

The Burden of Migraine in the Netherlands: results from the MY MIGRAINE VOICE SURVEY¹

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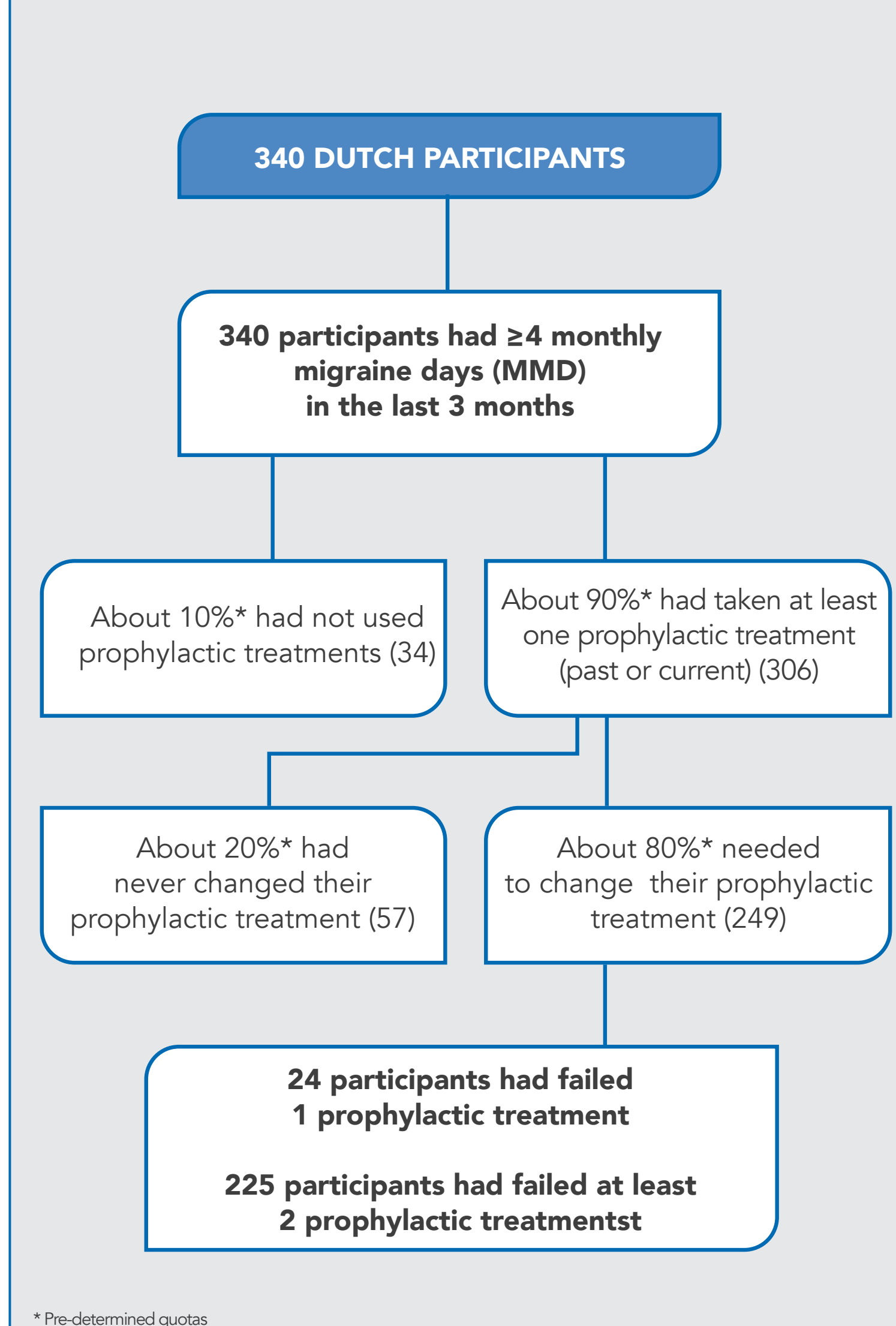
MY MIGRAINE VOICE: INTRODUCTION, OBJECTIVES & METHODS

The **My Migraine Voice** survey aimed to investigate the migraine patient's journey through the Dutch healthcare system as well as the functional, emotional and economic impact of migraine, with a focus on patients who suffered from at least 4 monthly migraine days and reported use of prophylactic medication.

