



Jane Whelan (Unaffiliated)

Living with an invisible illness can be a lonely place especially when there's no screening or test to confirm diagnosis. I'm a firm believer in taking responsibility for my own health and when drug treatments are just one aspect of managing a disease or condition, getting good information on treatment options and self management is vital. Personally I've learnt as much from other patients on managing migraine as I have from health care practitioners. The lived experience of patients cannot be underestimated when decisions are to be made on policy, research and access to medicines.

Experience/Areas of Interest:

- Migraine
- Endometriosis
- Previous roles working for the International League Against Epilepsy, International Bureau for Epilepsy, Migraine Association of Ireland and European Headache Alliance

Patient Involvement and Experience:

- Patient contributor to radio, press, seminars and patient focus groups
- Facilitator, Patient Support Groups
- Speaker: EFNA (European Federation of Neurological Associations), Neurology Advocates workshop; EFNA Brain, Mind and Pain MEP Interest Group on Neurological and Chronic Pain Disorders at Work; Future Health Summit 2016
- Steering Committee Member: Symposium on Societal Impact of Pain 2016
- Steering Committee member: European Patient Innovation Summit 2016
- Member of the European Brain Council Working Group on Headache 2016