



2024 INTERVIEW SUMMARY SHEET

SPEAKER

Rob Music

TITLE & ORGANIZATION

Chief Executive
The Migraine Trust, London

TOPIC

Advocacy, Access & Migraine at Work

KEY TAKEAWAYS

- The Migraine Trust is the U.K.'s leading migraine charity, providing support services, information, and advocacy for people living with migraine.
- The organization works to improve general practitioner education about migraine disease and ensure that patients are diagnosed and treated in primary care, reducing the need for specialist referrals.
- A&E (accident & emergency) admissions for migraine have been rising significantly in recent years, indicating a need for better management and understanding of the condition.
- The Migraine Trust calls for a national drive in all four U.K. nations to adopt consistent pathways for migraine care and ensure they are implemented.
- Access to migraine treatments, such as CGRP monoclonal antibodies and gepants, is a major issue in the U.K., with disparities in availability across regions.
- Workplace discrimination and lack of support for employees with present significant challenges in the U.K.
- Patient advocacy is about giving people who live with migraine a voice and the opportunity to share their stories and experiences. This, combined with facts and research, can be powerful in advocating for change and raising awareness.

TREATMENTS CITED

Atogepant (Qulipta, Aquipta in the U.K.)	Rimegepant (Nurtec, Vydura in the U.K.)
CGRP monoclonal antibodies (mAbs)	Ubrogepant (Ubrelvy)
CGRP small-molecule receptor antagonists (gepants)	

QUOTES

"We are seeing waiting times for specialists getting worse, we're seeing a real need to improve GP education around migraine because the majority of people should be, in the U.K., diagnosed in primary care and shouldn't be referred."

"In terms of the work that we focus on, we cover all key areas of work, so we provide a range of support services [and] information tools. We focus on supporting the workplace, looking to improve public education, and awareness about that migraine."

"We campaign for change and improved care to people living with migraine. And we also fund research and PhDs and fellowships."

PRACTICAL STEPS

- Advocate for yourself and help decrease stigma by speaking up about migraine disease and sharing your story.
- Support the efforts of organizations like the Migraine Trust by attending events, contacting your government representatives and agencies, and supporting research and awareness campaigns.
- Work with your employer to raise awareness about migraine, decrease stigma, advocate for reasonable accommodations, and create a more migraine-friendly workplace.
- Prioritize self-care: Take steps to manage stress, as it is a major trigger for many people with migraine. Practice relaxation techniques, engage in regular exercise, maintain a healthy diet, and ensure you get enough sleep.
- Seek support and join communities: Connect with others with migraine through support groups, online communities, or advocacy organizations. Sharing experiences and knowledge can provide valuable support and help you feel less isolated.