Study methodology

- Covering 31** countries across North and South Americas, Europe, the Middle East and Northern Africa, and the Asia-Pacific region¹
- 30 minute** survey
- Survey conducted **online**
- Participants recruited via **online panels** and **patient advocacy organizations**
- Total fieldwork time: **September 2017 - February 2018**
- Total sample n=**11,266**
- Total number of **Dutch participants: 340**

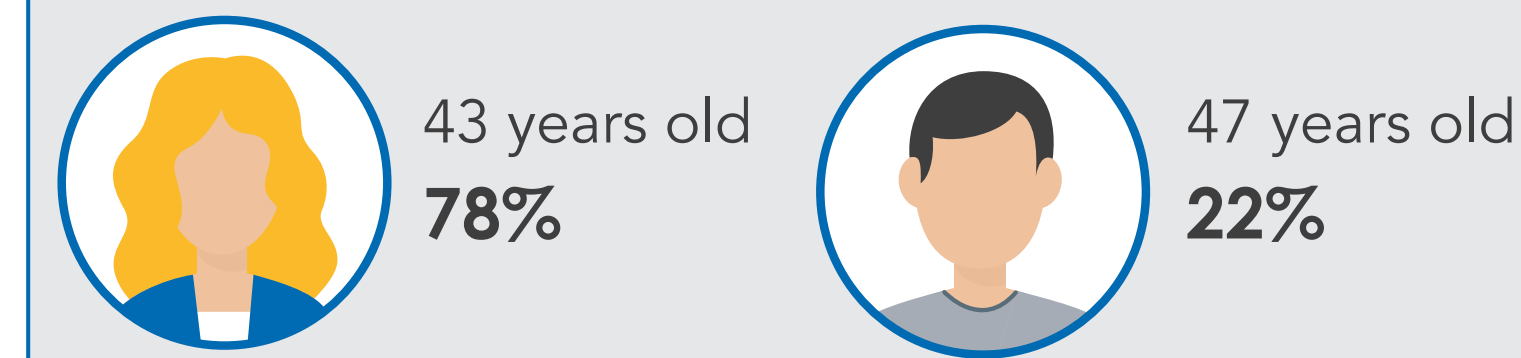
