Weill Cornell Medicine



Help for Headaches

June is National Migraine and Headache Awareness Month. If you suffer from chronic or severe headaches, know you're not alone.

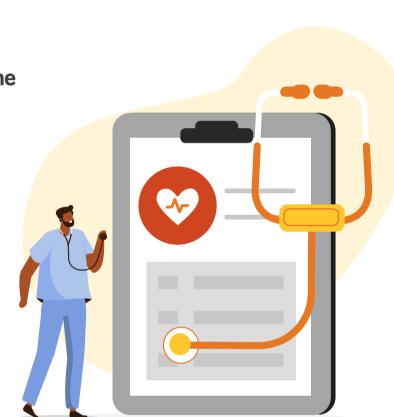


- Up to **80%** of people experience tension headaches.
- Migraines are **3 times more common** in women than men.
- Around 40 million Americans experience migraines, and about 400,000 Americans have cluster headaches, a rare and severe type of headache.

From the National Headache Foundation and JAMA Network

Diagnosing what type of headache pain you have may involve:

- Blood work
- Imaging, such as MRI
- Keeping a diary of your symptoms and possible triggers
- Neurological testing
- Physical exams to rule out other medical causes



Treating headaches usually isn't simple. **Different types of headaches may need a combination of treatments,** which could include:



- Acupuncture and massage therapy
- Biofeedback
- Cognitive behavioral therapy
- Medications such as triptans and ditans to stop or weaken the headache
- Neuromodulation
- Preventive medications that may stop recurrence of headaches, including Botox injections and certain infusions

Lifestyle changes can help frequent headaches. Try keeping up with the following:

- Eating a healthy balanced diet
- **Exercising** regularly
- Getting plenty of sleep
- Managing your stress level



If you're struggling with migraines or frequent headaches, don't put off seeing a doctor.
Find one at weillcornell.org/doctors