NATIONAL HEADACHE FOUNDATION™

Imagine a World Without Headache™

The World Health Organization estimates that headache disorders affect around 40% of the general population.

About Us

For over 50 years, the National Headache Foundation has been focused on elevating the awareness of headache and migraine as a **legitimate, complex neurological disease.**

The National Headache Foundation (NHF) invites you to Imagine A World Without Headache.™ Until that day, NHF is committed to creating a future where everyone in the world with headache can thrive in optimal, functional and connected lives.

The personal and societal burdens of pain, disability, diminished quality of life and financial cost is under-recognized. And an estimated 40-50% are not yet diagnosed by a healthcare practitioner.

Every day, NHF advocates for **timely access to diagnosis, care and treatment** through bold leadership and heartfelt compassion.

Common Primary Headache Types

- Tension-type Headache
- Migraine
- Cluster Headache

Common Secondary Headache Types

- Medication-overuse Headache
- Post-traumatic Headache
- Cervicogenic Headache

The Facts

Headache Disorders

- Tension-type headache (TTH) is still widely considered the most common primary headache disorder. The global 1-year prevalence for TTH is estimated to be 26.8%, while the global 1-year prevalence for migraine is 15.2% in the general population.
- Trigeminal autonomic cephalgia (TAC) includes cluster headache which affects over 1.5 million in the U.S.

Migraine & Severe Headache

- The prevalence and burden of self-reported migraine and severe headache in the US adult population is high, affecting roughly 1 out of every 6 Americans and 1 in 5 women over a 3-month period, 9.7% of males and 20.7% of females.
- About 40 million Americans are affected by headache disorders and migraine disease.
- Post-traumatic headache occurs in up to 92% of military personnel who have sustained mild TBI (Traumatic Brain Injury).

312.274.2650 www.headaches.org

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Our Programs

Operation Brainstorm™ is a health resource initiative for service members, veterans, and loved ones living with headache and migraine disease.

Migraine University© provides valuable resources for students, educators, and administrators navigating headache and migraine disease during their campus experience.

The NHF hosts HeadWise™ video and audio podcasts with leading experts in headache and migraine that discuss the latest news, publications, access to care, treatments, and technologies.

Other Initiatives

NHF On the Job™ : An online wellness program that helps employees and their managers understand migraine disease. *(Formerly WorkMigraine)*

Primary Care Migraine™: CME and Non-CME education program available at no charge, for primary care and advanced practice providers. Learn about the most cutting edge care, treatments, and preventive protocols for your patients with migraine disease.

AQH©: Healthcare providers focused on managing the care of people with headache disorders can earn a Certificate of Advanced Qualification in Headache Medicine© (AQH) from the National Headache Foundation.

Living With Migraine™: A series of informative videos for people living with migraine and headache disorders.