

Did you know migraine impacts **25% of women, 8% of men and 10% of children**? The World Health Organization (WHO) states that the disabling effects of severe migraine are “comparable to dementia, quadriplegia and active psychosis” (Shapiro RE, Goadsby PJ, Cephalalgia 2007). **Furthermore, the WHO classified the constant nature of chronic migraine as “more disabling than blindness, paraplegia, angina or rheumatoid arthritis.”** (Harwood RH et al., Bull, World Health Org. 2004).

Migraine Canada™ is a federally registered charity committed to improving the lives of the 5 million Canadians with migraine and other headache disorders through advocacy, awareness, education, research and support.

We have a growing list of patient-centred resources, including Adult [Acute](#) and [Preventive](#) dosing guides and a [Migraine Management Library](#). In collaboration with leading Canadian pediatric neurologists and pharmacists, Migraine Canada™ also has reference documents on [Dosing Recommendations for Acute Migraine Attacks for children aged 6-17 years of age](#) for healthcare providers, a [Parent Dosing Guide](#) for families, and [Medical Notes templates](#) for prescribed medication with an emphasis on the importance of administering treatment at the onset of an attack. These are only a few examples of resources Migraine Canada™ has developed, all of which have been created or reviewed by our Scientific Advisory committee, with input from our Patient Advisory Committee.

Our [HCP-targeted Migraine Minute eNewsletter](#) is a concise monthly communication, highlighting relevant events, programs, and resource updates in bullet form. We also list headache specialists in our [Headache Clinic locator](#) and [ship our resources to HCPs for free!](#) Contact us to be added to the locator or to receive resource package!

Please visit [migrainecanada.org](http://migrainecanada.org) or email [info@migrainecanada.org](mailto:info@migrainecanada.org) to learn more.