

How does smoking impact your headaches?

Survey Results



1. Are you a headache sufferer who is now, or has ever been a smoker?

Yes I am a smoker		174	71%
Yes I was a smoker but I quit		33	14%
No I've never been smoker		37	15%
Total		244	100%

2. If you are a headache sufferer who currently smokes, do you smoke (check all that apply):

Cigarettes		173	98%
Cigars		6	3%
Pipes		3	2%



3. How many cigarettes do you smoke per day?

0-5		46	25%
6-10		39	21%
11-20		62	34%
21-30		30	16%
More than 30		8	4%
Total		185	100%



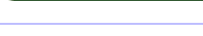



4. How frequently do you smoke a cigar or pipe?

Daily		18	10%
More than once a day		2	1%
Weekly		2	1%
2-3 times per week		4	2%
Once or twice a month		1	1%
A couple of times per year		2	1%
Only on special occasions		8	4%
I do not smoke a cigar or pipe		151	80%
Total		188	100%


5. Is cigarette/cigar/pipe smoke a headache trigger for you?

Yes		76	34%
No		145	66%
Total		221	100%


6. If you are headache sufferer who is a former smoker, what were your reasons for quitting? Please check all that apply.

Social Pressures		7	13%
Concerned about cancer		28	53%
Concerned about heart disease		13	25%
To reduce the frequency, duration and/or severity of headaches		13	25%
To save money		17	32%
Other, Please Specify		14	26%



7. If you quit smoking, did you notice a change in your headache pattern?

Yes		20	27%
No		53	73%
Total		73	100%

8. If yes, did your headaches become (check all that apply)



More severe		8	31%
Less severe		7	27%
Shorter duration		4	15%
Longer duration		2	8%
More frequent		5	19%
Less frequent		10	38%
I no longer have headaches		0	0%

9. Were your headaches more severe while you were quitting smoking?





Yes		12	18%
No		53	82%
Total		65	100%

10. Did your headaches improve when you quit smoking?

--	--	--	--

Yes		14	22%
No		50	78%
Total		64	100%



11. If your headaches improved, how long after quitting did you notice an improvement?

Immediately		4	19%
Within the first week		8	38%
Within the first month		2	10%
Within the first several months		7	33%
Total		21	100%

12. Do you avoid public places where you may encounter second-hand smoke?

Yes		58	38%
No		96	62%
Total		154	100%

13. Do you avoid social/family gatherings where you may encounter second-hand smoke?

Yes		44	28%
No		111	72%
Total		155	100%

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

Migraine		84	36%
Tension-type headache		34	15%
Chronic daily headache		41	18%
Cluster headache		15	6%
Sinus headache		15	6%
Allergy headache		0	0%
Not sure		35	15%
Other, Please Specify		9	4%
Total		233	100%

15. How long have you experienced headaches?

1-5 years		78	34%
6-10 years		45	20%
11-15 years		31	14%
16-20 years		23	10%

More than 20 years		51	22%
Total		228	100%

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

Male		48	20%
Female		170	72%
Under 20		15	6%
Age 20 - 35		111	47%
Age 36 - 50		77	33%
Over 50		20	9%

17. At what age did you first experience headache?

Less than 10 years old		36	15%
10-15 years old		68	29%
16-20 years old		45	19%
21-30 years old		51	22%
31-40 years old		19	8%
After age 40		14	6%
Total		233	100%

18. Are you a subscriber to the National Headache Foundation's newsletter, NHF Head Lines?

Yes		17	7%
No		216	93%
Total		233	100%

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

Physician		7	3%
Friend		9	4%
Employer/Manager		2	1%
Internet		157	67%
Newspaper		3	1%
Magazine		36	15%
TV		5	2%
Radio		0	0%
Other, Please Specify		19	8%

