a dedicated EU plan for neurological disorders.

The Commission has provided opportunities for funding research on under-researched medical conditions, including migraine, through Horizon Europe.

The Health Cluster Work Programme 2023-2024<sup>[8]</sup> had a call topic on 'Tackling high burden for patients, under-researched medical conditions'<sup>[9]</sup>.

Moreover, the Health Cluster 4 of the Horizon Europe Work Programme 2025 includes a similar topic in its call<sup>[10]</sup>. Horizon Europe<sup>[11]</sup> will continue to provide opportunities for funding research in this broad area of under-researched medical conditions<sup>[12]</sup>.

 **Parliamentary question - E-001991/2025** Download

**Addressing migraine as a neurological disease in EU health policy**

19.5.2025 > Answer in wr

Question for written answer E-001991/2025  
to the Commission  
Rúle 144  
Margarita de la Pisa Carrión (PSE)

For too long, neurological disorders have been subsumed under 'mental health' labels, obscuring their distinct causes, care needs and research priorities. A forward-looking EU public health strategy should adopt a 'brain health' framework covering both mental health conditions and neurological diseases.

Migraine is a disabling neurological disorder affecting over 41 million people in Europe. In Spain, more than five million people live with migraine, and around one million with chronic migraine. It is a leading cause of disability in people under 50, especially women, and seriously impacts productivity, quality of life and healthcare costs. Yet it remains undiagnosed and undertreated, and funding for care and research remains inadequate.

The Commission has taken welcome steps to promote mental health, particularly through the 2023 comprehensive approach to mental health, and has provided institutional support via the Committee on Public Health and the Mental Health Intergroup. However, these efforts largely do not address neurological conditions such as migraine.

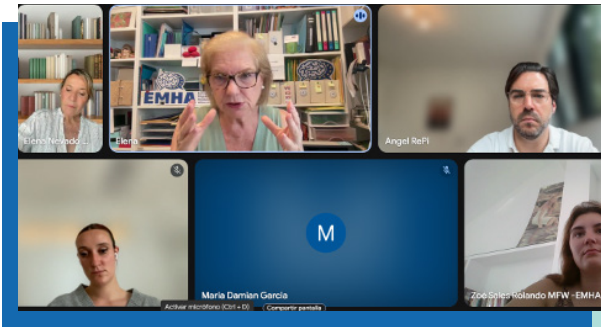
Given this:

1. Will the Commission develop a dedicated EU neurological action plan, similar to its mental health strategy, to address diseases such as migraine, multiple sclerosis, and Parkinson's?
2. What steps will be taken to improve access to diagnosis, specialist care and treatment for migraine across the Member States, thus reducing inequalities?
3. How will the Commission boost EU research funding for underfunded high-burden neurological conditions?

Submitted: 19.5.2025

## 7.2 EU Institutional Engagement

EMHA maintained strong dialogue with Members of the European Parliament to advance migraine-related policy priorities. Meetings with MEPs Tomislav Sokol, Margarita de la Pisa, Elena Nevado, and Rosa Estarás focused on legislative developments and future collaboration. A joint meeting with MEP Nicolás González Casares strengthened EMHA’s presence in wider EU health discussions.



MEP Rosa Estarás



MEP Elena Nevado



MEP Nicolás González

MEP Margarita de la Pisa

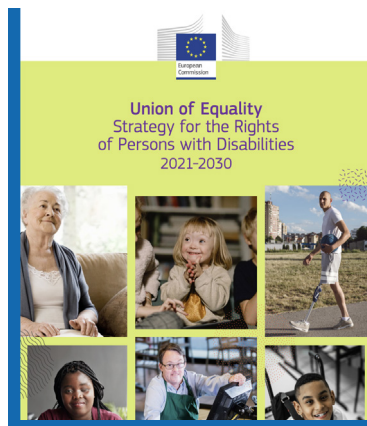


## 7.3 Legislative Follow-Up

EMHA monitored and contributed to key EU legislative files throughout 2025, including the Pharmaceutical Strategy—particularly the definition of Unmet Medical Needs—and the European Health Data Space. EMHA also submitted an amendment to the European Disability Strategy to ensure the explicit inclusion of migraine, strengthening recognition of its significant social and functional impact.

### Amendment to the EU Disability Strategy

Inclusion of Migraine - EMHA proposed an amendment to ensure migraine is recognised within EU disability frameworks. The amendment reinforces the need for “migraine-friendly” accessibility measures and calls for chronic conditions, including migraine, to be considered within EU non-discrimination law when functional limitations persist. It strengthens advocacy linking migraine to disability rights, workplace inclusion, and social protection.





# EUROPEAN HEALTH DATA SPACE

## **EMHA Position Paper on the EU Pharmaceutical Package Revision**

The ongoing trilogue negotiations on the EU Pharmaceutical Package represent the most significant reform of EU medicines law since 2004. At the heart of this revision lies the definition of *Unmet Medical Need (UMN)* — a concept that will guide future incentives, authorisation pathways, and equitable access to medicines across Europe.

For the 41 million Europeans living with migraine and headache disorders, this reform is not an abstract legal exercise. It will determine whether new, effective, and accessible treatments emerge in the coming decade. Migraine is one of the leading causes of disability worldwide — and the first among young women — yet current therapies remain insufficient, poorly tolerated, or unevenly available across Member States.

Recognising the **burden of neurological and chronic disorders** within the definition of UMN is essential to ensure that innovation incentives address patients' lived realities rather than narrow clinical endpoints.

## 7.4 Events & Representation

In 2025, EMHA reinforced its presence across key EU health forums, ensuring that the migraine patient perspective was represented in discussions on innovation, mental health, and brain health. EMHA participated in events such as the Brain Innovation Days, Politico Health Summit, European Health Summit, EFNA workshops, and the EU Health Coalition Summit.



Brain health  
Mission



Health and life  
event at the EP

## 7. POLICY AFFAIRS

### └ 7.4 EVENTS & REPRESENTATION



European  
Health at  
crossroads

Health Literacy  
Workshop by  
EFNA



Equal Access  
to Medicines

Politico  
Healthcare  
Summit



European  
Health Summit



Brain  
Innovation  
Days

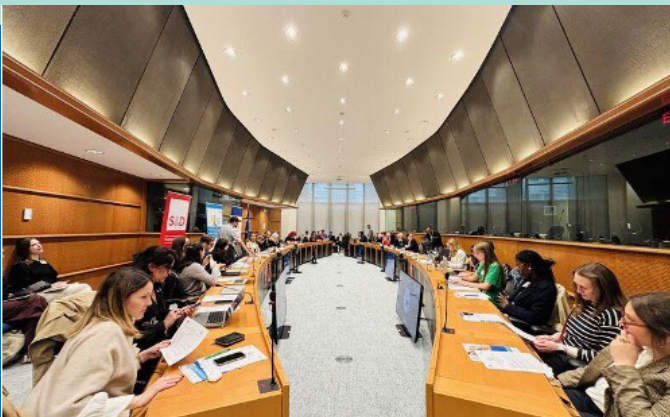
## 7. POLICY AFFAIRS

### └ 7.4 EVENTS & REPRESENTATION



Mental Health Summit

Catherine Naughton, Executive Director of the European Disability Forum, took part in the MHIPAS



19th European Patients' Rights Day

## 8. Special Days

8.1 Women's Day

8.2 Cluster Headache Awareness Day

8.3 Worker's Day

8.3 Shades For Migraine

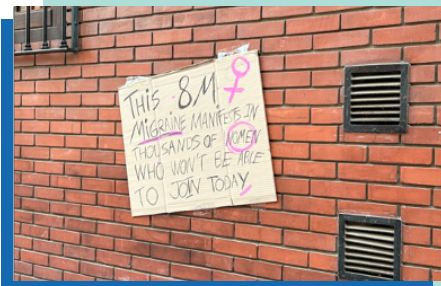
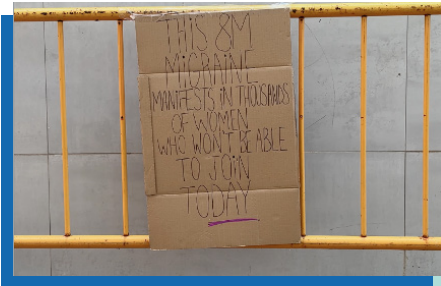
8.3 Migraine Day of Action

## 8. SPECIAL DAYS



## 8.1 Women's Day

As migraine disproportionately affects women, International Women's Day (8 March) remains an important milestone in EMHA's communication calendar. In 2025, EMHA highlighted the reality that many women living with migraine are unable to participate in demonstrations due to the disabling nature of the disease. A street-level awareness action was carried out using posters designed as protest placards placed in public spaces, deliberately shown without people holding them. This visual absence symbolised women confined by migraine and helped raise awareness about the disability and stigma associated with the condition, reaching more than 4,500 people through EMHA's social media channels.



