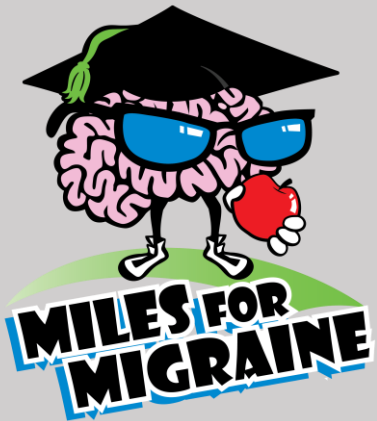


Turning My Migraine Life into Purpose

Sarah Rathsack
www.mymigrainelife.net



Thank you for being here....

You may have taken the hardest step already

Role Call

- Episodic Migraine
- Chronic Migraine
- Cluster Headache
- Other Headache Disorder
- Caregiver
- Healthcare Professional
- Been to a Miles for Migraine Event Before



My Story

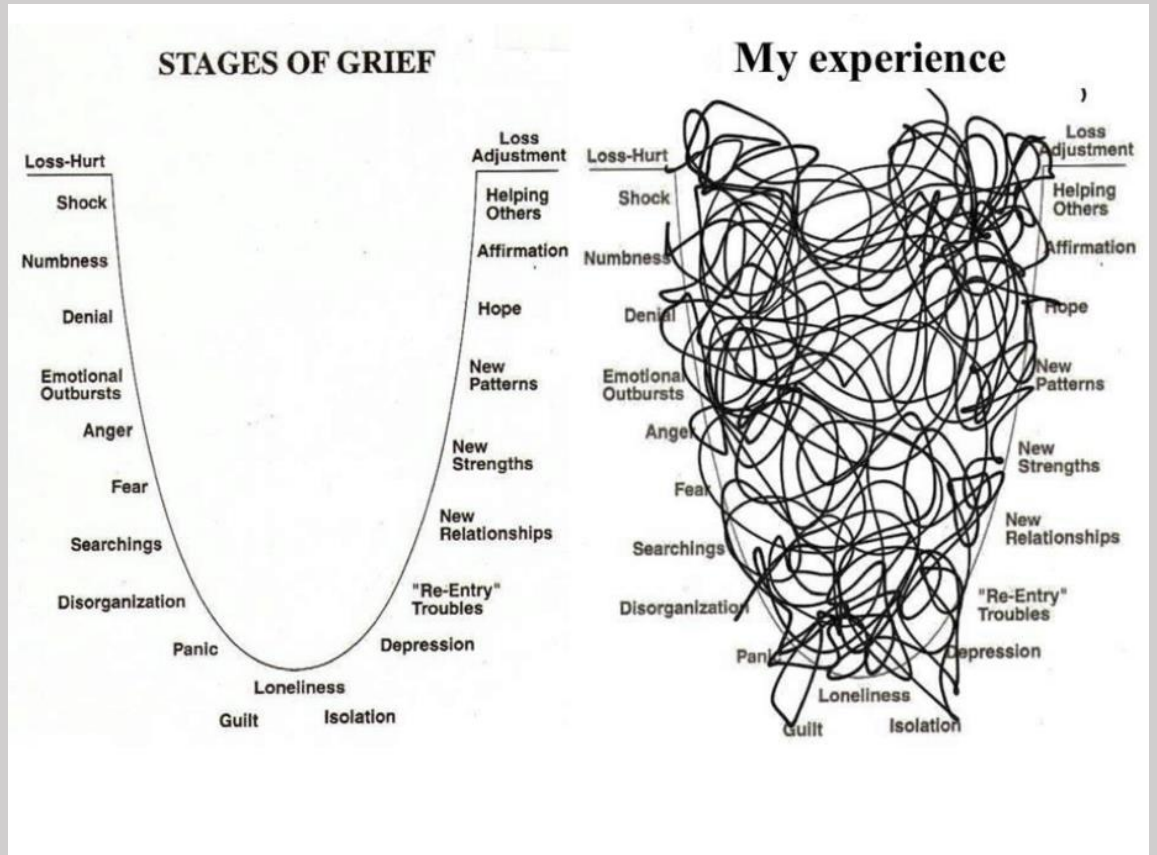
Timeline

- 1st migraine attack at age 5
 - Mom and both grandmothers lived with migraine
- Increase in middle school with hormones
- First neurologist in high school and college
 - Not a good personality fit and not good medication
 - Why funding and support of fellows in M4M is important
- Adult- Intervention specialist turned Chronic
- Had 2 children
- Started My Migraine Life blog in 2014



Grieving Process

- Shock
 - How can I be so young and otherwise healthy while I'm suffering?
- Denial
- Anger
- Bargaining
- Depression
- Testing
 - Seeking realistic solutions
 - Medication
 - Therapies etc.
- Acceptance
 - Advocacy!!!!



Acceptance

Advocacy

- My Migraine Life blog

- Writing as an outlet. Telling my story makes me feel less alone
- Advocacy is a privilege
- Sharing what works for me allows other to think about what could help them.
 - NOT EVERYONE IS THE SAME BUT CAN LEARN FROM OTHERS JOURNEYS
 - Share information on products, medications, ways to get involved.

Social- Facebook, Twitter, Instagram

- Find a platform that works for you
- Find groups that work for you
- Connect



Acceptance

- Fundraising for Miles for Migraine
 - Cleveland, Phoenix and Cincinnati walk/run/relax
 - Patient perspective, largest team, largest fundraiser, advocate award
 - Nervous public speaking but impact was big!
 - Talked about it at work/school, Email



Follow Other Bloggers

- Migraine Diva
- AchySmile
- Migraine Warrior
- The Dizzy Cook



Advocacy is....

Advocacy is for Everybody

- There is room in this community for everyone
- Don't Forget to Advocate for Yourself
 - I can't be a good mom, teacher or advocate if I'm doing the best for myself
- We all have something to contribute to advocacy (Your delivery system may be different than mine



- Writing letters to your representatives
- Contacting Reps through social media
- Participating in events like Headache on the Hill and The Headache & Migraine Policy Forum
- Miles for Migraine virtual and in person events
- Retreat Migraine
- Participating in Migraine Awareness Month (June)
- Migraine World Summit
- As simple as wearing a shirt
- Talking to a friend



MIGRAINE WORLD SUMMIT




Advocacy also is....

Advocacy is for Everybody

- Telling your story through Advocacy Stories
- Find an organization that fits your mission



- American Migraine Foundation
- National Headache Foundation
- US Pain INVisible Project
- Migraine Again  MigraineAgain
- Migraine.com [Migraine.com](https://www.migraine.com)
- Shades for Migraine
- Association of Migraine Disorders
- National Headache Foundation



Final Thoughts



What I have gained through advocacy

- Migraine takes a lot away...but the migraine community gives back!
- Advocacy allows me to take back power
- Migraine doesn't define me....but how I'm making a change does!
- Thank you for coming and please follow and connect online
 - My Migraine Life
 - Facebook, Twitter, Instagram
- Healthline "Meet Me at the Races"

