



## Who We Are

Migraine Canada (MC) is a registered charity in Canada dedicated to improving the lives of Canadians living with migraine. Experts estimate that 15% of Canadians (5 million) live with migraine headaches to varying degrees, and up to 2% (~830,000) live with chronic migraine. Chronic migraine is defined as migraine with 15 or more headache days per month.

## Opportunity

Migraine is a neurological disease affecting children, women and men worldwide. It is characterized by severe, often “pounding”, head pain, nausea and/or vomiting and sensory hypersensitivity. It can be a life altering and debilitating condition. In cases with aura, neurological deficits occur. Dizziness, vertigo, cognitive difficulties and neck pain are common with migraine attacks. Migraine often significantly impacts quality of life, mental health, relationships, social interactions, and workplace productivity – and classified by the WHO as **“more disabling than blindness, paraplegia, angina or rheumatoid arthritis”** and **“comparable to dementia, quadriplegia and active psychosis”**.

**Women experience migraine disease at significantly higher rates than men, with women being three times more likely to have migraine attacks** – leading to be viewed as a “feminized illness,” leading to stigma, under-diagnosis, and under-treatment. Migraine remains an urgent and overlooked women’s health issue in Canada.

## Impact and Why Now

Bill S-243 is an important opportunity to advance women’s health equity and improve outcomes across Canada. We have seen how women face delays and gaps in prevention, diagnosis, and treatment—barriers that affect their long-term health and quality of life. These challenges are even greater for those without a primary care provider, those in rural or remote regions, and equity-deserving communities.

**Bill S-243 strengthens coordination across governments, supports evidence-based decision-making, and promotes consistent, accountable women’s health policy through meaningful engagement with patients, providers, researchers, and community leaders.**

## Key Facts at a Glance

- The prevalence of migraine in **women : men** is **~2.5:1**
- The World Health Organization Global Burden of Disease Study lists migraine is the **second cause of disability worldwide**, and **first among young women** (15–49 years old).