



Treating Headaches With Complementary Therapies









Survey Results











1. Have you tried complementary therapies?






| | | | |
|-------|---|-----|------|
| Yes |  | 233 | 58% |
| No |  | 170 | 42% |
| Total | | 403 | 100% |

2. If yes, which ones (please check all that apply)?





| | | | |
|--|---|-----|-----|
| Acupuncture/Acupressure |  | 98 | 41% |
| Massage |  | 166 | 69% |
| Biofeedback |  | 51 | 21% |
| Feverfew |  | 80 | 33% |
| CoQ10 |  | 47 | 20% |
| Ginger |  | 33 | 14% |
| Magnesium |  | 103 | 43% |
| Fish Oil (Omega 3 Fatty Acids) |  | 61 | 25% |
| Butterbur |  | 13 | 5% |
| Vitamin B2 (Riboflavin) |  | 90 | 38% |
| Combination products (such as Migra-lief, Migravent, etc.) |  | 22 | 9% |
| Guided Imagery/Visualization |  | 45 | 19% |
| Other, Please Specify |  | 76 | 32% |

3. If you have tried complementary therapies, which one has been the most effective?



| | | | |
|--------------------------------|---|----|-----|
| Acupuncture/Acupressure |  | 25 | 13% |
| Massage |  | 64 | 32% |
| Biofeedback |  | 7 | 4% |
| Feverfew |  | 4 | 2% |
| CoQ10 |  | 2 | 1% |
| Ginger |  | 1 | 1% |
| Magnesium |  | 10 | 5% |
| Fish Oil (Omega 3 Fatty Acids) |  | 3 | 2% |
| | | 2 | 1% |

| | | | |
|--|---|-----|------|
| Butterbur |  | | |
| Vitamin B2 (Riboflavin) |  | 6 | 3% |
| Combination products (such as Migra-lief, Migravent, etc.) |  | 2 | 1% |
| Guided Imagery/Visualization |  | 4 | 2% |
| Other, Please Specify |  | 68 | 34% |
| Total | | 198 | 100% |



4. If you use complementary therapies, is it exclusively, or in combination with prescription and/or OTC medications?

| | | | |
|--|---|-----|------|
| Complementary therapies only |  | 19 | 8% |
| In combination with prescription medication |  | 98 | 42% |
| In combination with OTC medications |  | 32 | 14% |
| In combination with prescription and OTC medications |  | 82 | 35% |
| Total | | 231 | 100% |





5. Is your healthcare provider aware that you use complementary therapies?

| | | | |
|-------|---|-----|------|
| Yes |  | 207 | 78% |
| No |  | 58 | 22% |
| Total | | 265 | 100% |

6. If yes, is he/she supportive of such use?

| | | | |
|-------|--|-----|------|
| Yes |  | 191 | 85% |
| No |  | 35 | 15% |
| Total | | 226 | 100% |









7. How did you become aware of complementary therapy options?

| | | | |
|------------------------------|---|-----|------|
| National Headache Foundation |  | 20 | 8% |
| Healthcare provider |  | 51 | 20% |
| Internet health sites |  | 38 | 15% |
| Press Coverage |  | 10 | 4% |
| Family member/friend |  | 82 | 32% |
| Other, Please Specify |  | 58 | 22% |
| Total | | 259 | 100% |

8. If you are using complementary therapies, are you satisfied with the results?

| | | | |
|-------|---|-----|------|
| Yes |  | 94 | 40% |
| No |  | 141 | 60% |
| Total | | 235 | 100% |






9. Why did you begin using complementary therapies (check all that apply)

| | | | |
|--|---|-----|-----|
| Medications not effective |  | 130 | 55% |
| Recommended by healthcare professional |  | 62 | 26% |
| Don't want to use medications |  | 93 | 39% |
| Concerned about medication side effects |  | 117 | 49% |
| Cost of medications |  | 56 | 24% |
| Feel I have more control of my condition |  | 58 | 24% |
| Complementary therapies are "natural" |  | 65 | 27% |
| Other, Please Specify |  | 41 | 17% |

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







| | | | |
|------------------------|---|-----|------|
| Migraine |  | 197 | 51% |
| Tension-type headache |  | 37 | 10% |
| Chronic daily headache |  | 61 | 16% |
| Cluster headache |  | 10 | 3% |
| Sinus headache |  | 19 | 5% |
| Allergy headache |  | 5 | 1% |
| Not sure |  | 32 | 8% |
| Other, Please Specify |  | 27 | 7% |
| Total | | 388 | 100% |

11. How long have you experienced headaches?

| | | | |
|--------------------|---|-----|------|
| 1-5 years |  | 84 | 22% |
| 6-10 years |  | 65 | 17% |
| 11-15 years |  | 39 | 10% |
| 16-20 years |  | 51 | 13% |
| More than 20 years |  | 148 | 38% |
| Total | | 387 | 100% |

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



| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

| | | | |
|-------------|---|-----|-----|
| Male |  | 39 | 10% |
| Female |  | 306 | 78% |
| Under 20 |  | 14 | 4% |
| Age 20 - 35 |  | 116 | 30% |
| Age 36 - 50 |  | 141 | 36% |
| Over 50 |  | 95 | 24% |








13. At what age did you first experience headache?

| | | | |
|------------------------|---|-----|-----|
| Less than 10 years old |  | 67 | 17% |
| 10-15 years old |  | 100 | 26% |
| 16-20 years old |  | 78 | 20% |
| 21-30 years old |  | 69 | 18% |
| 31-40 years old |  | 42 | 11% |
| After age 40 |  | 36 | 9% |

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

| | | | |
|-------|--|-----|------|
| Yes |  | 47 | 12% |
| No |  | 340 | 88% |
| Total | | 387 | 100% |

15. How did you learn about National Headache Foundation?

| | | | |
|-----------------------|---|-----|------|
| Physician |  | 27 | 7% |
| Friend |  | 18 | 5% |
| Employer/manager |  | 18 | 5% |
| Internet |  | 233 | 59% |
| Newspaper | | 1 | 0% |
| Magazine |  | 39 | 10% |
| TV |  | 17 | 4% |
| Radio |  | 3 | 1% |
| Other, Please Specify |  | 37 | 9% |
| Total | | 393 | 100% |