

## “EHF/WHO Rome Declaration on Migraine”

Migraine “The Forgotten Epidemic” *A European Perspective* 10-11 June 2005, Rome, Italy

### Consensus Statements

Migraine is a neurovascular disorder of the brain.

The World Health Organization recognises that migraine is the 12th highest cause of disability in women and the 19th highest cause of disability amongst both sexes:

- it affects approximately 50 million people in Europe
- every day nearly 2 million Europeans have a migraine attack
- it costs the European economy well over 10 billion euros every year.

A range of effective treatments exist. Acute therapy reduces disability during the attack and preventive therapy can reduce the frequency and severity on a long term basis.

Failure of healthcare systems to provide effective treatments to those who need them is the most important reason why this socio-economic burden persists.

We call upon the governments and health policy makers of Europe to:

- match our commitment to people affected by migraine
- recognise the priority that migraine deserves
- provide the resources that these initiatives require.

We would like to emphasise that the cost of these resources will be offset by recovered work productivity.

### Consensus Actions

Over the next 5 years these are the targets we wish to achieve in Europe:

- the percentage of migraine patients in the care of a physician should increase from the current level of 30% to 50%
- the number of patients receiving effective therapy for acute migraine attacks should increase from the current level of 40% to 70%
- at least 50% of patients requiring migraine prevention therapy should be receiving this treatment.

We will work with the WHO on their public-health report which will publish the trends and burden of migraine including:

- collation of national data on risk factors, incidence and prevalence
- a clear definition of the burden of migraine (both direct and indirect costs) and a definitive report on the associated health economics
- the need to screen for conditions co-morbid with migraine and to help patients understand that migraine can lead to co-morbid states.

By working together, the professional and patient organisations active in Europe will:

- set up awareness initiatives for the general public in order to create recognition of the need for treatment of migraine
- set up educational programmes for healthcare providers in order to improve their ability to diagnose and treat migraine
- produce and disseminate diagnostic aids, management guidelines and instruments for outcome evaluation.

To achieve this, we will also:

- publish a literature review on current knowledge, perception and attitude of physicians and patients as a first step in awareness and improving the treatment of migraine across Europe
- develop active communication between patient organisations, healthcare providers and governments on migraine, its disabling effects, its public-health importance and its management
- promote use of tools that increase physicians' knowledge, support them and sustain their compliance with nationally-established guidelines
- challenge governments and health policy makers to promote programmes to diminish the social and economic burdens of migraine
- urge physicians to encourage their patients to communicate freely their personal concerns and experiences in order to understand the true impact of the disorder
- apply measures of outcome to optimise acute and preventive migraine therapy.

We will monitor the effects of these initiatives to demonstrate beneficial change.