



## Preventive Health – increasing awareness of migraines

The Australian Government is supporting people who suffer from migraines, providing funding to improve management, and increase awareness of, migraines.

The frequency of migraine attacks varies between patients and across the course of disease. Treatments are generally divided into:

- Acute pain relief.
- Preventive, to reduce the frequency and severity.
- Lifestyle changes to eliminate triggers.

### Why is this important?

Migraine is a neurological disorder that can be very distressing and disabling.

About 20 per cent of the population suffers from migraine at some stage in their lives. Migraine often first appears in childhood, adolescence or early adulthood, but affects the greatest number of people between 35 and 45 years of age.

Importantly, it will also educate the medical profession on the latest treatments and raise awareness with employers to better understand and assist in managing the impact migraines can have on workers.

This funding will provide vital support to people suffering from migraine headache, helping them know the triggers and symptoms – and how to manage a migraine when it occurs.

### Who will benefit?

Australians who suffer from migraines will benefit from increased awareness of migraines and treatments.

### How much will this cost?

This will cost \$0.6 million over two years from 2021–22.