Study population



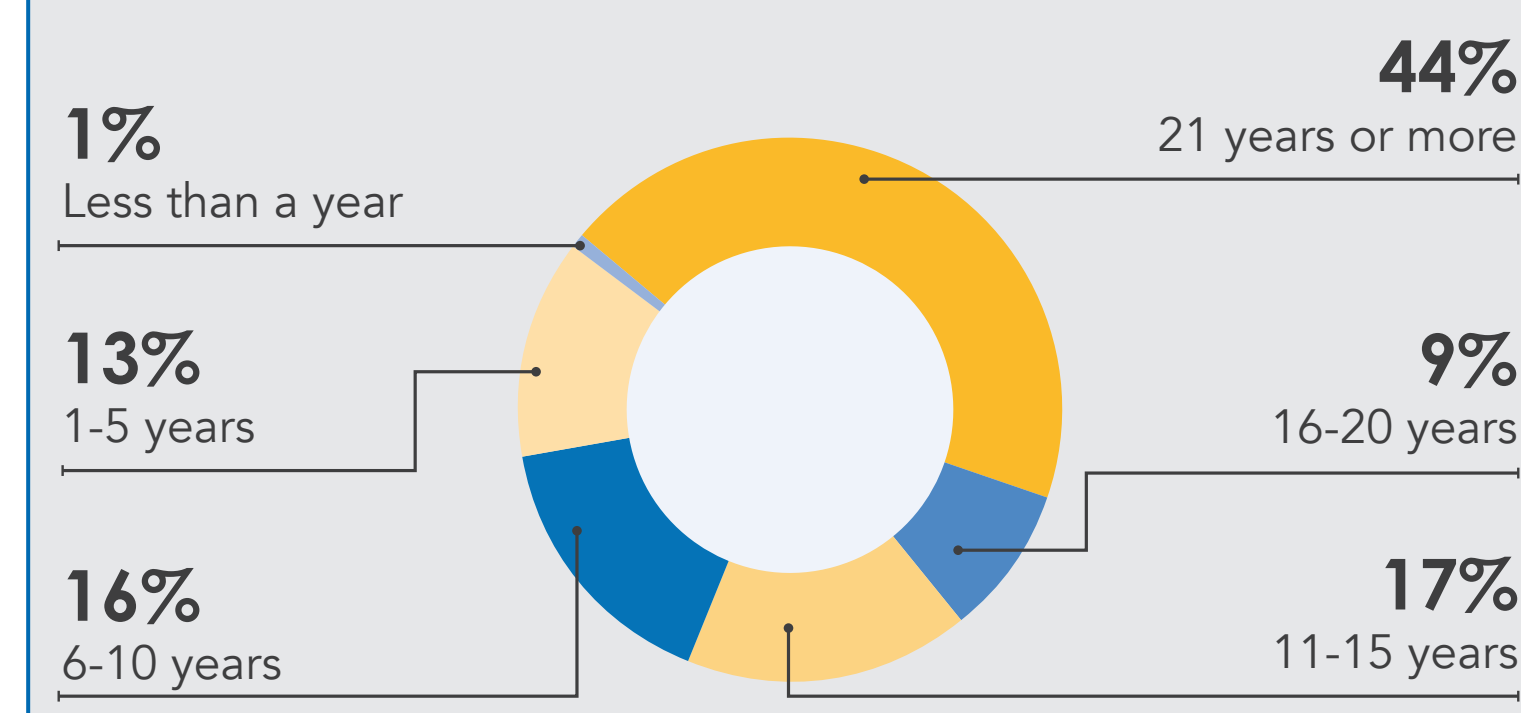
THE PATIENT JOURNEY IN MIGRAINE

Overview of the 340 individuals who reported ≥4 monthly migraine days:

Mean age and gender



Time suffering from migraine



Diagnosis (n=319)

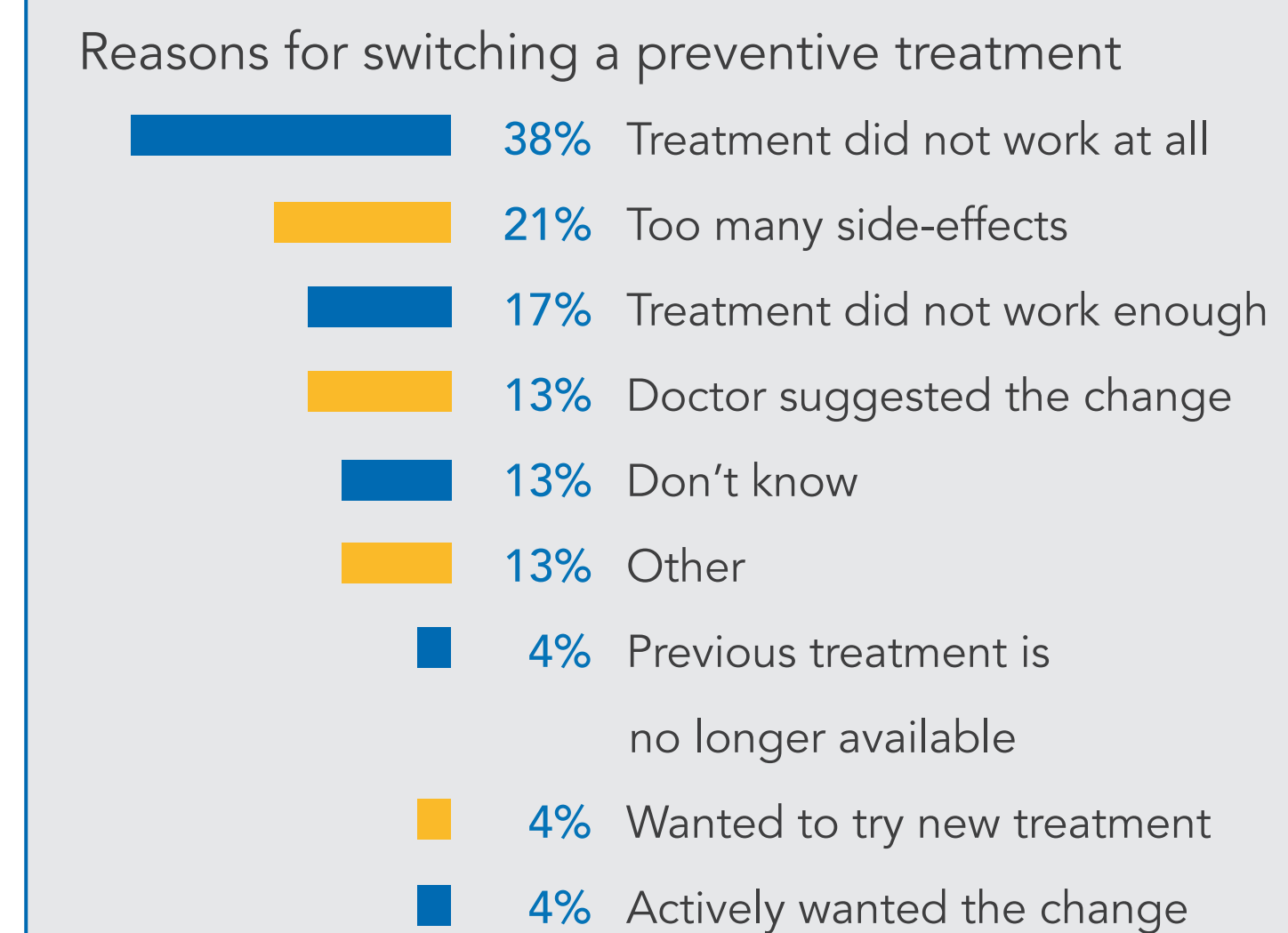
- 60% were diagnosed within 6 months
- 26% were diagnosed after >1 year
- It took on average 2.1 medical professionals and 4.4 appointments to receive a migraine diagnosis

