

HEADFIRST

Newsletter / July 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 disease, as well as provide easy access to the resources and research needed to better understand these disorders.

DONATE TODAY

★ **FEATURED ARTICLE:**

New Survey from the National Headache Foundation Provides Insights on Living with Migraine Disease

A new survey by the NHF, in partnership with BioHaven, explores what it's like to live with migraine disease, the sacrifices people have to make, and effectiveness of treatment plans. The survey polled over 1,000 men and women between the ages of 18 - 70 who experience at least one monthly migraine attack. Based on the survey, a majority of those living with headache and migraine disease feel misunderstood by peers. Results show that:

- Nearly all (93%) of those surveyed agreed that those who don't suffer from migraine disease don't understand the severity of the disease
- More than half (54%) report feeling like a burden to family, friends, and co-workers because of their disease

- More than half (53%) say they modified career plans and aspirations due to the impact of migraine disease

Further, more than three-quarters of respondents share migraine disease prevents them from participating in activities:

- 42% were unable to exercise or participate in physical activity
- 37% feel less productive at work or school
- 28% feel less able to take care of their children
- 25% avoid sexual intimacy

Treatment options many times fail to relieve symptoms, and 56% of patients still feel pain two hours after taking medication. As more treatment options become available, Demand More for Migraine is committed to helping people living with migraine disease access treatment that works for them.

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? DID YOU KNOW?



Though migraine symptoms and triggers vary for people living with migraine disease, studies have shown there to be trends in how these symptoms and triggers manifest for men and women. A Turkish study showed that women living with migraine disease experience longer attacks than men. Women also tend to be more likely than men to experience nausea, vomiting and dizziness with their migraine attacks. Women are also more likely to experience odor as a migraine trigger. Researchers are still investigating why women may be disproportionately affected by migraine disease, though some have posited that the differences may be related to menstruation.

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IN THE NEWS

CNN

Merle Diamond, MD ([Diamond Headache Clinic, Chicago](#)) and Rachel Colman, MD ([Mt. Sinai, New York](#)) shared their insights with CNN on distinguishing COVID-19 related headache from headache and migraine disease. Now more than ever, it's critical for migraine disease patients and those experiencing headache and migraine disease for the first time to track their symptoms and take advantage of telehealth.

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Global Healthy Living Foundation - GHLF.org

Summer is in full swing, and for those with headache and migraine disease, heat and humidity can make them more prone to migraine attacks during this season. Merle Diamond, MD, president and managing director of the Diamond Headache Clinic in Chicago, and a board member of the NHF shares tips for relieving migraine attacks in summer and explains how changes in barometric pressure during the summer can trigger migraine.

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TIPS & TRICKS

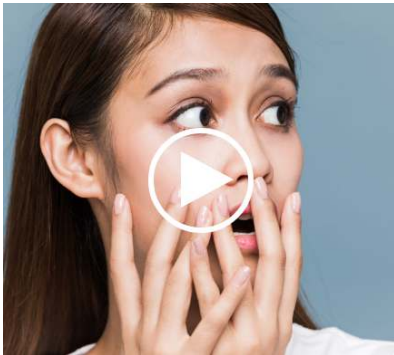
Neurologists recently shared their top 6 strategies for reducing headache and migraine pain without prescription medication.

1

Sleep: Following a regular sleep schedule and getting the recommended amount of shut eye for your age may help prevent migraine attacks

- 2 Ice Packs:** The coolness from an ice pack constricts blood vessels, which eliminates headache and migraine pain to a certain extent
- 3 Reduce Stress:** Meditation and exercise are great ways to relieve stress and prevent headache and migraine disease
- 4 Caffeine:** Small amounts of caffeine are a proven way to soothe headache pain
- 5 Turn Off the Lights:** Migraine and light sensitivity often go hand in hand, so laying in a dark or dimly lit room may help relieve symptoms
- 6 OTC Medication:** Check with your doctor first, but an OTC medication like an NSAID or acetaminophen can be used to treat migraine symptoms

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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 61: Vestibular Migraine

Episode 62: Migraine Disease and Anxiety

Episode 63: Treatment Optimization and Medication Side Effects

ASK THE EXPERTS

QUESTION:

A mix of sumatriptan and naproxen sodium works for my headaches (occipital neuralgia, I think, since the pain tracks right along the nerve) if I take them early enough, i.e. when I first have signs that the headache is coming on (usually stiffness/soreness in the back of my neck/head). Could this be indicative of a nutrition deficiency? In other words, is there something I might add to my diet to prevent these types of headaches in the first place?

ANSWER:

It is doubtful that you have a true nutritional deficiency. However, there are some simple and inexpensive nutritional supplements you can try on your own. My favorites are Magnesium (neuron stabilizer), 5-HTP (serotonin precursor), and riboflavin/vitamin B2 (an essential nutrient for normal neurologic function).



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Each month we'll feature your questions and our answers about headache and migraine disease 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

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