






Migraines vs. Headaches: How to Tell the Difference



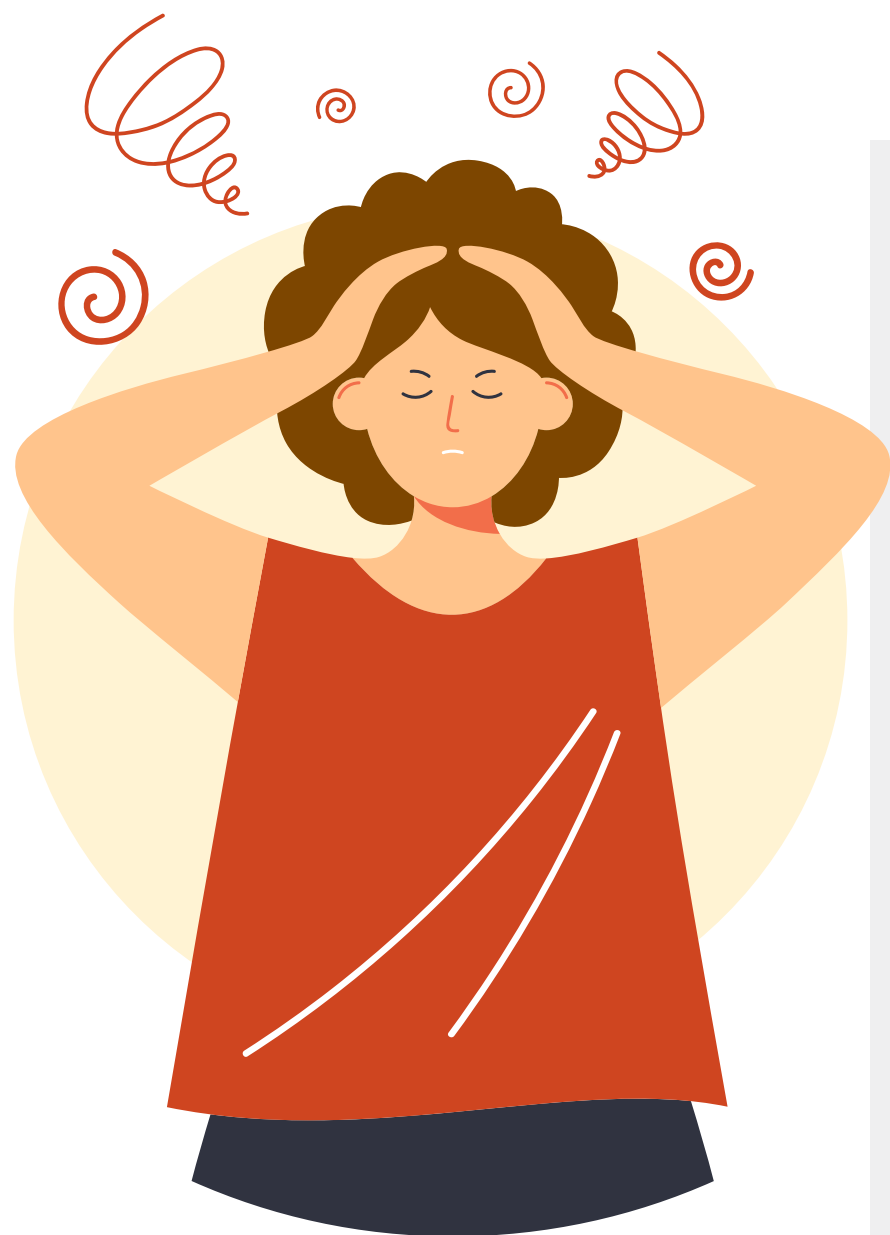
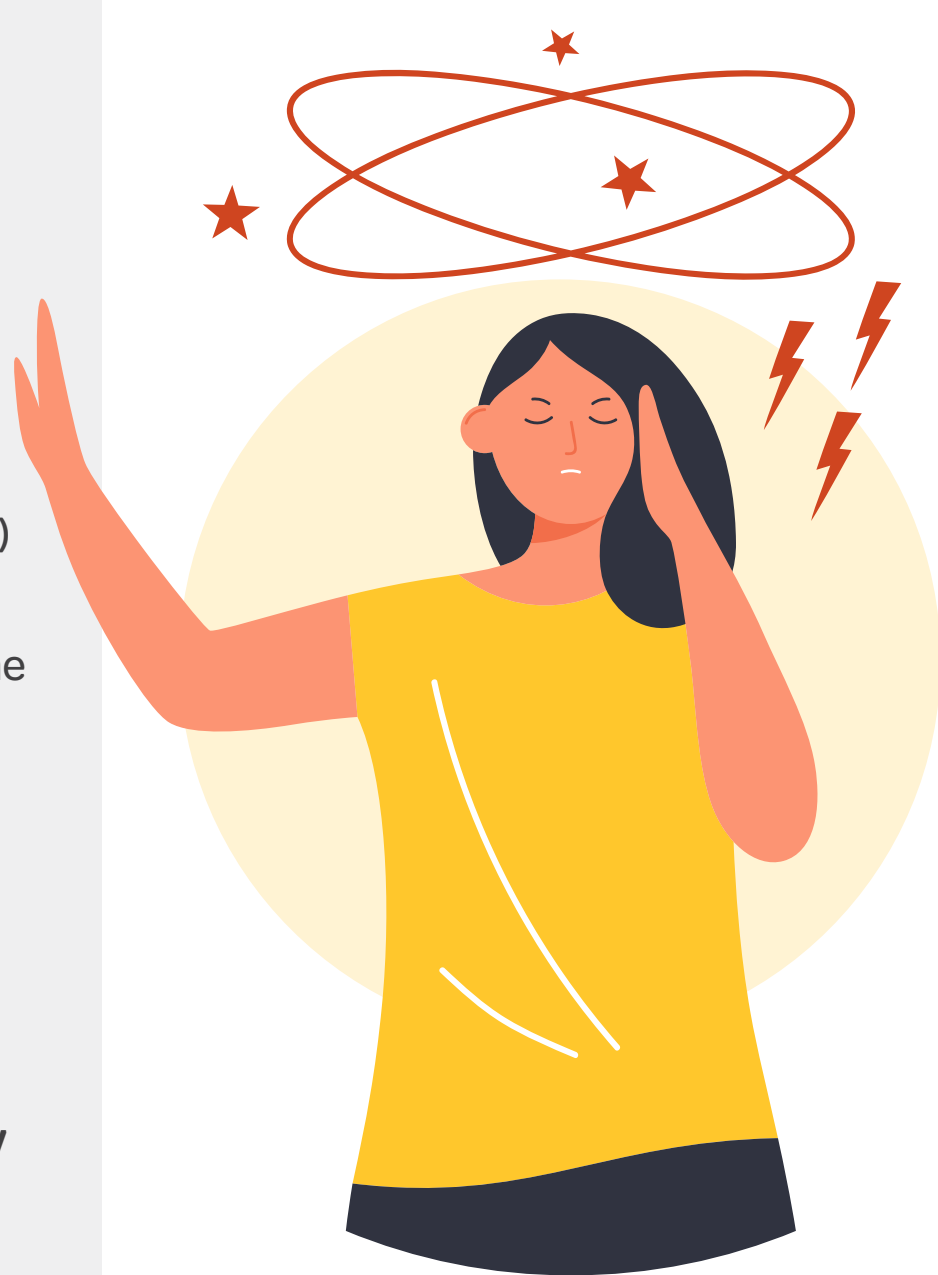
June is National Migraine and Headache Awareness Month. Can you tell these two common problems apart?

Migraines

The symptoms of migraines and headaches are similar, but a migraine has very specific signs. **Remember the most common migraine symptoms using the acronym POUND:**





-  - **P**ulsating pain
-  - **H**ours of pain (four to 72 hours)
-  - **U**nilateral (pain occurring on one side of the head)
-  - **N**ausea or vomiting
-  - **D**isabling severity

If someone has **4 out of 5 POUND symptoms**, their headache is generally diagnosed as a migraine.



Headache

On the other hand, characteristics of a headache include:

-  - A time frame of 20 minutes to a couple hours
-  - Pain spanning the head, often on both sides
-  - Soreness in the neck, temple, jaw and shoulders
-  - Tight pressure in the head

Heady Statistics

40%

Headaches affect 40% of the global population.*

2x

Around the world, **women are more than twice as likely to experience migraines than men.****

\$56 billion

Migraines cost the U.S. more than \$56 billion yearly (medications, office visits, treatment, etc.).**

Sources: *World Health Organization, **National Institutes of Health

If you experience an extremely painful migraine or a headache after a head injury, call 911. It could be a medical emergency.

**Are you concerned about headache pain?
Find a provider: weillcornell.org/doctors**