

# MIGRAINE LANGUAGE MATTERS

IF WE CHANGE HOW WE TALK ABOUT MIGRAINE, WE WILL HELP  
REDUCE THE STIGMA FOR EVERYONE LIVING WITH MIGRAINE!

## 1. SAY MIGRAINE ATTACK OR EPISODE, NOT 'A MIGRAINE'

Migraine is a life-long medical condition. The term migraine attack is more accurate to describe the symptoms we experience.

## 2. SAY MIGRAINE, NOT 'MIGRAINES'

The term migraines (i.e. with an 's') suggests that migraine comes and goes. The way migraine affects people can change from one day to another and between attacks, however the condition is always there. Migraine disorder is also acceptable.

## 3. SAY 'PEOPLE LIVING WITH MIGRAINE', NOT 'MIGRAINE SUFFERERS'

Migraine can be awful and people with migraine suffer from the symptoms of migraine attacks. The term 'migraine sufferer' isn't helpful as it focuses on the disorder instead of the person.

## 4. DON'T CALL YOUR HEADACHE A MIGRAINE, OR MIGRAINE A HEADACHE

The 'just a headache' myth is the leading cause of migraine stigma. Headache is a common symptom, but some people living with migraine do not experience headache at all!