Migraines are severe, recurring, pulsating headaches that are usually on one side and may present with an aura.

13% of US population of migraine

2% Experience chronic migraine (15+ headache days/month)

DID YOU KNOW?

7.7% of boys & girls get Migraines

Women are 2-3X more likely than Men to get migraines

A shift in prevalence of migraines for females occurs after age of puberty

Migraines can be debilitating. Learn Healthy Lifestyle changes to reduce migraine attacks

Women are 2-3X more likely than Men to get migraines

Get the Facts about Complementary Health Approaches for Headache

Acupuncture...Biofeedback...Massage

Research at NIH

- Understanding Migraine
- Migraine & Comorbid Conditions

Learn More

www.ninds.nih.gov/disorders/migraine/migraine.htm  
nccih.nih.gov/health/pain/headachefacts.htm

NIH Pain Consortium