



# Proclamation

## By the Governor of Alabama

*WHEREAS*, migraine disease is a genetic, neurological disease characterized by episodes called attacks. Chronic migraine disease occurs with at least eight migraine attacks per month, and a total of fifteen or more headache days per month; and

*WHEREAS*, migraine disease impacts all systems of the body and symptoms include pain, nausea, sensitivity to light and sound, visual disturbances, tinnitus, chills fatigue, impaired cognitive function, numbness and weakness, all lasting for four to 72 hours on average; and

*WHEREAS*, four million Americans have chronic migraine disease. Over 20 percent of people with chronic migraine disease are disabled. The disease is the leading cause of disability among all neurological disorders; and

*WHEREAS*, chronic migraine disease causes those living with it to miss an average of sixty-three days of work; and

*WHEREAS*, depression and anxiety are about two times more common in people with migraine disease and even more common in people with chronic migraine disease; and

*WHEREAS*, nearly two thirds of people living with chronic migraine disease have not been properly diagnosed;

*NOW, THEREFORE*, I, Kay Ivey, Governor of Alabama, do hereby proclaim June 29, 2019, as

# Chronic Migraine Awareness Day

in the state of Alabama.



Given Under My Hand and the Great Seal of the  
Office of the Governor at the State Capitol in the City  
of Montgomery on the 11<sup>th</sup> day of June 2019.

*Kay Ivey*  
Kay Ivey, Governor