



## Migraine Disparities in the Black Community

Early attention can ease the burden of migraines. Learning to recognize symptoms and speak up about your experience can help you get the care you deserve. Equitable treatment begins with awareness and advocacy.

### Your Voice Can Drive Change: Advocating for Better Migraine Care.

Access to appropriate care can change lives. Yet many Black individuals living with migraines face barriers to getting help. They are less likely to seek medical care or receive a diagnosis, and are often prescribed less effective treatment. When we raise awareness, we help close that gap, empowering patients and educating providers.

### Why It Matters

Only 46% of Black patients with headache symptoms seek medical care, and just 14% are prescribed acute migraine medication. Contributing factors include racial bias, limited provider trust, and a lack of cultural representation. Most migraine research has focused on white women, which leaves major gaps in care for Black patients.

According to Penn Medicine (2022), migraines are not the same as headaches; they are a neurological condition that can cause intense pain along with symptoms like nausea, dizziness, and sensitivity to light and sound. Addressing these disparities starts with awareness, advocacy, and access to better care.

### What You Can Do

- Advocate for Yourself and Others: Learn about migraine symptoms and treatment options. Talk to your provider about your experiences and needs.
- Break the Silence: Start conversations in your community about migraines and racial disparities in care.
- Support Equity in Healthcare: Encourage your providers to receive training in cultural competency and challenge racial bias in treatment.



Source: [AmericanMigraineFoundation.org](https://www.AmericanMigraineFoundation.org)



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