NHF Insights™

Don’t Let Your *Headache* Take Over

Real people, real stories, expert guidance.



PODCAST + VIDEOCAST

NHF Insights

National Headache Foundation · 6 episodes

1 Why Early Care Matters
NHF Insights · Episode 1

2 Recognizing Symptoms & Getting Diagnosed
NHF Insights · Episode 2

3 Starting Treatment: What to Expect
NHF Insights · Episode 3

4 Managing a Diagnosis
NHF Insights · Episode 4

5 Access & Advocacy
NHF Insights · Episode 5

6 Migraine in Kids
NHF Insights · Episode 6

WATCH NOW! →

Practical tools to help you understand your attacks and talk with your healthcare provider.
Headaches.org

NATIONAL HEADACHE FOUNDATION™



What I Wish I Knew About *Headache Disorders.*

Real people sit down with a headache specialist for candid conversations about living with headache disorders, finding treatment, and getting the right care.

WATCH NOW! →

For more information and resources:
Headaches.org

NHF *Insights*™ | NATIONAL HEADACHE FOUNDATION™



Don’t Let *Migraine* Hold You Back.

Learn from real patients about migraine disease, treatment options, and how to work with your provider to find the right care.

HEAR FROM REAL PEOPLE →

For more information and resources:
Headaches.org

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