## 8.2 Cluster Headache Awareness Day

To increase visibility of Cluster Headache, a severe and often misunderstood condition, EMHA carried out an awareness action focused on the visible symptoms experienced during attacks. The campaign highlighted the intense pain and eye-related signs associated with Cluster Headache through dedicated social media visuals and video messages. Leading neurologists, Prof. Rigmor Jensen and Dr. Michael Vikelis, supported the initiative by sharing educational content, helping to raise awareness and reach more than 17,000 video views across EMHA's digital channels.



## 8.3 Worker's Day

On 1st May, EMHA used the occasion to acknowledge and thanked all collaborators and companies involved in the Migraine Friendly Workplace project for their commitment to supporting employees living with migraine. A dedicated social media action was carried out, featuring a clear headline and tagging participating companies to reinforce visibility. The communication highlighted the impact of migraine in the workplace, underlining that one in seven workers lives with the condition and may experience significant difficulties in performing their job. The action also encouraged other organisations to engage with EMHA and contribute to creating more migraine-friendly work environments.

### Thank you to our Contributors

ABBVIE, COCA COLA, ÈXIT UP, LUNDBECK,  
NOVARTIS, PFIZER, SALVIA BIOELECTRONICS  
AND TEVA.

**for helping us grow  
and making migraine  
an issue that concerns  
us all.**

### Thank you to our Collaborators

ALBERTA NORWEG, ANDORRA TELECOM,  
ANGELA IMPACT, ANIEME, AQUASERVICE, ARPA,  
ASAPCV, ASECAM, ATRIBUS, AVALNET, BBVA,  
BONETA BOGADOS, CAIXA POPULAR,  
CARRACORPORACIÓN, CAXTON COLLEGE,  
CECOVA, CLÍNICA INDOLOR, CONSULTIA TRAVEL  
BUSINESS, CURELATOR, ECONOMYC, ELI LILLY,  
EQUIPO HUMANO, FNAC, GRUPO DOMINGUIS,  
HISPASAT, IMPLICA CF, JCDECAUX, KETOSWISS,  
KEVAL, LÂBERIT, MELIÀ HOTELES, NUNSYS  
ORGANON, OÜ HENDRIKSON & KO, PALACIO DE  
CONGRESOS DE VALENCIA, RANDSTAD,  
TAGSYSTEMS AND THE WESTIN VALENCIA.

**for being Migraine  
Friendly Workplaces.**

## 8.4 Shades For Migraine

On 21 June, EMHA joined the Shades for Migraine initiative to help increase visibility and awareness of migraine. Following a joint meeting of patient associations in Brussels, a group photo with participants wearing sunglasses was taken and shared across EMHA’s social media channels. The action encouraged community engagement, with individuals and organisations supporting the initiative by sharing and tagging EMHA in their posts.



## 8.5 Migraine Day of Action

### Closing the Misunderstood Campaign

12th September marked the culmination of EMHA’s three-month Misunderstood Campaign, bringing together its key messages and outcomes. EMHA shared the full campaign case study across its digital channels, presenting the actions developed to address the social stigma surrounding migraine.

The publication compiled the campaign’s core visuals, key insights from the patient survey on misunderstanding, and the results of the public challenge focused on “misunderstood messages,” reinforcing the need for greater social awareness and understanding of migraine.



### *The* **MISUNDERSTOOD** *Campaign*

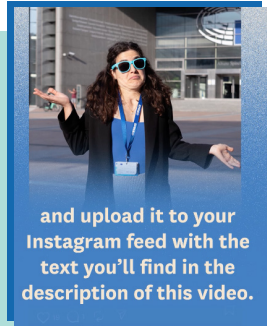
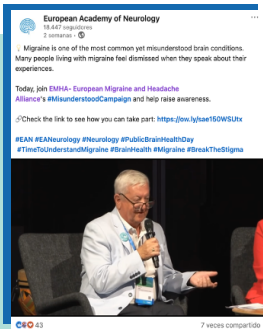


└ 8.5 MIGRAINE DAY OF ACTION

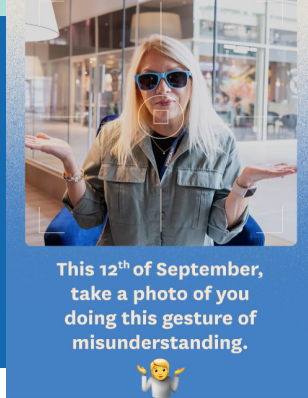
## Community Call to Action

To amplify Migraine Day, EMHA launched a dedicated social media call to action supported by a short vertical video. The action highlighted one of the campaign’s key findings: 93% of people with migraine feel that society does not understand their condition.

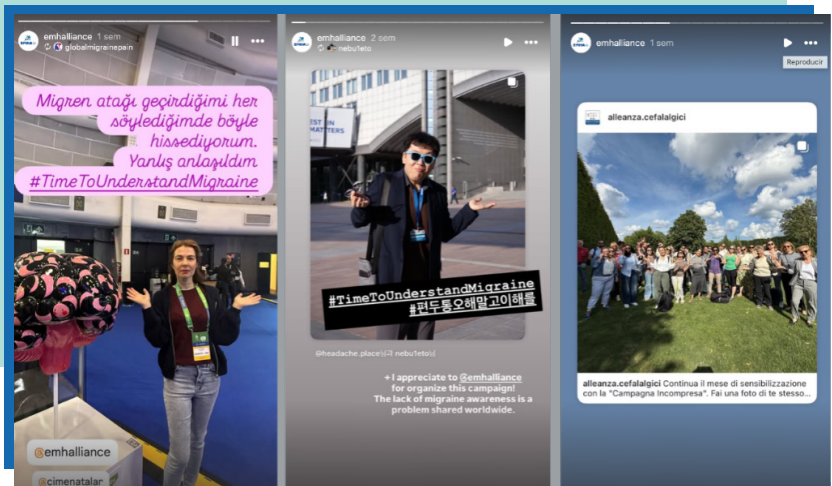
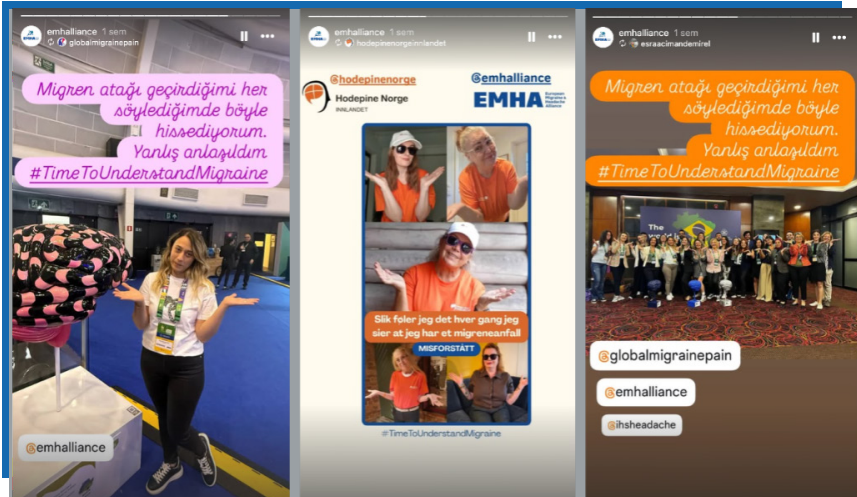
Patients and supporters were invited to take part by sharing a photo using the campaign gesture and hashtag #TimeToUnderstandMigraine. This activation helped mobilise the community and maximise the reach and impact of the Misunderstood Campaign on one of the most important awareness dates of the year.



