

## Menstrual Migraine Survey Results



### 1. Do you suffer from headaches?

Yes		158	97%
No		5	3%
Total		163	100%

### 2. Do you suffer from the same symptoms each time you experience headache?

Yes		84	52%
No		79	48%
Total		163	100%

### 3. Which of the following symptoms do you experience with your headache? Select all that apply.

One-sided, throbbing pain		127	78%
Aura (visual and sensory symptoms that precede the headache pain)		69	42%
Nausea		111	68%
Vomiting		44	27%
Sensitivity to bright lights		123	75%
Sensitivity to sounds		120	74%
Neck pain		103	63%
I experience none of the above symptoms		6	4%

### 4. Are you aware that migraine headaches can be related to a woman's menstrual cycle?












Yes		141	87%
No		21	13%
Total		162	100%

### 5. Are you aware that migraine headaches occurring around the time of a woman's period can differ in symptoms, intensity and duration compared to other migraines?

Yes		96	59%
No		66	41%

No			
		Total	162 100%


**6.** If you are aware that migraine headaches can be related to a woman's menstrual cycle, how did you hear about menstrual migraine (check all that apply)?

Healthcare professional		77	49%
Family member or friend		46	29%
Employer/manager		2	1%
NHF		17	11%
Internet		49	31%
Newspaper		8	5%
Magazine		14	9%
TV		8	5%
Radio		1	1%
I was not aware of the condition of menstrual migraine		20	13%
Other, please specify		18	11%

**7.** Do you suffer from headaches before, during or immediately after your menstrual cycle, or during ovulation?



Yes		152	94%
No		10	6%
		Total	162 100%

**8.** As a woman who suffers from headache during her menstrual cycle, which of the following symptoms do you also experience during your period? Please select all that apply.



Fatigue		131	82%
Acne		76	48%
Joint pain		46	29%
Decreased urination		11	7%
Constipation		29	18%
Lack of coordination		28	18%
Increase in appetite		65	41%
Craving for chocolate, salt, or alcohol		89	56%
Upset stomach		70	44%
Nausea and/or vomiting		49	31%
I experience none of the above symptoms		9	6%

**9.** Is your migraine more severe during your menstrual cycle compared to other times of the month?





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Yes		98	61%
No		63	39%
Total		161	100%



**10.** Does your migraine last longer during your menstrual cycle compared to other times of the month?

Yes		83	52%
No		78	48%
Total		161	100%



**11.** As a woman who suffers from headache during her menstrual cycle, which of the following would cause you to seek more information about menstrual migraine and potential treatment options (check all that apply)?

Discussion with my healthcare professional		114	71%
Discussion with a family member or friend		50	31%
Information from the NHF		52	32%
Internet E-card sent from a family member or friend		4	2%
Employer/Manager		5	3%
Internet article		47	29%
Newspaper article		31	19%
Magazine article		35	22%
TV story		29	18%
Radio story		11	7%
None of the above		18	11%
Other, please specify		3	2%

**12.** Does any woman in your family have migraines around the time of her menstrual cycle?

Yes		64	39%
No		99	61%
Total		163	100%

**13.** Has your healthcare professional ever discussed menstrual migraine with you?



Yes		75	46%
No		88	54%
Total		163	100%

**14.** Do you consider headaches or migraine to be a symptom of your Pre-menstrual Symptoms (PMS)?


Yes		108	66%
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No		55	34%
Total		163	100%



**15.** Do your migraines usually last longer than 24 hours?

Yes		110	68%
No		52	32%
Total		162	100%









**16.** Do you take a form of birth control?

Yes		52	32%
No		109	68%
Total		161	100%

**17.** Have you been prescribed an oral contraceptive by your physician as a treatment for menstrual migraine?

Yes		23	14%
No		139	86%
Total		162	100%

**18.** What steps have you taken to relieve the symptoms of menstrual migraine?

Prescription medications		66	42%
Over-the-counter medications		66	42%
Preventive therapy		8	5%
Supplemental estrogen		2	1%
Regular, well-balanced meals		3	2%
Maintain a regular sleep schedule		7	4%
Reduce stress		3	2%
Keep a headache diary		4	3%
Total		159	100%

**19.** If you answered yes to “a” or “b” in the previous question, please list what types of medications you have taken.

123 Responses

**20.** If you take medication to relieve migraine symptoms, does your migraine pain return within 24 hours of taking medication?

Yes		117	74%
No		31	19%

I have not tried taking medicine		11	7%
Total		159	100%

**21.** Would you like to hear from the NHF about tips to better manage your headaches?

Yes		112	70%
No		48	30%
Total		160	100%

**22.** Are there any specific topics related to headache management for which you would like tips or information from the NHF? Please specify.

47 Responses

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

1-5 years		35	22%
6-10 years		29	18%
11-15 years		28	18%
16-20 years		20	13%
More than 20 years		47	30%
Total		159	100%

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

Less than 10 years old		34	21%
11-15 years old		50	31%
16-20 years old		44	27%
21-30 years old		23	14%
31-40 years old		6	4%
After age 40		5	3%
Total		162	100%

**25.** Tell us about yourself by checking the appropriate boxes. Please select all that apply.

Male		1	1%
Female		152	93%
Under 20		9	6%
Age 21-35		84	52%
Age 36-50		59	36%
Over 50		5	3%

**26.** Are you a member of the National Headache Foundation?

Yes		8	5%
No		154	95%
Total		162	100%

**27.** How did you hear about the National Headache Foundation?

Healthcare professional		18	11%
Family member or friend		12	7%
Employer/Manager		12	7%
Internet		96	59%
Newspaper		0	0%
Magazine		1	1%
TV		21	13%
Radio		5	3%
Other, please specify		6	4%



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