

MIGRAINE AWARENESS

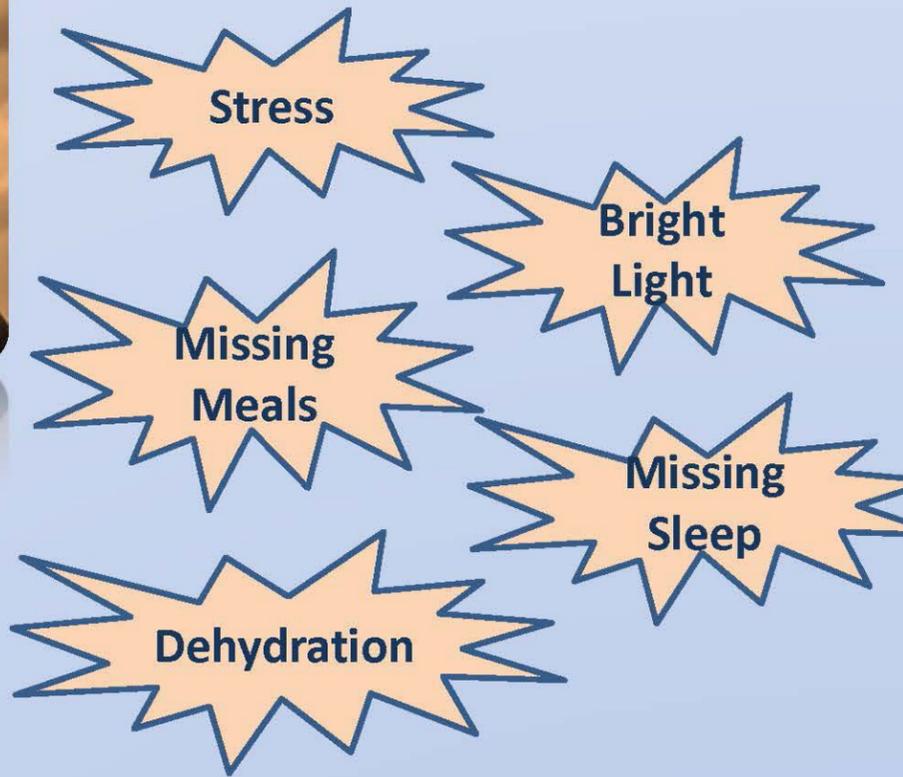
Migraines are severe, recurring, pulsating headaches that are usually on one side and may present with an aura

13% Prevalence of US population of migraine

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

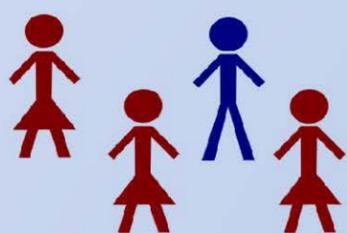


Avoid Common Triggers



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



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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