Prophylactic medication - overview

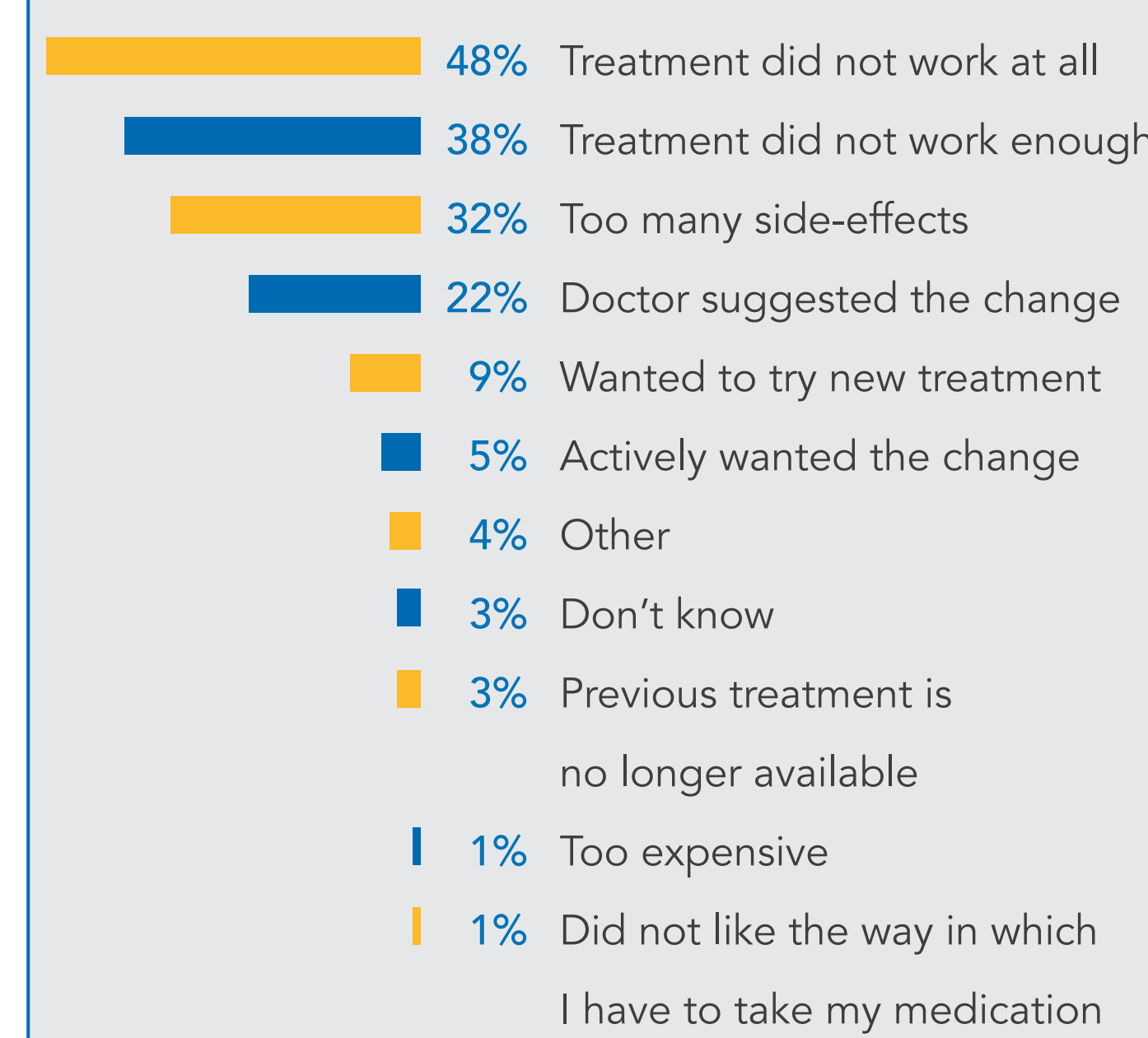
- 306 patients took at least one preventive medication
- 57% had been using prophylactic medication for >2 years.
- Most used prophylactic medications:
 - Beta-blockers (33%) - NSAID's (26%)
 - Antidepressants (24%) - Anti-epileptics (20%)
 - ACE-inhibitors (13%)

Of the 306 participants currently taking and/or having taken prophylactic treatment in the past, 57 never had a prophylactic treatment failure (TF), 24 had 1 TF and 225 had tried and failed ≥2 prophylactic treatments (≥2 TF).

