

Traveling with Headache Survey Results



1. Do you experience headaches more frequently when traveling?

Yes		167	66%
No		85	34%
Total		252	100%

2. If yes, what are the contributing factors? (Please check all that apply).

Different sleep schedule		121	69%
Stress		103	59%
Diet variations		69	39%
High humidity		52	30%
Temperature changes		66	38%
Altitude or barometric pressure changes		103	59%
Bright or flickering lights		78	44%
Extreme heat/cold		38	22%
Change in routine		99	56%
Other, Please Specify		36	20%

3. If you experience headaches while traveling, are they more frequent on business or personal trips?

Business		33	15%
Personal		32	14%
Neither, there is no difference		156	71%
Total		221	100%

4. If you are flying long distances, have you asked your healthcare provider about adjusting your medication for high altitudes, lack of activity, different time zones and different climates?

Yes		19	8%
No		212	92%
Total		231	100%

5. When traveling, do you carry contact information for your healthcare provider, along with basic emergency information about your condition and extra medication?

Yes		126	54%
No		107	46%
Total		233	100%

6. Have you ever had to cancel or postpone travel due to your headaches?

Yes		101	42%
No		139	58%
Total		240	100%

7. What steps, if any, do you take to make accommodations for your headaches while traveling?

136 Responses

8. What type of headache do you experience most frequently?

Migraine		151	60%
Tension-type headache		14	6%
Chronic daily headache		33	13%
Cluster headache		5	2%
Sinus headache		11	4%
Allergy headache		2	1%
Not sure		18	7%
Other, Please Specify		17	7%
Total		251	100%

9. How long have you experienced headaches?

1-5 years		39	16%
6-10 years		35	14%
11-15 years		36	15%
16-20 years		36	15%
More than 20 years		102	41%
Total		248	100%

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

Male		25	10%
Female		198	80%
Under 20		11	4%
Age 20 - 35		73	29%
Age 36 - 50		113	45%
Over 50		47	19%

11. At what age did you first experience headache?

Less than 10 years old		47	19%
10-15 years old		87	35%
16-20 years old		46	18%
21-30 years old		50	20%
31-40 years old		12	5%
After age 40		8	3%
Total		250	100%

12. Are you a member of the National Headache Foundation?

Yes		33	13%
No		213	87%
Total		246	100%

13. How did you learn about the National Headache Foundation?

Physician		19	8%
Friend		10	4%
Employer/Manager		3	1%
Internet		142	57%
Newspaper		9	4%
Magazine		17	7%
TV		33	13%
Radio		1	0%
Other, Please Specify		28	11%



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