



Proclamation

By the Governor of Alabama

WHEREAS, migraine disease is a genetic, neurological disease characterized by episodes called attacks; and

WHEREAS, 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, lasting for 4 to 72 hours on average; and

WHEREAS, 4 million Americans have chronic migraine disease; and

WHEREAS, chronic migraine disease imposes a substantial economic burden on society; and

WHEREAS, migraine 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, school or family time over a three-month period; and

WHEREAS, eighty-eight percent of people with chronic migraine disease have at least one additional co-morbid condition; 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, 2020, 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 10th day of March 2020.

Kay Ivey

Kay Ivey, Governor