

Mending Migraines



LEARN HOW TO NAVIGATE MIGRAINE

Based in New York City, we hope to spread education about migraine treatment options, related costs, and management techniques. Mending Migraines is a community awareness project that empowers people to recognize, manage, and learn about migraines.



FIND WHAT WORKS FOR YOU.



SYMPTOMS, PHASES, & TYPES

Migraines can look different for everyone in terms of symptoms. It is important, however, to record your symptoms and identify the specific type of migraine you have. This can help when finding a treatment plan.



TREATMENTS

There are preventative and acute treatments for migraine. In these categories, there is a broad range of medication and non-medication treatments. Finding relief may mean testing out various treatments until you find what is right for you.



INSURANCE COVERAGE & CARE AFFORDABILITY

Insurance companies often do not recognize migraines and therefore do not cover treatments for them. There are specific steps you can take to get your medication covered, including completing a prior authorization, an appeal, and/or contacting the insurance company.



PREGNANCY & MIGRAINE

Some women can experience migraine for the first time during pregnancy. Others can notice an increase or a decrease in migraine symptoms when pregnant. Certain migraine medications may not be safe to take during pregnancy, so it is crucial to have a backup plan.

WE CARE ABOUT YOUR HEALTH

Our program educates migraine patients on how to advocate for themselves in various environments and find cost-effective ways to relieve the burden of chronic or episodic migraines, including preventative and alternative-style treatments.



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