

What Are Headache Symptoms?

Headache symptoms can vary depending on the underlying cause but may include the following:

- Chronic pain and discomfort
- Sensitivity to light, sound, or odor
- Vision changes
- Nausea and vomiting
- Dizziness and lightheadedness
- Fatigue
- Difficulty concentrating



MIGRAINE AND VETERANS

Migraine is a common neurological condition that affects people of all backgrounds, including veterans. Here are some statistics related to migraine and veterans:

1. Veterans are more likely to have migraine disease than non-veterans. A study found that 36.9% of veterans reported experiencing migraine attacks, compared to 12.7% of non-veterans.
2. Migraine is one of the most common reasons for medical discharge from the military. The Department of Defense reports that migraine is the second leading cause of medical evacuation from the Iraq and Afghanistan wars.
3. Veterans with post-traumatic stress disorder (PTSD) are more likely to experience migraine attacks than veterans without PTSD. The study found that 32% of veterans with PTSD had migraine, compared to 20% without PTSD.
4. A recent study found that 22.3% of female veterans reported having migraine attacks, compared to 15.4% of male veterans.



**NATIONAL
HEADACHE
FOUNDATION**



info@headaches.org
312-274-2650
www.headaches.org



OPERATION BRAINSTORM™
NATIONAL HEADACHE FOUNDATION





TBI AND HEADACHE

Traumatic brain injury (TBI) is a common injury among military personnel. Even a mild TBI can have long-lasting effects, such as posttraumatic headaches. It is important to be aware of these headaches, which can occur in up to 92% of individuals who have sustained a mild TBI.

Returning soldiers who have suffered a deployment-related concussion are at even greater risk of chronic daily headaches, with a 20% higher prevalence than the general U.S. population.

It's crucial to seek proper medical care and support to manage these headaches.

What Are the Causes of Migraine and Headaches Among Veterans?

There are many factors that can contribute to migraine attacks and headaches in veterans, including:

- **Traumatic Brain Injury (TBI):** Military service can put individuals at higher risk of experiencing TBI, which is a known risk factor for headaches.
 - **Exposure to Environmental Hazards:** Many veterans are exposed to environmental hazards during their service, including toxins, fumes, and other harmful substances. This exposure can lead to chronic headaches and other health issues.
 - **Stress and Mental Health Conditions:** Military service can be incredibly stressful, and veterans may experience mental health conditions such as post-traumatic stress disorder (PTSD) that can contribute to headaches.
-

OPERATION BRAINSTORM

Welcome to Operation Brainstorm – a new initiative developed by The National Headache Foundation specifically for veterans and their families who have been affected by migraine disease, TBI, and PTSD.

Dealing with chronic headaches or migraine can be difficult, but adding the challenges of military life or transitioning back to civilian life can make it even harder. That's why The National Headache Foundation wants to help.

Operation Brainstorm is here to provide support, resources, and education to veterans and their families affected by migraine, TBI, and PTSD.

We understand the sacrifices you've made for our country, and we're here to help you take control of your health and improve your quality of life. Visit headaches.org for videos, educational information, and helpful resources.