*We need your help to change this situation.*



This activation successfully mobilised the community, urging the public to "let's stop migraine from being misunderstood" and ensuring the Misunderstood message achieved maximum reach and impact on the most important day of the calendar.



## 8. SPECIAL DAYS

### └ 8.5 MIGRAINE DAY OF ACTION



## **9. EMHA & other Stakeholders**

### **9.1 Scientific Collaborations**

### **9.2 Collaborations with other organizations**

### **9.3 EMHA Partners & Associates**

### **9.4 Collaborations with Industry**



## 9.1 Scientific collaborations with EMHA

- Biomarker and Behavioral Evidence for Advanced Clinical Outcomes
- Neurological Precision Project
- Horizon Call - Artificial Intelligence for Medicine (AIMED)
- Horizon Call - RESCUE
- IHI call (Innovative Health Initiative) - Hospitals at Home
- Delphi Study on Secondary Use of Clinical Research Data
- Cluster Headache as a Rare Disease Project
- Roundtable on Migraine / College of Pharmacists
- Research Project "Advocacy and Agenda-Setting in the EU / University of Antwerp
- Research Project "Trust in Online Counseling for Migraine Patients" / Sigmund Freud University. Meetings in Brussels / EFNA
- General Assembly / EPF
- Corporate Roundtable / IHS - Patrick Little
- SIP Stakeholder Forum Roundtable - EFIC
- TackMig Proposal - NorHead
- Brain Health Mission Strategic Partner & Steering Committee/ EAN
- In- person Summits, Online Forums, Training Courses, Booth at EAN... - Patrick Little
- EAN Scientific Panel on Headache
- Research project "Advocacy and Agenda-Setting in the EU"
- Research Project "Trust in Online Counseling for Migraine Patients" / Sigmund Freud University

└ 9.1 SCIENTIFIC COLLABORATIONS WITH EMHA



## International Headache Society

Headed for the Future: An IHS Documentary Series



Migraine is a serious health condition with profound workplace implications, costing e.g the European economy an estimated €50 billion annually. Remarkably, 93% of these costs are attributed to lost productivity, with healthcare expenses representing only a small fraction. Absenteeism and presenteeism (working while impaired by symptoms) are the primary contributors to these losses. There is a solution to this challenge: in addition to ensuring effective headache care within healthcare systems, employers have a critical role to play. By creating migraine-friendly workplaces, organizations can significantly improve the quality of life for employees with migraine while enhancing overall productivity.

In this episode, we hear the personal stories of Heather (USA) and Bridget (USA), who recount their experiences of facing prejudice in the workplace and at university. Their accounts highlight the urgent need for better awareness and support. To provide clinical and scientific perspectives, neurologists Professor Robert Shapiro (USA), Dr Olivia Begasse de Dhaem (USA), and Professor Antoinette Maassen van den Brink (the Netherlands) share their expertise. Additionally, Elena Ruiz de La Torre (Spain) passionately advocates for the benefits of fostering migraine-friendly workplaces.

## International Headache Congress

Sao Paulo, September 2025

IHC 2025 Brain's Parade

International Associates from ABRACES and AMYCA represented EMHA



Sep. 10 - 13 2025



## International Headache Congress





## International Headache Society

### Corporate Roundtables

- European Academy of Neurology Congress. Helsinki, June 2025
- European Headache Congress. Lisbon, December 2025



## Master of headache Disorders



### University of Copenhagen and Danish Headache Center

EMHA's Executive Director, Elena Ruiz de la Torre GdB, took part in the Master of Headache Disorders in the [University of Copenhagen \(Københavns Universitet\)](#) led by [Prof. Rigmor Højland Jensen](#). She conducted a session on the vital role of patient organizations in headache care, followed by an interactive group workshop with the participants: neurologists, nurses, and osteopaths. Her contribution underscored the importance of patient advocacy in shaping multidisciplinary strategies for developing common projects, scientific activities, and advancing migraine treatment and research.



## 9. EMHA & OTHER STAKEHOLDERS

### └ 9.1 SCIENTIFIC COLLABORATIONS WITH EMHA



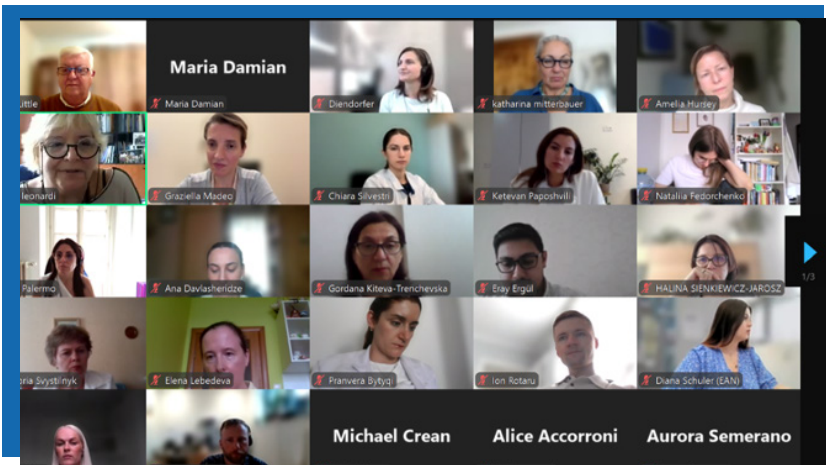
## EAN - Brain Health Mission



### Brain Health Mission Summit Brussels, March 2025

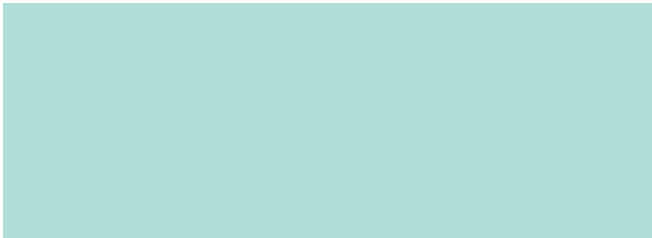


Advocating in Partnership with the Patient Community.” EAN  
Advocacy Training



# 9. EMHA & OTHER STAKEHOLDERS

## └ 9.1 SCIENTIFIC COLLABORATIONS WITH EMHA



### Our Network & Governance

**Strategic Partners**


**Supporting Partner – 2025**

**Contributors – 2025**

**Brain Health Mission Steering Committee**

**Participants** Chat

Search Participant

- EMHA Executive Director
- C **Claudio Bassetti**  
Dean
- J **Justin Jordan**  
physician
- K **Karen Doyle**  
Professor
- S **Suzanne Dickson**  
Professor of Neuroendocrinology
- M **Mariapaola Barbatto**  
Scientific Lead
- A **Anna Jansen**  
EPNS Chair of Advocacy and Colla...

Prof. Ippolito - Professor of Neurology



## Scientific Congresses where EMHA had presence

### European Academy of Neurology Congress

June 2025 | Helsinki

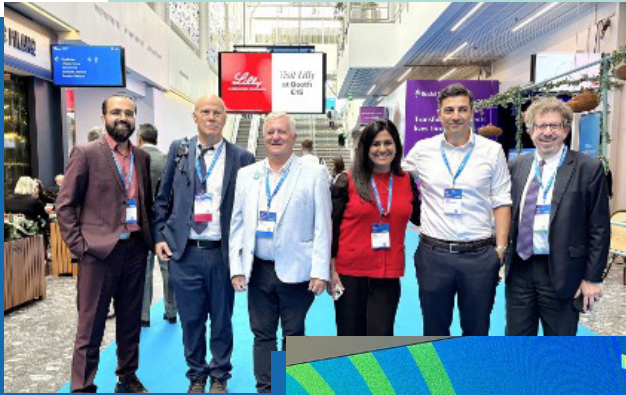


EMHA President, Patrick Little, attended the EAN Congress 2025, engaging with neurologists and researchers to raise awareness and advocate for improved migraine care. EMHA's presence extended to media appearances, including a segment on a live morning TV show. Mr. Little also participated in the International Headache Society's Corporate Roundtable and the **EAN Public Day**.



