



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