1 prophylactic treatment failure (24 participants)



≥ 2 prophylactic treatment failures (225 participants)



Country specific healthcare utilizations (n=340)

- 53 patients visited the emergency room in the last 12 months.
- 35 patients had been hospitalized due to migraine.

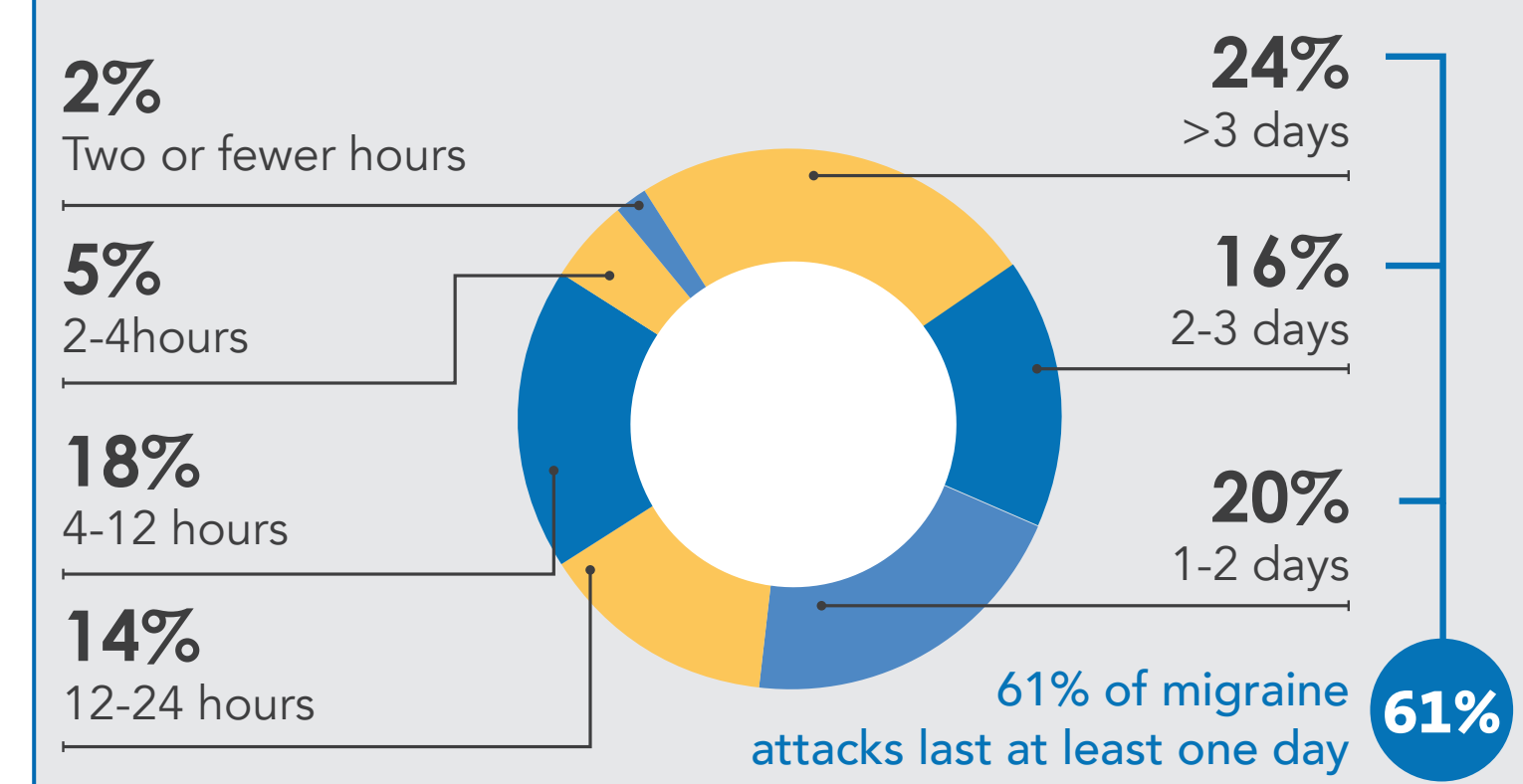
This survey highlighted the lack of awareness of the migraine patient association (Hoofdpijnnet) and the support it provides to these migraine patients.