└ 9.1 SCIENTIFIC COLLABORATIONS WITH EMHA

## Public Brain Health Day - Morning TV Show





## **European Headache Congress ( EHC) December 2025 | Lisbon**

EMHA presented the New Migraine Scoring System, developed in collaboration with its Scientific Committee. The tool aims to improve communication on migraine severity and enhance understanding between patients, healthcare professionals and stakeholders. (more info in page 12)

During the congress, EMHA organised interactive activities to introduce the scoring system to neurologists and attendees, fostering discussion on its clinical and practical relevance. (more info in page 19)

EMHA's Executive Director, Elena Ruiz de la Torre launched the tool in the Plenary Hall that gathered over 2,500 experts in neurology and headache research.

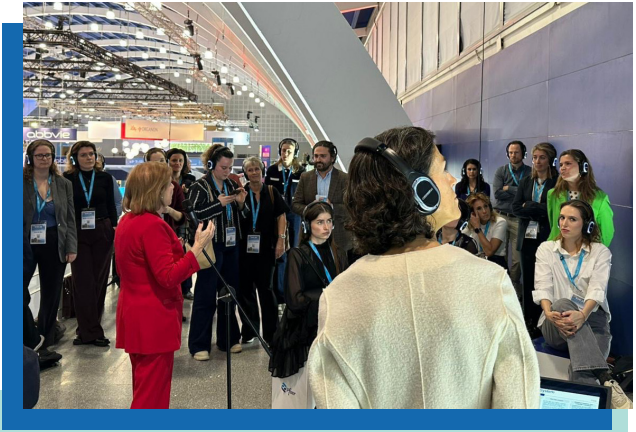
- Dr. Patricia Pozo-Rosich, key leader of the scientific committee, supported the launch with a scientific poster highlighting the tool's methodology and clinical relevance.
- Prof. Antoinette Maassen Van den Brink., EHC President and also part of the MSS Scientific Committee and Elena Ruiz de la Torre presented in an interactive presentation in the Headache Theatre.

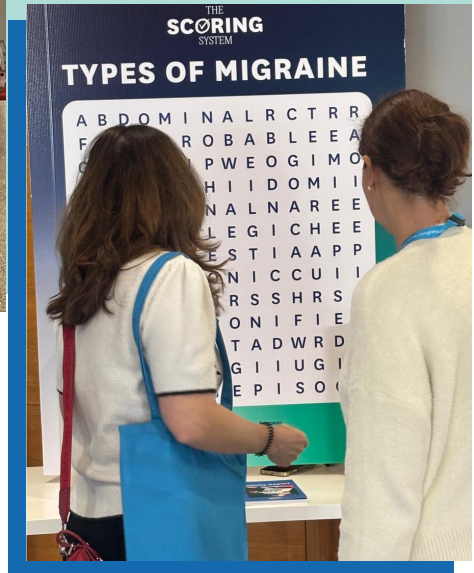
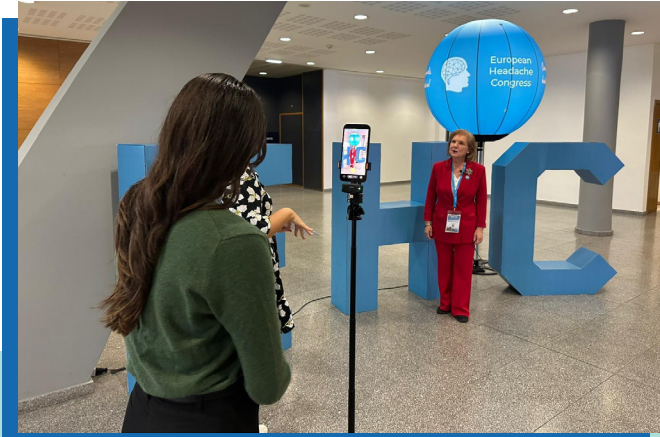
In parallel, EMHA co-hosted with MiGRA Portugal a dedicated session focused on workplace health, highlighting the importance of addressing migraine within professional environments and reinforcing the need for greater recognition of its impact on productivity and quality of life. (more info in page 41)

During the congress, EMHA introduced the New Migraine Scoring System to attendees, engaged them through our migraine-type word search, and conducted short interviews with neurologists and researchers on key topics in migraine.

## 9. EMHA & OTHER STAKEHOLDERS

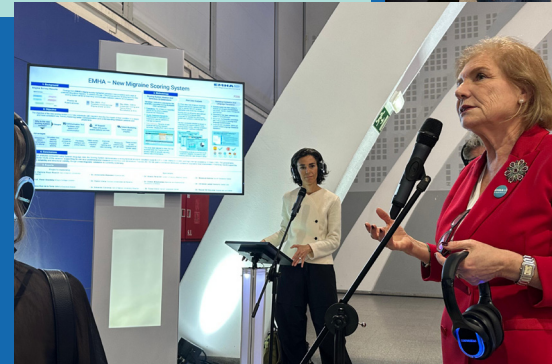
### └ 9.1 SCIENTIFIC COLLABORATIONS WITH EMHA





## 9. EMHA & OTHER STAKEHOLDERS

### └ 9.1 SCIENTIFIC COLLABORATIONS WITH EMHA



## 9.2 Collaborations with other organizations

### College of Pharmacists of Valencia



**COMBATE LA MIGRAÑA CON CABEZA**  
*Presentación de la guía de pacientes*

Martes, 30 de septiembre  
De 16.30 a 19.00 h.  
MICOF (Sede de Valencia)  
C/ Conde de Montornès, 7, Valencia

**16:30h. Inauguración.**

- **Cande Almaraz Monterde**, Vocal de Responsabilidad Social Corporativa del MICOF.
- **Elena Ruiz de la Torre**, Vicepresidenta de AEMICE.
- **Eva Rapado**, Directora de Acceso y Relaciones Institucionales de Pfizer.
- **Comisión de Salud.**

**16:50h. ¿A qué es vivir con migraña?**

- Paciente

**17:00h. Presentación de la Guía de Pacientes de Migraña**

- **Cande Almaraz Monterde**, Vocal de RSC del MICOF.
- **Dra. Elisa Gallach Solano**, Psicóloga Clínica, Hospital Universitario IIS La Fe de Valencia.

**17:10h. Mesa redonda: ¿De qué manera comparten voces para un mejor abordaje de la migraña?**  
Moderador: **Cande Almaraz Monterde**, Vocal de RSC del MICOF.

- **Samuel Díaz Insa**, Médico del Servicio de Neurología del Hospital Universitario IIS La Fe de Valencia.
- **Dra. Elisa Gallach Solano**, Psicóloga Clínica, Hospital Universitario IIS La Fe de Valencia.
- **Carlos Bravo Crespo**, Farmacéutico Hospitalario, Hospital Universitario Quirón Salud.
- **Maribel Fabrich Marin**, Enfermera de Consultas externas del Servicio de Neurología del Hospital Universitario IIS La Fe de Valencia.
- **Sanja Cabrillán Fajardo**, Farmacéutica comunitaria en la Isla de Eivissa, Secretaria de la Sociedad Española de Farmacia Familiar y Comunitaria (SEFAC) de la Comunidad Valenciana.
- **Elena Ruiz de la Torre**, Vicepresidenta de AEMICE.

**19:00h. Ruegos y preguntas. Fin de la formación complementaria.**

Colabora: **Pfizer**

**MIGRAÑA: MÁS QUE UN DOLOR DE CABEZA**  
15 de abril | 17 - 19:30h | MICOF Valencia

**17:00h. Inauguración**

- **Cande Almaraz**, Vocal de Responsabilidad Social Corporativa del MICOF.
- **Verónica Sáez**, Vocal de la Junta Directiva de AEMICE.
- **Eva Rapado**, Directora de Acceso y Relaciones Institucionales de Pfizer.
- **M<sup>o</sup> José Avilés**, Subdirectora General de Atención al Paciente y Calidad Asistencial.

**17:20h. La migraña de cerca**

- **Dr. José Miguel Lainez**, Médico del Servicio de Neurología del Hospital Clínico de Valencia.

