

# HEADFIRST

Newsletter / August 2020



**NHF IS PROUD TO BE A RESOURCE AND RAISE AWARENESS FOR THE 40+ MILLION AMERICANS WHO LIVE WITH HEADACHE AND MIGRAINE DISEASE.**

We appreciate your contributions which help the Foundation to continue to raise awareness and advocate for those experiencing headache and migraine, as well as provide easy access to the resources and research needed to better understand these disorders.

**DONATE TODAY**

## ★ **FEATURED ARTICLE:**

### **NHF Migraine University**

Whether heading back to campus or the virtual classroom this fall, college students living with migraine disease and headache disorders can make certain lifestyle changes to minimize the occurrence and severity of their attacks. Late nights, varying sleeping and eating patterns, eye strain due to long periods of studying and screen time, increased alcohol and caffeine consumption, time spent in straining positions, stress, anxiety and more can all cause college students to experience headache and migraine disorders. Most commonly, college students experience [tension-type headaches](#) which causes non-throbbing, bilateral pain, and may be related to muscle tightening in the back of the neck and/or scalp. Unfortunately, many students have never received an appropriate diagnosis and are unaware of the type of headache which they are experiencing.

The National Headache Foundation is proud to offer Migraine University to serve as a resource for college students living with headache and migraine disease. Students with headache and migraine disorders need customized accommodations to help them better manage academics in spite of their headache episodes. The

accommodations may range from requesting a single room in the dormitory, scheduling classes to help maintain sleep hygiene, and asking for an odor-free environment in their dorm suite. Through Migraine University, students can receive [advice from other students](#) with migraine disease and have easy access to [school forms](#) to request accommodations.

This school year send the college student in your life back to school armed and prepared with a Migraine University toolkit. Migraine University toolkits are lightweight and compact, excellent for throwing in a backpack and for on-the-go use. Each toolkit comes in a zippered canvas bag that has an eye mask, hot/cold pack, pill holder, emergency card and a “do not disturb – having a headache” door sign. Donate \$20 to the National Headache Foundation this month and receive a Migraine University Toolkit.

Additionally, check out Miles for Migraine Youth Day Camp’s virtual session about requesting academic accommodations for migraine disease on Sunday, Sept. 27. You can learn more about this virtual event [here](#).

**READ MORE**

#### ★ **FEATURED ARTICLE:**

## Calming My Storm – Aanya’s Story

Aanya’s headache attacks began in spring 2018 when she sustained a traumatic brain injury after slipping down a flight of stairs. Over the next few months, she began to experience debilitating headaches as a result of post-concussion syndrome, which rapidly worsened and escalated into migraine disease causing her to miss school, socializing and more.

Now, Aanya advocates for those living with headache and migraine disease and even started her own non-profit, Calming My Storm, that supports individuals with concussions and migraine disease. Read her full story by clicking the link below and visit [Calming My Storm here](#).

**READ MORE**

#### ❓ **DID YOU KNOW?**

**Although migraine disease is one of the most common neurological disorders in**



**children, a recent study of 2,200 kids living with migraine disease showed that most migraine treatments don't work for children.**

[READ MORE](#)

## IN THE NEWS

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Puberty may be a major factor causing female adolescent migraine disease. A new study reflects that post-pubertal girls experience attacks more frequently than pre-pubertal girls. Reasons may be changes in hormones associated with puberty, specifically involving the onset of menstruation and preceding cycle. Additionally, girls with a higher BMI were more likely to experience migraine attacks.

[READ MORE](#)



## TIPS & TRICKS

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Anyone who has experienced headache and migraine disorders knows attacks can be completely debilitating, often leaving individuals living with the disease feeling socially isolated. College students are no exception. For college students living with headache and migraine disease, check out these seven helpful secrets for social success:

**1**

**Develop a peer group with similar interests, allowing everyone in the group the opportunity to be open about migraine disease.**

**2**

**Make roommates aware of your migraine disease and let them know how they can be supportive and what your needs entail.**

**Prioritize making healthy choices, as various foods, activities, drinks**

3

and more can cause different reactions unique to your health and body.

4

Foster open and honest dialogue with your professors about your struggles with migraine disease and how they may impact schoolwork.

5

Be familiar with the health services department on campus, as well as nearby urgent care facilities, hospital emergency departments, and local pharmacies. Don't wait for an acute migraine attack to determine where you can seek help.

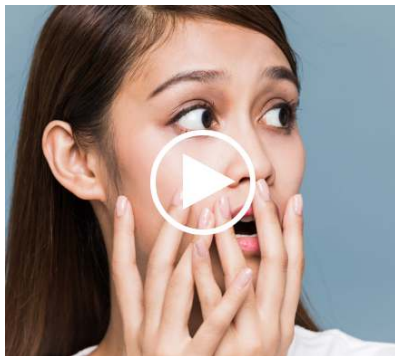
6

If your school has health fairs (virtual or in-person), encourage the organizers to invite the National Headache Foundation or another advocacy organization to exhibit at the fair. It may be your first step in being an advocate.

7

Remember, migraine disease is nothing to be ashamed of and your health should always come first!

#### [READ MORE](#)



Listen to Heads UP, the National Headache Foundation's official weekly podcast where experts discuss a range of topics related to headache. Recent episodes include:

**Episode 65:** Menstrual Related Migraine

**Episode 66:** Changes to Migraine Disease During Menopause

**Episode 67:** Migraine for Yoga

#### **ASK THE EXPERTS**

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##### QUESTION:

*I have had frequent headaches since I was 12 years old. In addition to the headaches, I usually vomit a few times, and I can't stand to be in bright lights. I've missed quite a few days of school because of the episodes. When they are really bad, my mom takes me to the pediatrician's office.*

*I am really nervous because I start college soon and will be living about four hours from home. How should I prepare to fight these headache episodes when I'm living in a dorm?*

**ANSWER:**

I am sorry you are having trouble with your headaches. You really should see a physician that has expertise in the management of headaches. If the headaches are occurring more than 3-5 days per month then your health care provider may need to place you on a daily pill to prevent the headaches. There are also pills, shots, or nasal sprays that can be taken just when you have a headache. These are called abortive medications. If you have an attack in which you vomit, you may need to take a shot or nasal spray as the pills may not stay down. You really need to have a "tool kit" of meds both to treat the acute attacks as well as prevent them.



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*Each month we'll feature your questions and our answers about headache and migraine in the newsletter. If you have a question about headache or migraine, please email us and keep an eye out for the answer from one of our doctors!*

**Email: [info@headaches.org](mailto:info@headaches.org)**

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