

MIGRAINE RESEARCH INSTITUTE

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Migraines in the workplace - International Migraine Awareness Week campaign

To commemorate International Migraine Awareness Week (IMAW) which runs annually from the 6th – 11th September, The Migraine Research Institute and The Headache Clinic have launched a new campaign focusing on ‘Migraines in the workplace’. The main focus is to raise worldwide awareness and encourage those affected to seek information and advice.

The campaign will concentrate on empowering migraineurs with the knowledge about how they can manage their own migraine, work with their employers to ensure their migraines have minimal impact on their professional life and also voice their rights as employees. Factors such as educating employers on how they can support employees with migraine and also raising general awareness about the realities of living with migraine will be addressed.

South African migraine surgery pioneer Dr Elliot Shevel adds “The pain associated with migraine can seriously impact an individual's productivity and quality of life, both through pain and through feelings of isolation”.

Support and information is available free of charge by specialist migraine medical staff on 0861 678 911. Free assistance is also accessible on The Headache Clinic’s website www.headacheclinic.co.za, where migraineurs can download ergonomic diagrams for computer and driving posture, and both diet and medication diaries to aid them in managing their own migraines.

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