Approximately 18% of the migraine patients are currently members of Hoofdpijnnet.

Moreover, among the 69% of the participants that are aware of the existence of specialized headache centres in the Netherlands (VNHC, Vereniging-NederlandseHoofdpijnCentra), approximately two third has never been treated there.

THE FUNCTIONAL & EMOTIONAL BURDEN OF MIGRAINE

Total attack duration (n=340)



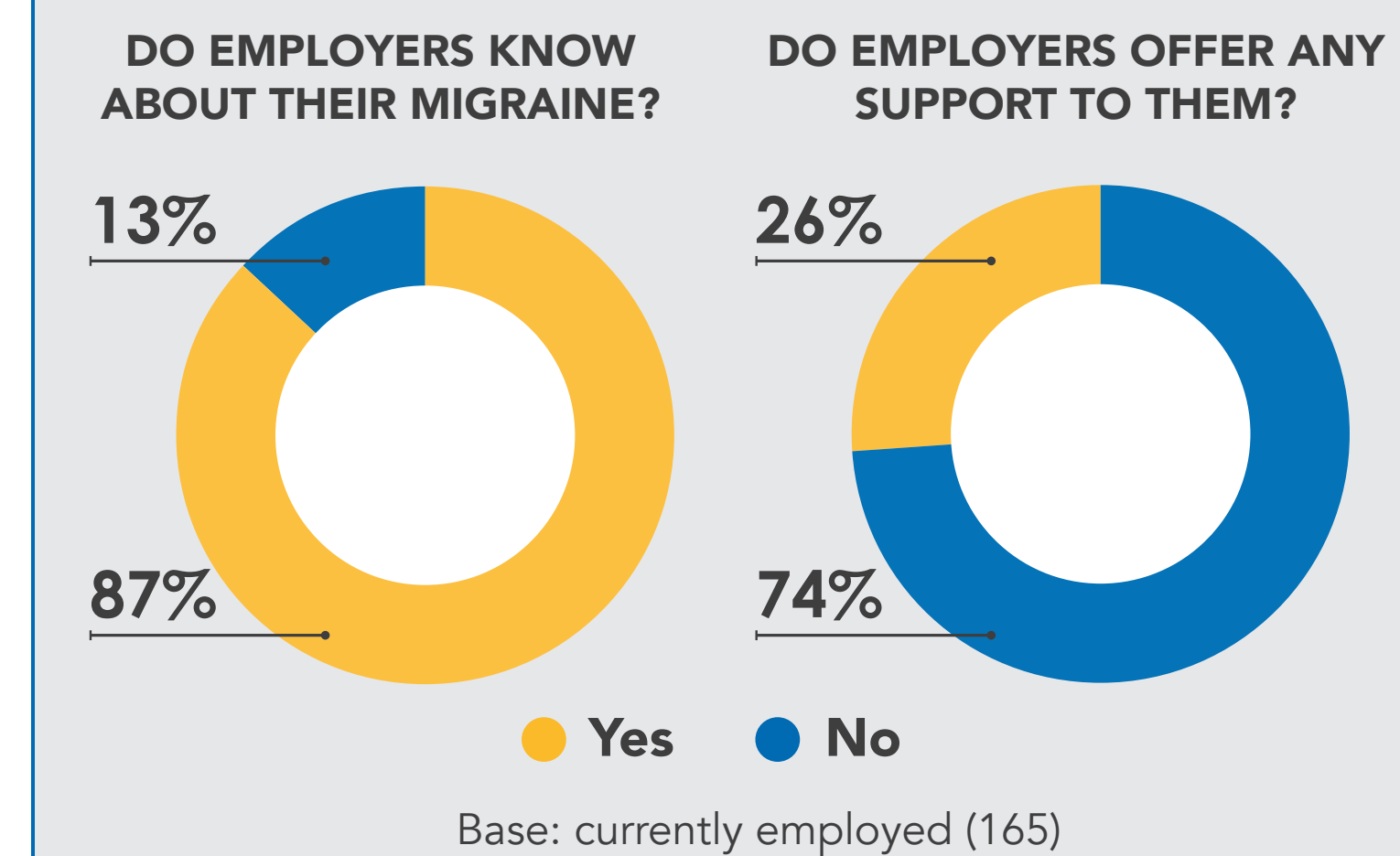
Split by prophylactic treatment failures	No prophylactic treatment	No TF	1 TF	≥2 TFs
number of patients	34	57	24	225
total attack duration: >24 h.	44%	47%	67%	66%



