

Do hormones impact your headaches?

Survey Results



1. At what age did you first experience headache?

Less than 10 years old		63	16%
10-16 years old		131	34%
16-20 years old		65	17%
21-30 years old		76	20%
31-40 years old		26	7%
After age 40		28	7%
Total		389	100%

2. After you reached puberty, did the frequency and/or severity of your headaches:

Increase		264	74%
Decrease		6	2%
Stay the same		86	24%
Total		356	100%

3. Do your headaches increase in frequency and/or severity before, during or after your menstrual cycle?

Yes		316	84%
No		60	16%
Total		376	100%

4. During your menstrual cycle, are you more likely to experience headaches:




A few days prior to your menstrual cycle		158	46%
The first two days of your menstrual period		106	31%
On days 6-28 of your menstrual cycle		81	23%
Total		345	100%

5. Do you experience headaches at any other time during the month?




Yes		336	91%
No		33	9%
Total		369	100%

Total



6. If yes, how many headaches do you have per month that are not associated your menstrual cycle?

1-4		163	48%
5-9		79	23%
10 or more		100	29%
Total		342	100%

7. If you have ever taken an oral contraceptive (OC), while taking the OC, did the frequency and/or severity of your headaches:

Increase		93	32%
Decrease		47	16%
Stay the same		151	52%
Total		291	100%




8. If you have been pregnant, during your pregnancy, did the frequency and/or severity of your headaches:

Increase		46	22%
Decrease		115	54%
Stay the same		51	24%
Total		212	100%


9. If yes, during which trimester:

First		57	49%
Second		42	36%
Third		17	15%
Total		116	100%

10. While breastfeeding, did the frequency and/or severity of your headaches:

Increase		10	6%
Decrease		67	43%
Stay the same		79	51%
Total		156	100%


11. Did you experience frequent headaches in the years leading up to menopause (peri-menopause phase)?

Yes		162	81%
No		38	19%
Total		200	100%




12. If you have reached menopause, has the frequency and/or severity of your headaches:

Increased		42	59%
Decreased		11	15%
Stayed the same		18	25%
Total		71	100%







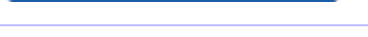

13. If you have reached menopause, are you currently taking hormone replacement therapy (HRT)?

Yes		25	31%
No		55	69%
Total		80	100%



14. While on HRT, has your headache frequency and/or severity:

Increased		23	50%
Decreased		7	15%
Stayed the same		16	35%
Total		46	100%

15. Have you tried any of the following headache treatments? Please select all that apply.

Triptans		178	56%
Ergots		79	25%
Non-steroidal anti-inflammatorys		199	63%
Hormonal manipulation		67	21%
Preventive therapies (beta-blockers, calcium channel blockers)		143	45%
Herbal or dietary supplements		140	44%
Alternative therapies (massage, biofeedback, acupuncture)		154	48%
Other, Please Specify		72	23%

16. Do you keep headache diary?

Yes		125	33%
No		250	67%
Total		375	100%

17. Is there a history of headache or migraine in your family?

Yes		233	63%
No		136	37%

Total	369	100%
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18. What type of headache do you experience most frequently?

Migraine		191	51%
Tension-type headache		36	10%
Chronic daily headache		51	14%
Cluster headache		11	3%
Sinus headache		13	3%
Allergy headache		2	1%
Not sure		56	15%
Other, Please Specify		17	5%
Total		377	100%

19. How long have you experienced headaches?

1-5 years		81	21%
6-10 years		50	13%
11-15 years		57	15%
16-20 years		59	16%
More than 20 years		132	35%
Total		379	100%

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

Male		2	1%
Female		341	90%
Under 20		18	5%
Age 20 - 35		127	33%
Age 36 - 50		177	47%
Over 50		41	11%

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

Yes		30	8%
No		345	92%
Total		375	100%

22. How did you learn about National Headache Foundation?

Physician		32	8%
Friend		14	4%
Employer/manager		4	1%

Internet		272	72%
Newspaper		4	1%
Magazine		18	5%
TV		2	1%
Radio		2	1%
Other, Please Specify		29	8%
Total		377	100%



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