



# HEALTH AWARENESS

## Managing Migraine In The Workplace: Coping With A Debilitating Condition

(NAPSA)—Twenty-eight million Americans are affected by migraine.

Whether on vacation, at home or in the office, it can stop people from enjoying their daily lives. Migraine is a common and debilitating condition that can significantly affect the way you perform at work. U.S. sufferers are bedridden more than three million days a year, resulting in a loss of productivity of up to \$13 billion.

Employees who suffer from migraine may be unproductive or absent from work for several days. They are also likely to experience “presenteeism,” meaning that they are physically at work but unable to function.

Do you suffer from these conditions? If so, you don't have to suffer in silence. There are ways to successfully manage the pain whether at work, home or traveling.

New advances in migraine treatments offer many options to provide effective relief. Talk to your doctor to find out what you can do to stop migraine before it stops you.

For more information about how to treat migraine, contact the American Council of Headache Education, at 800-255-ACHE or visit [www.achenet.org](http://www.achenet.org).



AMERICAN COUNCIL FOR HEADACHE EDUCATION

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