

What are your migraines costing you?

migraine financial burden calculation

Think about a month that accurately reflects your usual migraine-related expenses. This might be the most recent month, or another that mirrors your typical pain management strategies. Now, glance over each category below and jot down the amount you spent. For any costs that occur yearly, divide the total by 12 and write down the resulting figure.

- | | |
|--|---|
| _____ Over-the-counter medications | _____ ER visits |
| _____ Prescription medications | _____ Pain Clinics |
| _____ Chiropractor | _____ Naturopathic care |
| _____ Acupuncturist | _____ Nutritionists/Dietitians |
| _____ Reiki sessions | _____ Supplements |
| _____ Physical therapy appointments | _____ Essential oils |
| _____ Massages | _____ Gadgets like ice hats, tens units, etc. |
| _____ Doctors visits | _____ Home cleaning services |
| _____ Specialists visits (eg. neurologist) | _____ Babysitting or childcare services |
| _____ Nerve blocks | _____ Grocery/food delivery services |
| _____ Botox | _____ Other:_____ |
| _____ Missed days at work [To calculate, multiply the total days by your daily wage. | |

For partial days or hours missed, multiply total hours by your hourly rate.]

Monthly Total: \$_____ x 12 months = annual cost of migraines: \$_____

plus...

Additional costs not directly associated with migraine (for autoimmune conditions, allergies, gut health issues, joint pain, anxiety or depression, cancer, fibromyalgia, etc.)

- | | |
|------------------------------------|--------------------------|
| _____ Over-the-counter medications | _____ Specialists visits |
| _____ Prescription medications | _____ ER visits |
| _____ Doctors visits | _____ Supplements |
| _____ Other:_____ | |

Monthly Total: \$_____ x 12 months = annual cost of other health concerns: \$_____

What are your migraines costing you?

migraine emotional costs

How much would you say your joy is worth?

Assign a \$ value to each category below and sum it all up.

- _____ Cancelled plans
- _____ Plans not made due to worry of canceling
- _____ Days you faked feeling well and were not 100% participating in events
- _____ Lost friendships due to pain
- _____ Lost jobs due to missing work from migraines
- _____ Vacations in pain
- _____ Unable to work due to pain

Monthly Total: \$ _____
x 12 months = annual cost of missed joy \$ _____

Calculation Totals

Monthly Total of all three areas: \$ _____

x 12 months = annual total cost: \$ _____

Lifetime Health: Financial Burden

Start with the number 80, which is the general life expectancy, and subtract your current age from it. This gives you an estimation of your remaining years.

Note that this number is usually for a healthy woman and not one with chronic inflammation, but we'll use it for our calculation nonetheless.

$$80 - \frac{\text{age}}{\text{age}} \times \frac{\text{annual total above}}{\text{annual total above}} = \frac{\text{estimated cost remaining}}{\text{estimated cost remaining}}$$

If this exercise motivates you to shift from just handling your pain to actually eradicating it, consider scheduling a 15-minute clarity call with our team. Use the [link here](#). They can help you explore how to break free from this endless cycle and step forward towards a pain-free life.