

# *City of Albany*

## *Proclamation*

### **IN RECOGNITION OF MIGRAINE & HEADACHE AWARENESS MONTH** **June 2025**

**WHEREAS**, headache disorders, including migraine, cluster headache, new daily persistent headache, spinal CSF leak, orofacial pain disorders, and other neurological headache diseases, affect more than 40 million Americans and over 1.1 billion people worldwide; and

**WHEREAS**, headache diseases are among the leading causes of disability globally, disproportionately impacting women, veterans, and historically marginalized communities; and

**WHEREAS**, an estimated 4 million Americans live with chronic migraine, experiencing symptoms 15 or more days per month, yet access to specialized care remains limited; and

**WHEREAS**, there is a severe shortage of headache specialists, with fewer than 800 certified headache medicine specialists nationwide, creating significant barriers to care, particularly for rural and underserved communities; and

**WHEREAS**, the symptoms of headache disorders extend beyond head pain, often impacting vision, cognitive function, balance, and daily activities; and

**WHEREAS**, stigma and misinformation have historically stifled research, treatment innovation, and public awareness, leaving many patients undiagnosed and untreated; and

**WHEREAS**, individuals with headache disorders are at an increased risk for developing depression and suicidal ideation, underscoring the urgent need for comprehensive care and mental health support; and

**WHEREAS**, all individuals living with headache diseases deserve equitable, timely, and affordable access to effective treatments and accommodations to improve their quality of life.

**NOW, THEREFORE, BE IT PROCLAIMED**, that the Albany City Council does proclaim June 2025 as Migraine and Headache Awareness Month in Albany, California and encourage all citizens, healthcare professionals, and policymakers to support awareness, research, and improved access to care for headache diseases.

DATED: June 2, 2025

*City of Albany Proclamation No. 2025-13*

  
ROBIN D. LÓPEZ, MAYOR