

Men & Migraines Survey

Survey Results



1. Have you been diagnosed as having migraine?

Yes		30	61%
No		19	39%
Total		49	100%

2. Do you see a healthcare provider for your headaches?

Yes		31	63%
No		18	37%
Total		49	100%



3. If no, why not? (Please check all that apply.)

I should be able to "tough-it-out"		4	19%
I think of it as a "woman's disease"		1	5%
I don't like visiting the doctor for any reason		7	33%
I don't view it as a serious enough condition to warrant a doctor visit		4	19%
No pressure from my significant other		0	0%
Over-the-counter medications make the condition manageable		5	24%
Others in my family lived with it and I can too		1	5%
Other, please specify		3	14%



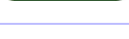



4. What kind of medication do you take for your migraines? (Please check all that apply.)

Over-the-counter medicines		27	55%
Prescription medicines		29	59%
Herbal supplements		5	10%
I don't take any medications		3	6%

5. If you have been prescribed medicine for your migraine, do you take it as directed?

Yes		30	67%
No		15	33%
Total		45	100%




6. If no, why not?

Cost		1	7%
I tried and it doesn't help		2	14%
I don't like taking medication for any reason		2	14%
I forget to take it		1	7%
I'm concerned about side effects		4	29%
I don't think it will help		0	0%
Other, please specify		4	29%
Total		14	100%

7. Do you discuss your migraine condition openly?

Yes		37	77%
No		11	23%
Total		48	100%



8. If no, why not? (Please check all that apply.)

I'm embarrassed		0	0%
I don't like sharing personal information		3	27%
I don't want to be viewed as "weak"		5	45%
I don't think others would understand		4	36%
Other, please specify		0	0%

9. What is one thing you wished others knew about your experience as a man who has migraines?

26 Responses

10. Do you consider migraines a serious condition?

Yes		46	96%
No		2	4%









Total

48

100%

25 Responses






11. Where do you receive your health information? (Please check all that apply.)

Healthcare provider		16	33%
Internet		18	38%
Magazines		3	6%
Newspapers		0	0%
TV		1	2%
Radio		0	0%
Significant Other		2	4%
Family members/friends		3	6%
Employer/co-workers		2	4%
Other, please specify		3	6%
		Total	48
			100%




12. How long have you experienced migraines?




1-5 years		8	16%
6-10 years		15	31%
11-15 years		5	10%
16-20 years		7	14%
More than 20 years		14	29%
		Total	49
			100%

13. Please choose one of the following which best describes your racial/ethnic background.

Asian American/Pacific Islander		2	4%
White (non-Hispanic)		40	82%
African American (non-Hispanic)		2	4%
Hispanic		2	4%
Native American/Alaska Native		0	0%
Other, please specify		3	6%
		Total	49
			100%

14. Tell us about yourself by checking the appropriate boxes. (Please check all that apply.)

Male		39	80%
Female		6	12%
Under 20		1	2%

Age 21-35		18	37%
Age 36-50		16	33%
Over 50		9	18%








15. | At what age did you first experience migraine?

Less than 10 years old		8	16%
11-15 years old		8	16%
16-20 years old		12	24%
21-30 years old		12	24%
31-40 years old		4	8%
After age 40		5	10%
Total		49	100%

16. | Are you a member of the National Headache Foundation? If not, for additional information go to www.headaches.org or call 888-NHF-5552.

Yes		10	21%
No		38	79%
Total		48	100%

17. | How did you learn about the National Headache Foundation?

Physician		2	4%
Friend		2	4%
Co-worker/employer		1	2%
Internet		27	56%
Newspaper		0	0%
Magazine		10	21%
TV		0	0%
Radio		2	4%
Other, please specify		4	8%
Total		48	100%



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