**17:50h. Viaje del paciente**

- **Dr. Samuel Díaz**, Médico del Servicio de Neurología del Hospital Universitario IIS La Fe de Valencia.

**18:20h. Tratamiento en migraña**

- **Carlos Bravo**, Farmacéutico Especialista en Farmacia Hospitalaria, Hospital Universitario Dr. Peset (Valencia).

**18:50h. Mesa redonda: temas actuales**

- **Elena Ruiz de la Torre**, Directora ejecutiva de la EMHA.

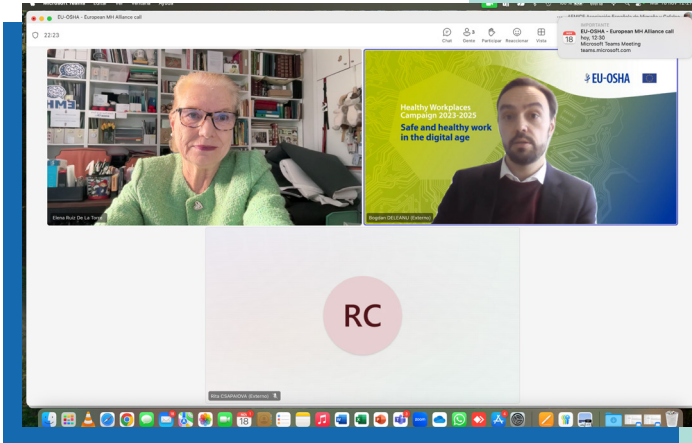
**19:30h. Fin de la Jornada.**

Colabora: **Pfizer**

## 9. EMHA & OTHER STAKEHOLDERS

### └ 9.2 COLLABORATIONS WITH OTHER ORGANIZATIONS

## European Agency for Safety and Health at Work



## Plataforma de Organizaciones de Pacientes



## European Federation of Neurological Associations



Engaging in advocacy  
at EU-level and the  
benefits that can  
bring nationally.  
Workshop Brussels

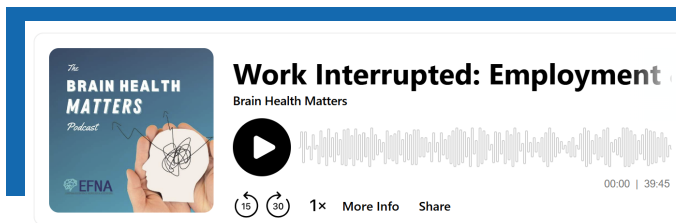


## MEP Interest Group on Brain Health and Neurological Conditions.



└ 9.2 COLLABORATIONS WITH OTHER ORGANIZATIONS

## "Work Interrupted: Navigating Employment with Neurological Conditions." Podcast



Listen to the podcast  
here



General  
Assembly



## European Brain Council

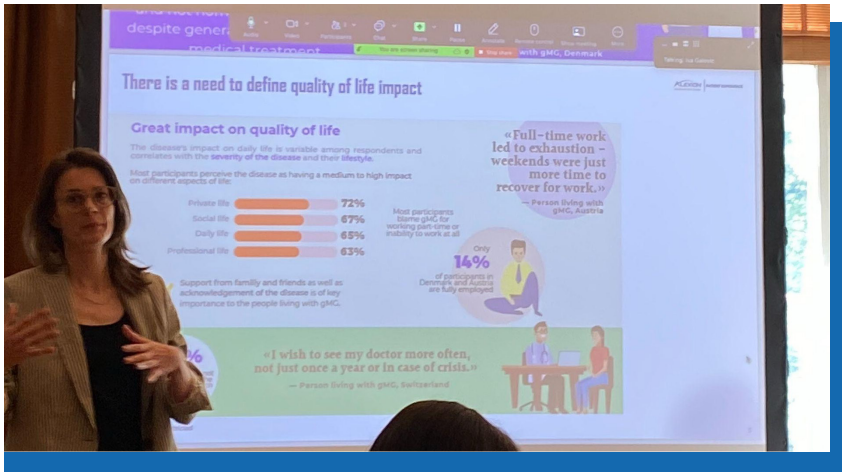


The Brain as a Strategic Asset: Securing Europe's Future Through Innovation and Health

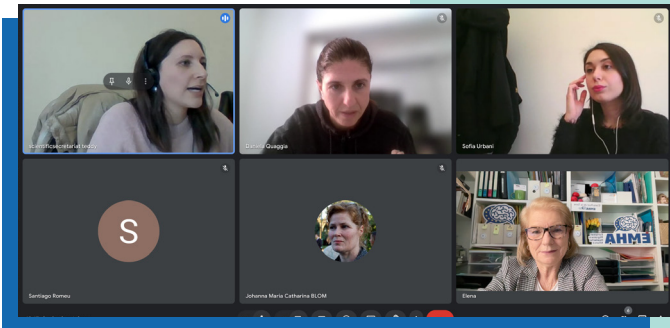
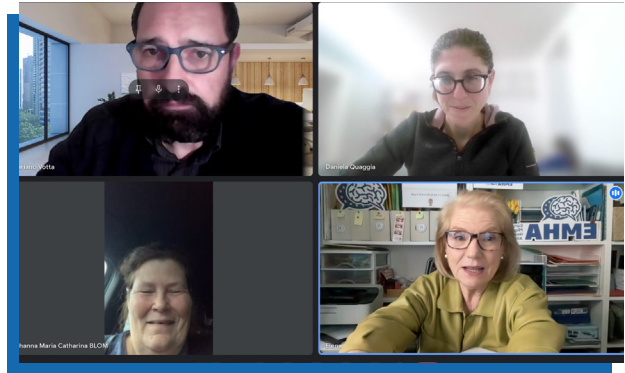


└ 9.2 COLLABORATIONS WITH OTHER ORGANIZATIONS

### EBC General Assembly



## Active Citizenship Network



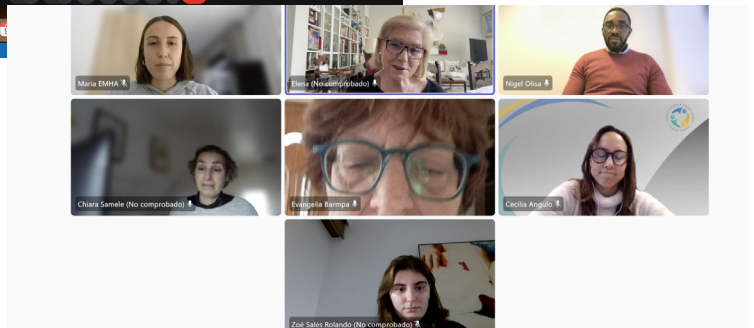
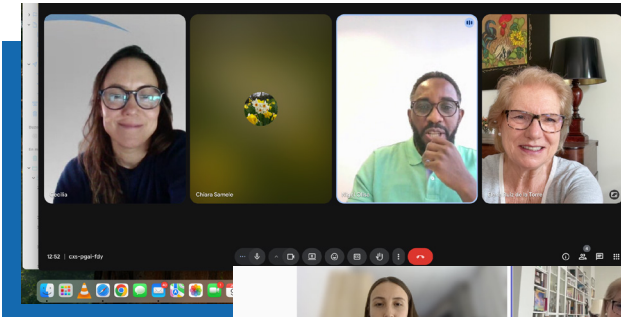
European  
Patients'  
Rights Day |  
15 May 2025



## 9. EMHA & OTHER STAKEHOLDERS

### └ 9.2 COLLABORATIONS WITH OTHER ORGANIZATIONS

## GAMIAN



## Webinar "Migraine & Mental Health: A Call for Integrated Care"

In September 2025, EMHA co-hosted the webinar “Migraine & Mental Health: A Call for Integrated Care” in collaboration with GAMIAN-Europe, addressing the challenges of comorbid migraine and mental health conditions. The programme brought together clinical experts, patient representatives and policy stakeholders to present key findings from recent reports and discuss strategies for more holistic and integrated care approaches. The webinar concluded with recommendations and a call to action to improve coordination, awareness and treatment pathways for people living with migraine and mental health.

