

1 in 7 people live with migraine - is that you?



Pharmacy staff can provide advice and support to people living with migraine

See **MigraineTrust.org**
or scan this QR code for further
information and self-help
resources.



We're here to help you live with migraine.

the
migraine
trust

Migraine is more than just a headache...



It's a common, severe and painful long-term health condition

Attacks can affect the ability to function normally and usually last for between four hours and three days.

Symptoms can include headache, tiredness, vision problems (like flashing lights), nausea and sensitivity to light, sound, and smell.

If you experience two or more of these symptoms you may have migraine. Please speak to your Pharmacist or GP for further advice.

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