

## Migraine myth or fact?

### Survey Results



As with many medical conditions, there are misperceptions about migraine. This survey is designed to help us gain a better understanding about some of the more common misperceptions associated with migraine and migraine sufferers.

#### 1. Migraine headaches are always accompanied by nausea or sensitivity to light and sound.

True		145	29%
False		360	71%
Total		505	100%

#### 2. Children can't have migraines.

True		22	4%
False		481	96%
Total		503	100%

#### 3. There is nothing that can be done for migraines; sufferers just have to learn to live with them.

True		41	8%
False		463	92%
Total		504	100%

#### 4. Only women get migraines.

True		5	1%
False		498	99%
Total		503	100%

#### 5. Migraines occur in people who are uptight and/or hypersensitive.



True		121	24%
False		381	76%
Total		502	100%

#### 6. Migraines are just an excuse to miss work, school and/or other events.



True		2	0%
False		502	100%

Total	504	100%
-------	-----	------



**7.** | Migraines run in families.

True		430	86%
False		71	14%
Total		501	100%



**8.** | Migraines are triggered by stress.

True		410	81%
False		96	19%
Total		506	100%



**9.** | Caffeine can help relieve a migraine.

True		350	69%
False		154	31%
Total		504	100%


**10.** | Migraines are easily treated with over-the-counter medications.

True		67	13%
False		437	87%
Total		504	100%



**11.** | Dietary supplements can be helpful in treating migraines.

True		312	63%
false		186	37%
Total		498	100%



**12.** | Migraines may be triggered by a lack of sleep.

True		477	95%
False		26	5%
Total		503	100%

**13.** | Regular exercise may help to reduce migraine frequency.

True		441	89%
False		56	11%
Total		497	100%

**14.** Migraines can be triggered by exposure to smoke, odors or perfume.

True		476	95%
False		26	5%
Total		502	100%



**15.** Migraines cannot be prevented.

True		138	27%
False		365	73%
Total		503	100%




**16.** During migraine attacks, sufferers have difficulty performing daily activities such as household chores, working or attending social gatherings.

True		492	98%
False		11	2%
Total		503	100%



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

Yes		346	69%
No		154	31%
Total		500	100%

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

Migraine		284	56%
Tension-type headache		38	8%
Chronic daily headache		56	11%
Cluster headache		15	3%
Sinus headache		24	5%
Allergy headache		4	1%
Not sure		73	14%
Other, Please Specify		12	2%
Total		506	100%

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

1-5 years		125	25%
6-10 years		85	17%
11-15 years		65	13%
16-20 years		72	14%
More than 20 years		157	31%

Total	504	100%
-------	-----	------

**20.** How frequent are your headaches?

Less than one day a month		32	6%
1-5 days a month		165	33%
5-10 days a month		114	23%
10-15 days a month		81	16%
More than 15 days a month		114	23%
Total		506	100%

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

Male		70	14%
Female		385	76%
Under 20		28	6%
Age 20 - 35		202	40%
Age 36 - 50		202	40%
Over 50		55	11%

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




Less than 10 years old		98	19%
10-15 years old		153	30%
16-20 years old		101	20%
21-30 years old		91	18%
31-40 years old		42	8%
After age 40		22	4%

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

Yes		32	6%
No		466	94%
Total		498	100%

**24.** How did you learn about National Headache Foundation?

Physician		44	9%
Friend		18	4%
Employer/manager		12	2%
Internet		351	70%
Newspaper		6	1%

Magazine		15	3%
TV		10	2%
Radio		8	2%
Other, Please Specify		40	8%
Total		504	100%



[Online Surveys](#) | [Sign Up For FREE](#) | [View Our Features](#)

Copyright © 1999-2009 MarketTools Inc. All Rights Reserved. [Privacy Policy](#) | [Terms Of Use](#) | [Help](#)