**GAMIAN**





The Migraine Movement



**WEBINAR**

## Migraine & Mental Health: A Call For Integrated Care

18 September 2025 14.00h – 16.00h CEST



**Dr Chiara Samele**  
GAMIAN-Europe



**Dr. med. Reto Agosti**  
Specialist in Neurology



**Prof. Dimos-Dimitrios Mitsikostas**  
EAN, Hellenic Headache Society

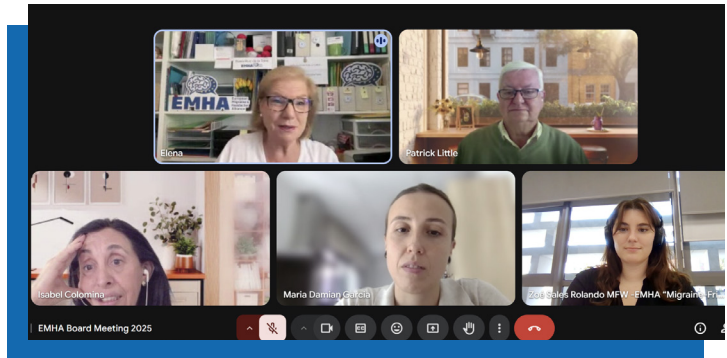


**Elena Ruiz de la Torre**  
EMHA Executive Director

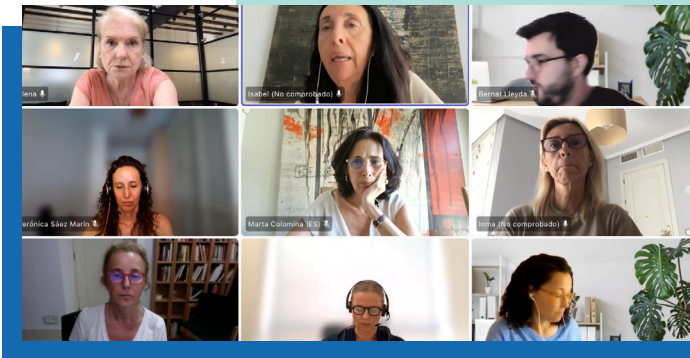
**Webinar "Migraine & Mental Health: A Call for Integrated Care"**

## 9.3 EMHA Partners & Associates

Board meetings



Spain



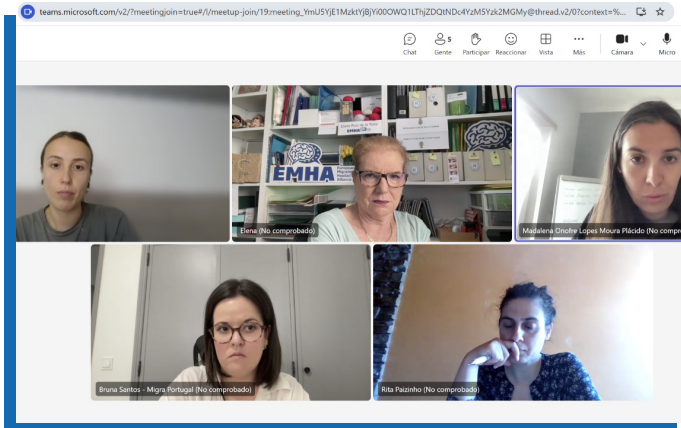
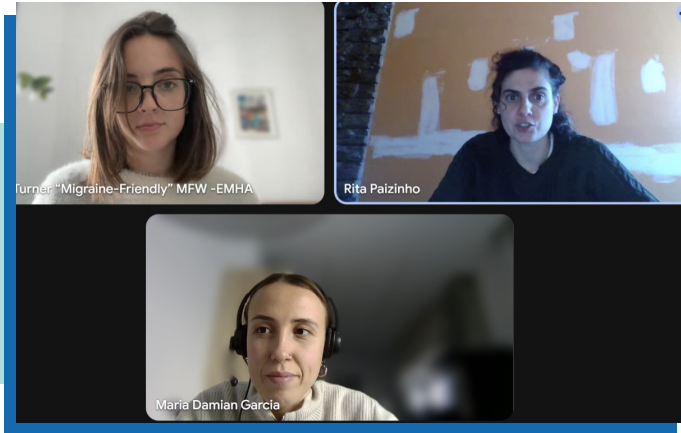
General Assembly

Migraine Day of Action Roundtable





## Portugal



## 9. EMHA & OTHER STAKEHOLDERS

### └ 9.3 EMHA PARTNERS & ASSOCIATES



**Migraine  
Friendly  
Workplace**

**EMHA | IMHA**  
The Migraine Movement



More information in  
page : 41

**workplace**  
MIGRA-Care

**SAVE THE DATE**

**WORKPLACE**  
**MIGRA-CARE**

Migraine management at work

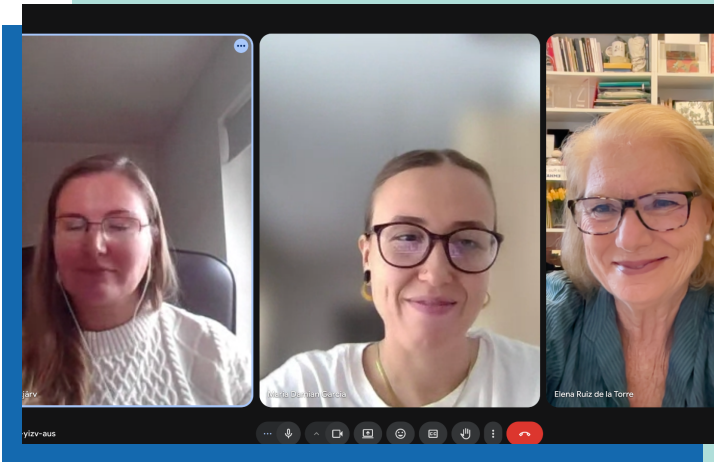
5 Dec 2025 | European Headache Congress  
Lisbon Congress Centre

**MiGRA** **EMHA** European  
Migraine &  
Headache  
Alliance



Eesti Migreeni  
ja Peavalu  
Patsientide Ühing

## Estonia





## The Netherlands



## Nigeria

**Objectives**

The first storytelling and patient-engagement program focused on Africans with migraine, designed to humanize the condition and promote health equity. By amplifying lived experiences, it strengthens African representation in global migraine discourse while serving as a tool for awareness, education, and reducing stigma.

Storytelling	Challenge Misconceptions	Advocacy
Show first-person narratives through written stories, video interviews, photo essays, and audio to humanize migraine.	Use cultural truth-telling to dispel myths, normalize migraine as a legitimate health condition, and drive public and clinical awareness.	Highlight diverse African experiences across gender, age, region, and language to strengthen visibility in healthcare conversations and global discourse.

## 9.4 Collaborations with Industry

### Corporate Meeting 2025

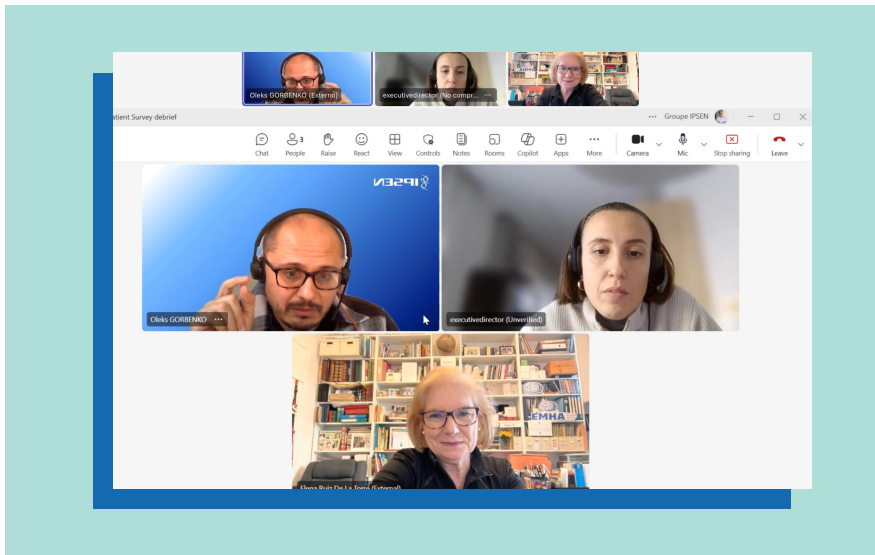


└ 9.4 COLLABORATIONS WITH INDUSTRY



### IPSEN unmet needs in Patients survey

The survey explored how the situation for people with migraine has evolved with the availability of more treatment options and whether treatment goals have changed. It aims to identify unmet needs in migraine management from the patient perspective, particularly regarding effectiveness, access to treatment, and impact on quality of life.



