



Manhattan Headache and Neurology Migraine Fast Facts

For most people summer is a time to unwind, enjoy the outdoors and take a family vacation. But according to Audrey Halpern, M.D., executive director of Manhattan Headache and Neurology, the onset of summer weather can also lead to a higher occurrence of migraines for headache sufferers.

- Migraines are more than just “bad headaches” and can keep individuals from going about their day-to-day lives, including having to take time off from work and family.
- Fluctuations in the weather can be contributing factors to migraine intensity and frequency, with the spring and summer months being the most responsible for increased symptoms.
- While studies vary, most research points to a change in temperature and barometric pressure as two of the main reasons migraine pain strikes more frequently during summer months.
- Similar to what the brain experiences during a “hangover headache,” a change in barometric pressure may cause blood vessels in and around the brain to swell, triggering intense headache pain for migraine victims.¹
- 28 million Americans suffer from migraines, with an estimated 14 million undiagnosed.²
- 157 million workdays and \$13 billion are lost due to migraine pain suffered by working Americans each year.²
- Keeping a personal record of daily activities, food intake and other specifics can be helpful in pinpointing individual reasons for migraine occurrence.
- Alternative approaches to preventing and treating migraines include relaxation techniques and even Botox.
- Migraines are not curable³ but working with a specialist to help find the best treatment is necessary for short and long-term prevention.
- Migraines affect women more than men, with 25% of all women suffering migraine symptoms.⁴
- Seeing a specialist during pregnancy and the post partum time period can be beneficial, as changes in migraines can occur in women especially during these times.
- Children of migraineurs are much more likely to have debilitating headaches although children’s symptoms are different than adults and they are often misdiagnosed.

Sources: http://www.personalmd.com/altmedicine_update1.shtml¹
<http://www.wrongdiagnosis.com/m/migraine/stats.htm>²
<http://www.webmd.com/migraines-headaches/tc/migraine-headaches-treatment-overview>³
<http://www.about-headaches.com/articles/migraine-headaches/index.php>⁴