

Fact Sheet

Headache & Migraine Pain

About

Many patients with headaches are not believed or they do not consult their physicians and thereby fail to benefit from advances in treating headache pain. The underlying causes of migraine, tension, and cluster headaches are complex, but significant advances in understanding the causes of these disabling disorders and finding effective treatments are being made all the time.

“Chronic headaches can impact every aspect of a person’s life.”

One misconception is that psychological problems cause headaches, whereas these problems only trigger headaches in some people who are prone to headaches. A migraine is a common type of headache that may occur with symptoms such as nausea, vomiting, or sensitivity to light. In many people, a throbbing pain is felt only on one side of the head.¹ It’s a disabling syndrome that impacts every aspect of a person’s life. Sufferers expect that they will be incapacitated by these sickening headaches monthly, weekly or even daily and struggle to work their lives around this excruciating chronic illness.

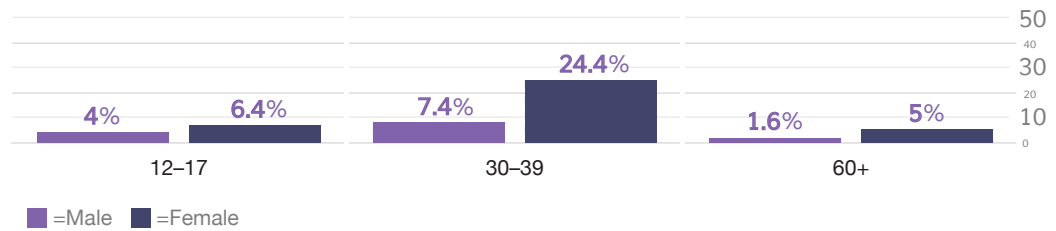
Facts

According to the National Headache Foundation, more than just a “bad headache,” migraine pain and associated symptoms affect 28 million Americans, equivalent to 13% of the population, and one in every four U.S. households has a migraine sufferer.² In a U.S. population study, the prevalence of migraine is estimated to be 12% (17% in women and 6% in men).³

Migraine afflicts both men and women, although women experience migraine more often than men, at a ratio of 3:1. Peak prevalence for migraine is between the ages of 20 and 45 for both genders.⁴

Many people are unaware that certain pain conditions are more prevalent in women than in men, e.g., migraine headache, chronic pelvic pain, fibromyalgia, temporomandibular joint disorder and irritable bowel syndrome, etc.⁵

Migraine Prevalence



Migraine prevalence is highest in those aged 30-39 years for both men (7.4%) and women (24.4%). Prevalence is lowest in those aged 60 and older (1.6%, men and 5.0% women). For ages 12-17 years, migraine prevalence is 4.0% in boys and 6.4% for girls.⁶

Approximately 90% of migraineurs have moderate or severe pain, three-quarters have a reduced ability to function during their headache attacks, and one-third require bed rest during their attacks.⁷

The National Headache Foundation estimates industry loses \$31 billion per year due to absenteeism and medical expenses caused by headache, and migraine sufferers lose more than 157 million workdays each year.⁸

While obesity is not associated with the prevalence of migraine attacks, an association has been found with the frequency of attacks.⁹

Additional Resources

Alliance for Headache Disorders Advocacy

www.allianceforheadacheadvocacy.org

American Headache Society Committee on Headache Education (ACHE)

19 Mantua Road
Mount Royal, NJ 08061
Phone: (856) 423-0043, Option 1
Fax: (856) 423-0082
Email: achehq@talley.com
www.achenet.org

**ACHE also manages the American
Migraine Foundation**

www.americanmigrainefoundation.org/

**M.A.G.N.U.M.
The National Migraine Association**

100 North Union Street, Suite B

Alexandria, VA 22314

Phone: (703) 349-1929

Fax: 1 (800) 884-1300

E-mail: comments@migraines.org

www.migraines.org

National Headache Foundation

820 N. Orleans, Suite 217

Chicago, IL 60610

Phone: (888) NHF-5552

Phone: (312) 274-2650

E-mail: info@headaches.org

www.headaches.org

**National Institute of Neurological
Disorders and Stroke**

P.O. Box 5801

Bethesda, MD 20824

Phone: (800) 352-9424

Phone: (301) 496-5751

www.ninds.nih.gov

Resources verified July 2011.

References

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Accessed June 10, 2011.
2. National Headache Foundation. Migraine Facts.
http://www.headaches.org/press/NHF_Press_Kits/Press_Kits_-_Migraine_Facts. Accessed May 30, 2011.
3. Lipton, R. et al. "Migraine prevalence, disease burden, and the need for preventive therapy." *Neurology*, January 30, 2007. v68, p343.
4. International Association for the Study of Pain. Global year against pain in women fact sheet: endometriosis and its association with other painful conditions. 2007.
<http://www.iasp-pain.org/Content/NavigationMenu/GlobalYearAgainstPain/RealWomenRealPain/default.htm>.
Accessed June 10, 2011.
5. Bigal, M., et al "Obesity and migraine: A population study." February 2006. *Neurology* v66, p 54.