**PEM**

Patient experience map (PEM) is the holistic consolidation of several types of aggregated patient experience data (collected from several sources) with actionable insights and possible implementation steps (patient impact, business processes, regulatory decisions and HTA). Therefore, Patient experience mapping – a hybrid evidence generation activity, as well as relatively new public health concept and implementation science methodology.



09

Controlar Chat Gente Participar Reaccionar Vista Notas Más Cámara Micro Compartir Salir

## Patient experience map (PEM)

A **patient experience map (PEM)** is the holistic consolidation of several types of aggregated patient experience data (collected from several sources) with actionable insights and possible implementation steps (patient impact, business processes, regulatory decisions and HTA). Therefore, **patient experience mapping** – a hybrid evidence generation activity, as well as relatively new public health concept and implementation science methodology.

**ScienceDirect**  
Content not available in permanent view  
 Journal homepage: [www.sciencedirect.com](https://www.sciencedirect.com)

**Themed Section: The Patient Journey**

**Enhancing Patient Centricity of Real-World Data Research: An Exploratory Analysis Using the Patient Experience Mapping ToolBox**

Shubank K. Gargava, PhD, MS, Matthew Harris, PhD, MS, Siller Schuck, BA, Laura Elizabeth Condon, PhD, MS

Strictly privileged and confidential. Do not share with any third parties.  
 © 2023, Patient Experience Mapping ToolBox  
 Oliveira, A.B., Harris, M., Schuck, S., Gargava, S.E. Enhancing patient centricity of real-world data research: an exploratory analysis. *Collapsing patient experience in mapping toolboxes*. October 2023; 2023:1-11. <https://doi.org/10.1002/9781119821222.ch10>  
 ScienceDirect, all of Researching and consulting patient journey mapping research in healthcare in mapping toolboxes | Alex Harris  
 2023 | <https://www.researchprotocols.org/2023/10/e40787>

## 9. EMHA & OTHER STAKEHOLDERS

### └ 9.4 COLLABORATIONS WITH INDUSTRY



to label - Last Modified: August 20 ▾ Search

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Styles Editing Dictate Security Add-ins Editor Copilot

Paragraph Styles Voice Sensitivity Add-ins

**EM technical workshop (format: advisory board with 2 sessions taking the time difference and size of the WG)**

	Agenda topic	Facilitator/presenter
in	Welcome and the working group introduction	Elena Ruiz de la Torre (EMHA CEO) and Dr Oleks Gorbenko (ipsen)
in	PEM methodology overview and ECM-PEM project objectives & milestones	Dr Oleks Gorbenko (ipsen)
in	Overview of the available/published PED sources on episodic and chronic migraine, earlier implementation initiatives to improve patient journey and address pathway disruptions.	All WG members facilitated by OPG team
in	US Patient Journey project by CHAMP: good practices and lessons learnt	Susan Doughty (Executive Director, CHAMP)
in	<b>Coffee-break</b>	
in	Overview of the unpublished, "grey"	All WG members

Accessibility: Good to go

Search



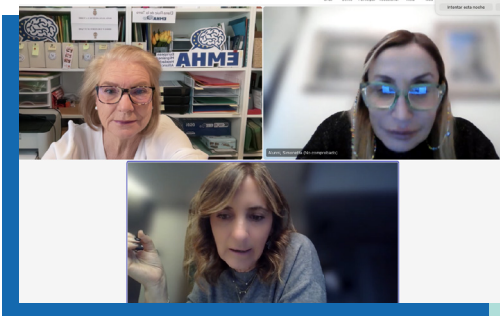
The event “Empathy, Empowerment, Migraine”, held on 14 March 2025 in Rome and promoted by Organon Italy, brought together institutions, scientific societies, and patient associations to discuss the social, clinical, and economic impact of migraine, the need for better recognition as a chronic disease, and the importance of improved access to new therapies.

The event also marked Organon’s global entry into the “Migraine Friendly Workplace” network promoted by EMHA, reinforcing its commitment to reducing stigma and supporting employees living with migraine.



# 9. EMHA & OTHER STAKEHOLDERS

## └ 9.4 COLLABORATIONS WITH INDUSTRY



**We have followed the framework below to structure the research and discussions on barriers to migraine diagnosis and treatment**

*To what extent do patients experience migraine burden and what are its spillovers on family and loved ones, healthcare systems, and broader society?*

Burden	Quality of life	Direct economic burden	Indirect economic burden
--------	-----------------	------------------------	--------------------------

*What barriers prevent timely and effective diagnosis and treatment of migraine and therefore exacerbate existing burden?*

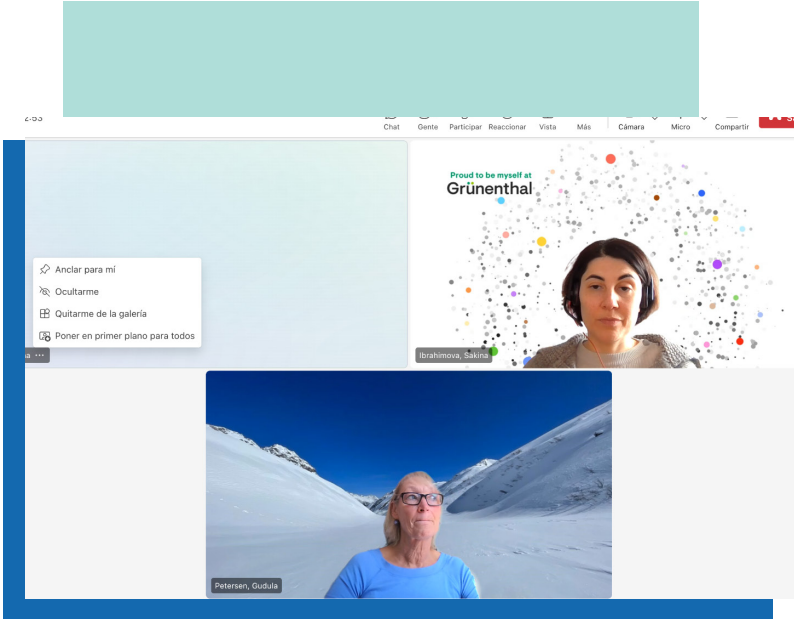
Barriers	Awareness	Diagnosis and referral	Treatment
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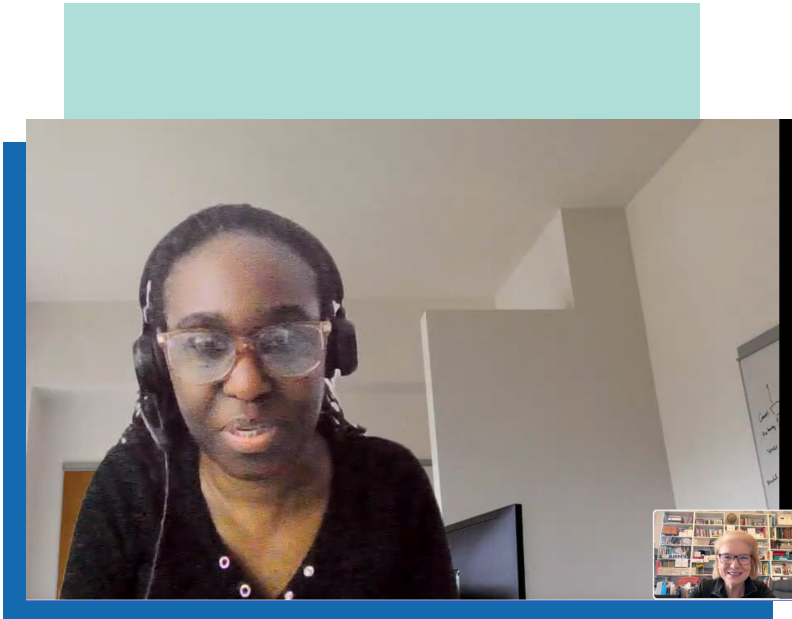
ORGANON CRA Charles River  
Head for health Systems



### The invisible burden of migraine: the need of a systemic change

A white paper on the consequences of current system inefficiencies and policy recommendations on improving patient care







Lundbeck's #1VoiceSummit brought together the “glocal” advocacy community to exchange ideas, collaborate and partner up to find ways to amplify the voice of people with lived experience of brain disease. This June, the event, which takes place annually, brought together nearly 80 advocacy groups from over 20 countries.



