

# A Resource for Veterans and Their Families

NATIONAL HEADACHE FOUNDATION

Supported by educational grants from  
Medtronic Foundation and The Allergan Foundation  
[www.headaches.org](http://www.headaches.org)



# Migraine, PTSD, or TBI?

## We stand ready to serve.

Modern warfare has changed – better armor, faster treatment, and superior training means more members of the Army, Navy, Air Force, and Marines survive to return home or fight again. However, they often face a different challenge – wounds that no one can see.

Veterans returning home from Iraq and Afghanistan have two to four times the incidence of migraine as compared to the general population, often along with Post Traumatic Stress Disorder and other health problems. Many of these combat veterans have experienced some level of Traumatic Brain Injury (TBI), including concussions, during their tours.

Both migraine and chronic headache are hard enough to deal with; add to that the special challenges of military life or the transition back to living as a civilian and you are facing a tough assignment. The National Headache Foundation wants to help.

## The War Veterans Health Resource Initiative

The War Veterans Health Resource Initiative is a new National Headache Foundation program developed especially for veterans and their families who have been affected by:

- Migraine
- PTSD
- TBI
- Depression

**Visit the NHF Web site – [www.headaches.org](http://www.headaches.org) – for details**



Photo is courtesy of the US Army. Photograph credit: GS-9 Martin Greeson.



Photo is courtesy of the US Army. Photograph credit: Pfc. Bryan Willis

## Out of Many . . . One

The NHF is providing a free membership to all veterans as well as organizing a wide range of reliable information and hands-on support programs. The NHF's War Veterans Health Resource Initiative is a hub for information and support covering all aspects of post-deployment life for those fighting the battle against chronic headache.

### Printed materials

If printed information is what you're after, the War Veterans Health Resource Initiative puts you in touch with trusted organizations that are providing veterans and their families with free brochures, books, and other educational materials.

### Websites

With a few clicks, the War Veterans Health Resource Initiative links you with information about everything from military discounts to medical experts and treatment facilities. Many sites also host forums for sharing stories about your experiences.

### Online/Community-based rehabilitative programs

Local services are a key source of support for many veterans, and the War Veterans Health Resource Initiative has links to programs across the United States that provide physical therapy, mental health counseling, job training, and disability claims assistance.



THE NATIONAL HEADACHE FOUNDATION (NHF), a volunteer, nonprofit organization located in Chicago, Illinois, was established in 1970 by a group of physicians. The NHF exists to enhance the healthcare of headache sufferers. It is a source of help to sufferers' families, physicians who treat headache sufferers, allied healthcare professionals, and to the public. The NHF accomplishes its mission by providing educational and informational resources, supporting headache research, and advocating for the understanding of headache as a legitimate neurobiological disease.

Members receive the following benefits:

- *NHF HeadLines*, our award-winning newsletter (quarterly; via email or US mail)
- Members with email addresses also automatically receive *NHF News to Know*, a monthly e-newsletter, containing up-to-the minute information on new drug approvals and the latest in headache research.
- Patient education information
- Toll-free access to the NHF office
- Information via our website
- Web access to a nationwide database of healthcare providers
- List of support groups in your state