Functional burden of migraine

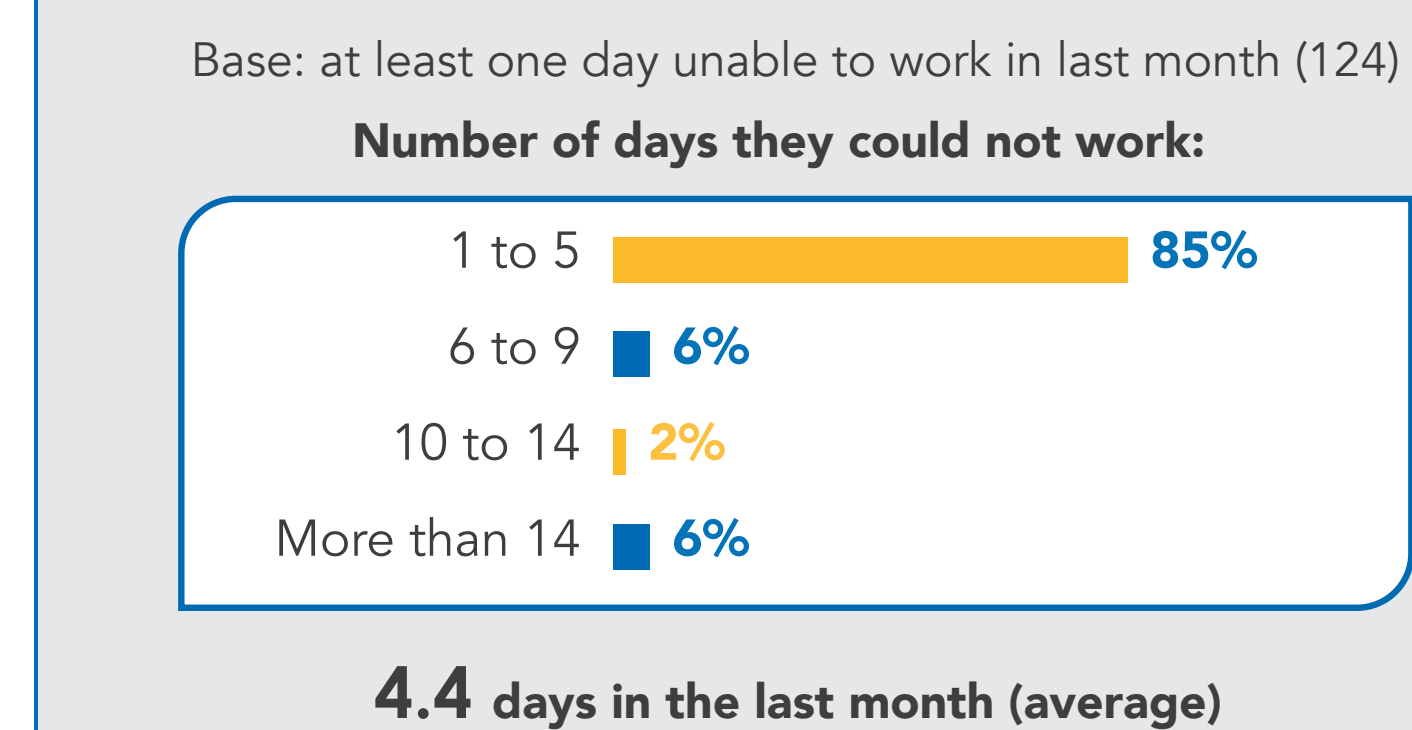
- 87% claim that migraine impact their social life and activities
- 79% canceled plans because of migraine attack
- 64% reported severe pain during a migraine attack (between 8 and 10 on a scale from 0-10)

