

MIGRAINE



Language quick guide

This quick guide contains the most important points from our migraine language guide. If you can change the language you use to talk about migraine on these five points, you will help reduce stigma for everyone living with migraine!

1. Say migraine attack, not 'a migraine'

Migraine is a life-long medical condition. The term migraine attack is more accurate to describe the symptoms we experience. Migraine episodes are also acceptable.

2. Say migraine, not 'migraines'

The term migraines (i.e. with an 's') suggests that migraine comes and goes, when this is not the case. The way migraine affects people can change from one day to another and between attacks, but the condition is always there. Migraine disorder is also acceptable.

3. Say 'people living with migraine', not 'migraine sufferers'

Migraine can be awful and people with migraine suffer from the symptoms of migraine attacks. The term 'migraine sufferer' isn't helpful as it focuses on the disorder instead of the person.

4. Don't call your headache a migraine, or migraine a headache

The 'just a headache' myth is the leading cause of migraine stigma. Headache is a common symptom but some people living with migraine do not experience headache at all! Other types of headaches, no matter how severe, are not migraine.

5. Don't call anything else migraine

Please try not to use the word migraine unless you are talking about migraine. The term migraine shouldn't be used to describe something else. It also shouldn't be used in casual conversation, for example, don't say things like "I'm getting a migraine just thinking about that".

Find out more at www.migraine.org.au/language