

## Summer foods may cause headaches

### Survey Results



#### 1. Are your migraines ever triggered by the foods you eat?

Yes		779	73%
No		284	27%
Total		1063	100%

#### 2. Have any of the following foods triggered a migraine headache for you? Please check all that apply.

Ripened cheeses		257	31%
Pickled or dried meats		145	17%
Chocolate		434	52%
Hot Dogs/ Lunch Meats		270	32%
Sour cream		44	5%
Nuts		148	18%
Sourdough bread		61	7%
Breads containing cheese or chocolate		124	15%
Foods containing MSG		443	53%
Citrus Fruits		127	15%
Bananas		97	12%
Pizza		109	13%
Caffeine		271	32%
Alcoholic beverages		459	55%
Other, Please Specify		227	27%



#### 3. Have you ever kept a diary of the foods you have eaten?

Yes		387	37%
No		657	63%
Total		1044	100%



#### 4. Do you restrict what you eat in order to avoid a migraine?

Yes		637	62%
No		398	38%
Total		1035	100%



**5.** Do you ever avoid social functions at which food is served that often trigger your migraines? (i.e. BBQ's, cocktail parties)

Yes		198	19%
No		830	81%
Total		1028	100%


**6.** Do you ever bring your own "headache free" foods to parties or gatherings?

Yes		139	13%
No		893	87%
Total		1032	100%

**7.** Do you feel that your food related migraines negatively affect your social life?

Yes		354	35%
No		660	65%
Total		1014	100%









**8.** Does caffeine cause a headache or can it relieve it for you?

Caffeine can be a cause of my headaches		308	33%
Caffeine can relieve my headaches		637	67%
Total		945	100%






**9.** Can your headaches be triggered by missing or delaying a meal?

Yes		815	80%
No		208	20%
Total		1023	100%







**10.** What type of headache do you experience most frequently?

Migraine		672	64%
Tension-type headache		65	6%
Chronic daily headache		93	9%
Cluster headache		26	2%
Sinus headache		37	4%
Allergy headache		10	1%
Not sure		91	9%
Other, Please Specify		59	6%
Total		1053	100%

**11.** How long have you experienced headaches?

1-5 years		161	15%
6-10 years		156	15%
11-15 years		144	14%
16-20 years		137	13%
More than 20 years		451	43%
Total		1049	100%



**12.** Tell us about yourself by checking the appropriate boxes, select all that apply:

Male		89	8%
Female		855	81%
Under 20		32	3%
Age 20 - 35		254	24%
Age 36 - 50		422	40%
Over 50		300	29%

**13.** At what age did you first experience headache?


Less than 10 years old		155	15%
10-15 years old		300	28%
16-20 years old		205	19%
21-30 years old		220	21%
31-40 years old		102	10%
After age 40		71	7%
Total		1053	100%

**14.** Are you a member of the National Headache Foundation?

Yes		80	8%
No		958	92%
Total		1038	100%

**15.** How did you learn about the National Headache Foundation?

Physician		53	5%
Friend		46	4%
Employer/Manager		3	0%
Internet		245	23%
Newspaper		1	0%
Magazine		21	2%

TV		629	60%
Radio		5	0%
Other, Please Specify		115	11%



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