THE IMPACT OF MIGRAINE ON WORK PRODUCTIVITY

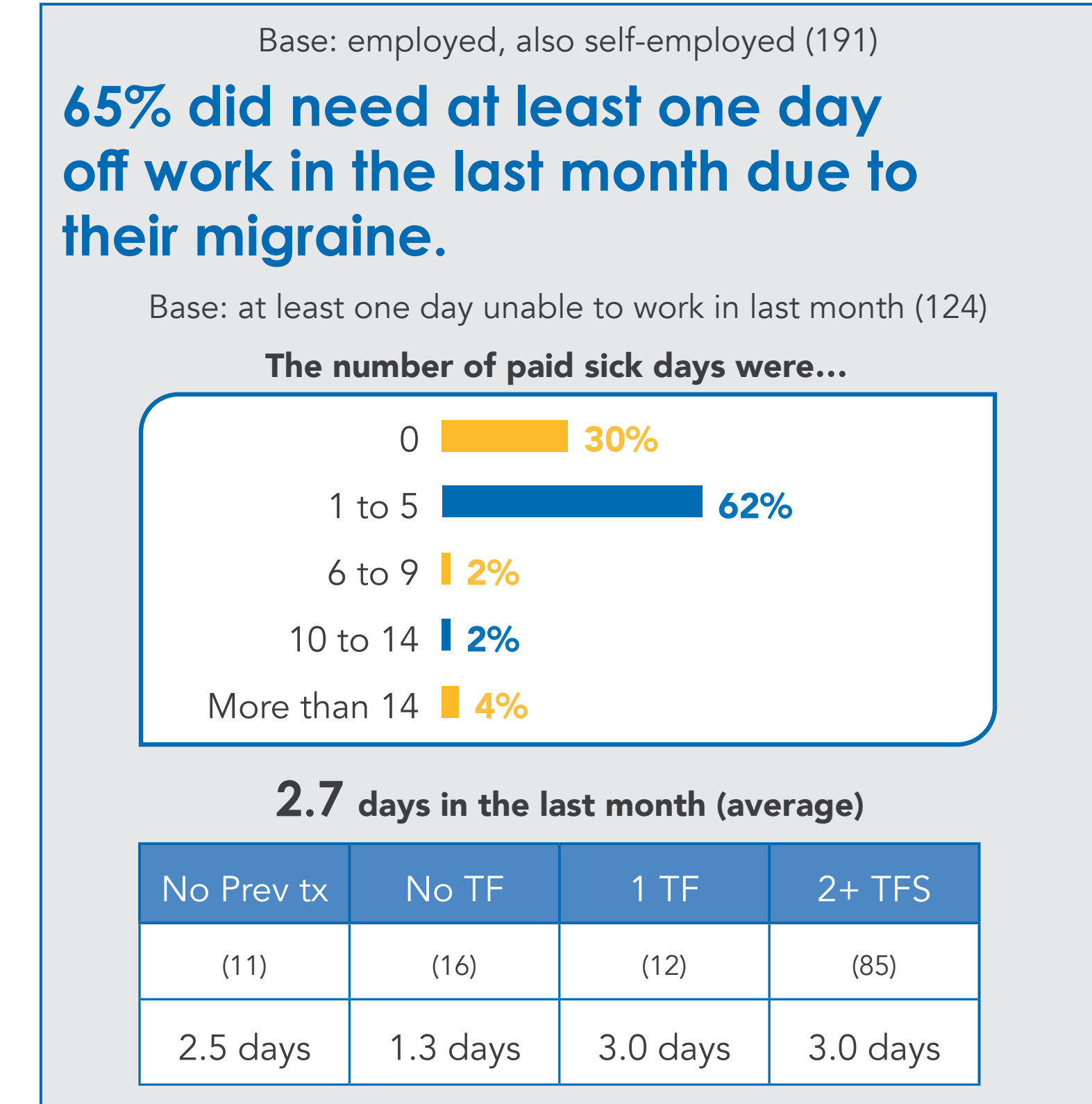


HOW DOES MIGRAINE AFFECT PATIENTS' PROFESSIONAL LIFE?

Base: employed, also self-employed (191)
65% did need at least one day off work in the last month due to their migraine.



Split by: Preventive treatment failures	No Prev tx	No TF	1 TF	2+ TFS
number of patients	(11)	(16)	(12)	(85)
2.9 days	2.9 days	4.3 days	4.8 days	4.5 days



Emotional burden of migraine

- How does living with migraine make you feel? (top 5 replies):
- I feel guilty for letting my friends/family down when I cannot keep commitments (50%)
 - I feel like people do not understand my pain (46%)
 - I feel that migraine attacks dictate my life (44%)
 - I have learnt to cope with it (42%)
 - Some days my migraine is so bad I hate my life (41%)
- 18% of the participants were very or extremely fearful of the next migraine attack

CONCLUSIONS

The Dutch results of the MY MIGRAINE VOICE SURVEY demonstrate that migraine is associated with a significant functional, emotional and economic burden. Results by prior prophylactic treatment show a tendency towards a higher burden as patients fail an increasing number of prophylactic treatments. These results were aligned with the overall results obtained in the worldwide survey.²⁻⁵

REFERENCES

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DISCLOSURES

Ellis Mos, Anouk Buurman, Pamela Vo - employees and stocks: Novartis.
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