Fireside chat with Lundbeck's CEO



Charl van Zyl  
CEO and President,  
Lundbeck



Alexander Ysbæk-Nielsen  
Psychologist and Patient Teacher  
Copenhagen Academy for Medical  
Education & Simulation (CAMES)



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## Asian Migraine Patient Advocacy Virtual Meeting



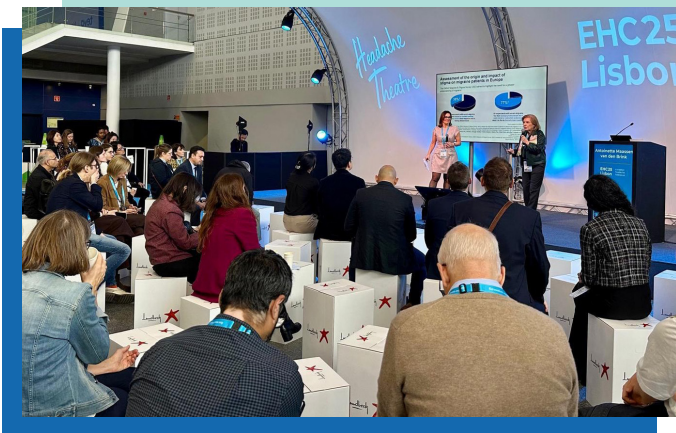
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abbvie

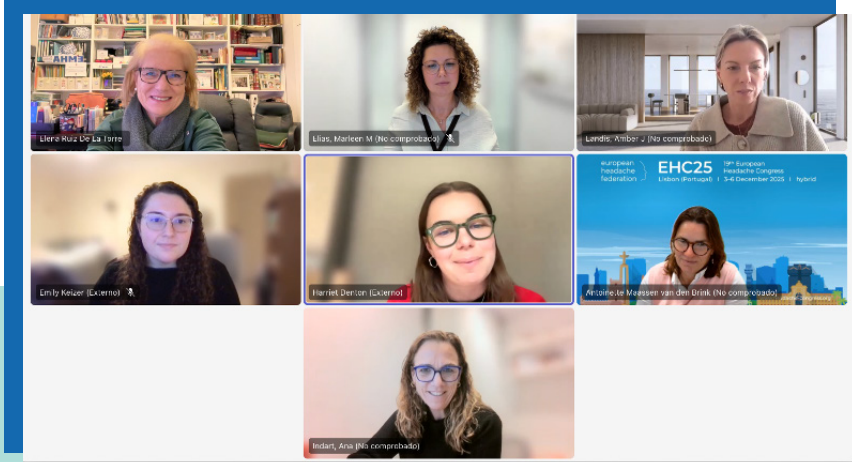


abbvie

**EHC 2025 Headache Theatre :  
Beyond Headache Days: Elevating Migraine Care Through  
Patient-Centered Dialogue**



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### Headache Theatre session

Meeting developed and funded by Abbvie. This meeting is for healthcare professionals only.

## Beyond headache days: Elevating migraine care through patient-centred dialogue

#### Save the date:

Wednesday, 3<sup>rd</sup> December 2025; 14:15–14:35  
CCL – Lisbon Congress Centre, Headache Theatre, Exhibition Hall

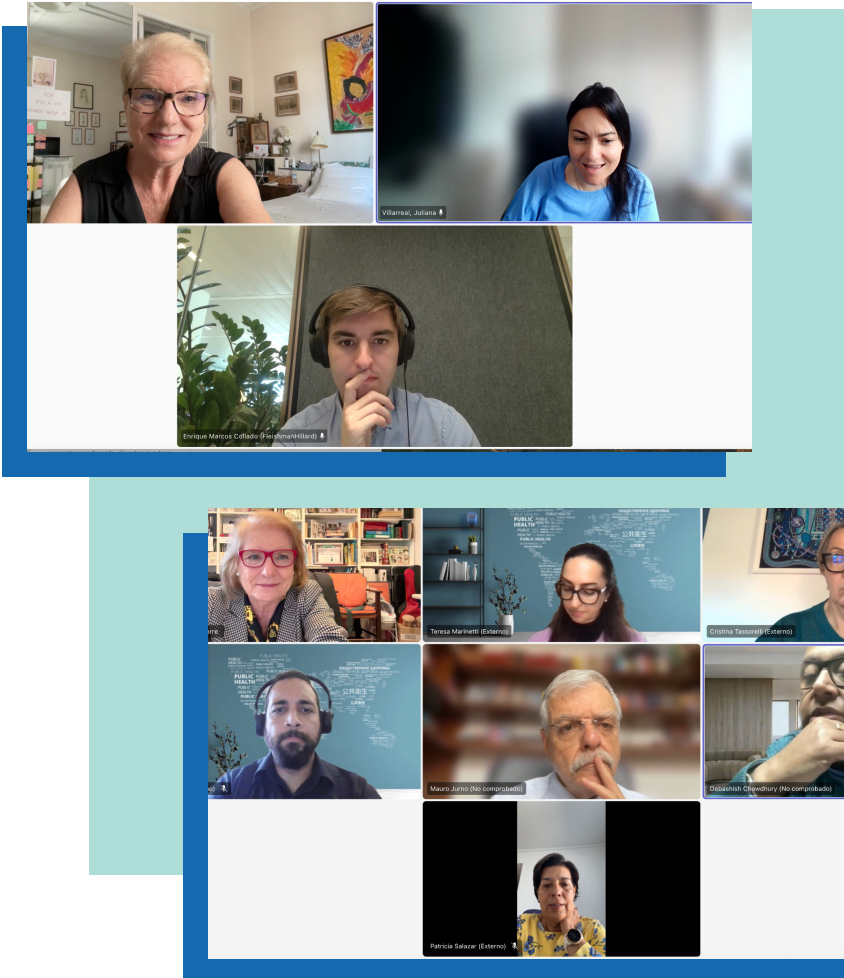


**Prof. Antoinette Maassen van den Brink**  
Erasmus University  
Medical Center,  
The Netherlands



**Elena Ruiz de la Torre**  
European Migraine  
and Headache Alliance,  
Europe

Join our conversation between a healthcare professional and a patient advocate as we explore how clinical tools can be used to open up communication for patients with migraine



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**Migraine  
Friendly  
Workplace**

**EMHA | IMHA**  
The Migraine Movement

On the occasion of **International Migraine Day**, Elena Ruiz de la Torre took part in a workplace session focused on migraine awareness, within the framework of the Migraine Friendly Workplace (MFW) project.



More information in  
page : 43

Spain

## The Unseen Burden of Migraine: Impacts on Care, Productivity, and Economic Growth in an Aging Society



EMHA, represented by Elena Ruiz de la Torre, together with Rob Music (The Migraine Trust), participated in the Global Coalition on Aging meeting in Paris, titled “The Unseen Burden of Migraine: Impacts on Care, Productivity, and Economic Growth in an Aging Society.”

The discussion brought together representatives from international organisations, academia and industry to highlight the urgent need to recognise migraine as a significant health, social and economic challenge. This meeting marked the beginning of a long-term collaboration to advance awareness, research and coordinated action in this field.



Paris,  
October  
2025

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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 2026**



**EMHA** European  
Migraine &  
Headache  
Alliance

The Migraine Movement

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  EMHA - European Migraine and Headache Alliance