

Executive summary

Participants were screened using the validated ID Migraine tool, yielding 5,410 screened-positive respondents across European countries

There are continued diagnosis and care-seeking gaps

- 42% of screened-positive respondents have never received a formal diagnosis
- For 35% of respondents, the situation has not been properly discussed with a doctor
- Yet those who see a doctor are approx. 4x more likely to have a formal migraine diagnosis²

Women report perceiving a link between attack timing/intensity and their period

- 2 in 3 reported a potential pattern between attacks and their menstrual cycle
- 1 in 3 report period-related headaches are more painful and/or longer lasting
- Only 1% report headaches disappeared after periods stopped in menopause¹

Women report high symptom burden, with <1 in 5 feeling satisfied with their treatment

- Only 16% rate their current treatments as “very effective”
- Burden remains high: 82% rate headache pain $\geq 6/10$ (with 8% of respondents rating their attacks as the “worst possible pain”)

Hormonally-related headaches are undermanaged

- 68% report they were never offered tailored treatment for hormone-related attacks³
- Yet being offered tailored treatment is associated with higher treatment satisfaction

The survey highlights **diagnosis and care-seeking gaps**, as well as in **tailored discussion and appropriate management of hormonal migraine patterns**