

HEADFIRST

Newsletter / June 2020



NHF IS PROUD TO BE A RESOURCE AND RAISE AWARENESS FOR THE 40+ MILLION INDIVIDUALS WHO LIVE WITH HEADACHE AND MIGRAINE DISEASE.

We appreciate your contributions which help the Foundation to continue to raise awareness and advocate for those experiencing headache and migraine, as well as provide easy access to the resources and research needed to better understand these disorders.

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★FEATURED ARTICLE:

Honoring Our Headache Heroes

Thank you to all those who submitted a nomination for the inaugural Headache Heroes awards campaign! We enjoyed reading all your entries and making the final decision for each category was incredibly challenging. Without further ado, please join us in congratulating our 2020 Headache Heroes:



PROVIDER: Stephen Herzog, MD, Medical Director of the Headache Institute at Texas Neurology, is a healthcare provider who knows firsthand the debilitating effects of migraine and headache disease. His experience leads to deeper connections with his patients that result in his office going above and beyond for those with migraine and headache disease when they need it most.

PATIENT: Danielle Fancher has been living with chronic migraine for 12 years and in October 2013 began



experiencing constant migraine pain. She has not let this stop her from achieving a successful career, speaking at Miles for Migraine and publishing a memoir, *10: A Memoir of Migraine Survival* for which she received a 2019 Special Advocacy Award from the Association of Migraine Disorders.



CAREGIVER: Dennis Rotondi has partnered with his wife for her care since 2007. Their experience has led him to become an advocate for migraine and headache disease including attending Headache on the Hill, volunteering and presenting at Retreat Migraine and working on the GHLF caregiver resource guide.



ADVOCATE: Eileen Brewer has dedicated countless hours to the success of *Retreat Migraine* and is credited for working tirelessly through her own migraine disease to better the lives of those around her. Nominators noted Eileen is a true warrior and pillar of the community. Eileen's advocacy efforts have also helped those experiencing cluster headaches. In addition to organizing the annual ClusterBuster's conference, Eileen is the president of the organization.

★ **FEATURED ARTICLE:**

The History of National Headache and Migraine Awareness Month

While there is still a long road ahead, our community has made great strides in raising awareness and recognition for headache and migraine as a legitimate neurobiological disease in recent decades. As we celebrate #MHAM2020, we want to reflect on a few key milestones over the years:

- **Fall 1989:** National Headache Week is initiated to educate the public about the impact of headache and migraine disease.
- **June 2011:** Headache Awareness Week becomes a month-long awareness date with the theme of "It's More than Just a Headache."

- **June 2013:** Headache Awareness Month is renamed to National Headache and Migraine Awareness Month to encompass all headache disorders. The theme is “Unmasking the Mystery of Chronic Headache” and the NHF begins encouraging the community to wear purple to show support for those living with headache and migraine disease.
- **June 2018:** A formalized calendar for the awareness month is created, which you can find [here](#).

[LEARN MORE](#)

50th Anniversary Gala Update



Celebrating 50 Years of Community

The NHF's 34th Annual Gala and Fundraiser, Celebrating 50 Years of Community, has been moved to a virtual event on Saturday, October 24th. We look forward to sharing more updates with you soon. And, save the date for the 35th Annual Gala and Fundraiser, which is scheduled on Saturday, May 15, 2021, at the Langham Chicago.

[LEARN MORE](#)

DID YOU KNOW?

The National Headache Foundation has been a resource for individuals living with headache and migraine disease for over 50 years. Since 1970, the NHF has been a leader for the annual #MHAM recognition on a national level, including working with state and national government to achieve acknowledgment for the month and raising awareness for the disease.

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IN THE NEWS

Over 60 million Americans experience medication overuse headache (MOH). Rachel Colman, director of the Low-Pressure Headache Program at the Icahn School of Medicine at Mount Sinai in New York and member of the National Headache Foundation Health Care Professionals Leadership Council, was interviewed by CNN about a recent study published in [JAMA Neurology](#) on treatment options for MOH. The study analyzed three different treatment options for MOH: preventative medicine, withdrawal and preventative medicine with withdrawal. The study showed that the best treatment option for MOH is withdrawal and preventative medicine.

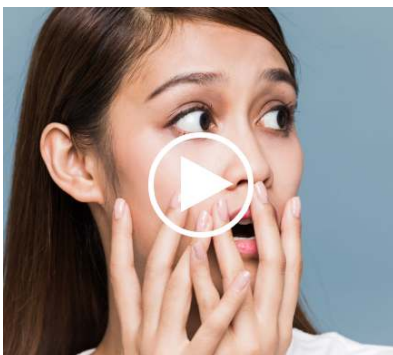
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TIPS & TRICKS

Findings from a new study in [Neurology](#) about the effects of yoga on migraine patients show that those who practice yoga multiple day have a reduction in migraine versus those who rely on medication. The study looked at 114 migraine patients from ages 18 – 50. While the reason migraines decreased in the group that practiced yoga is unclear, doctors hypothesize that practicing yoga promotes better sleep, healthy eating and exercise, all factors which can help reduce migraine. Try [these](#) yoga poses for migraine relief today.

[READ MORE](#)



Listen to **Heads UP**, the National Headache Foundation's official weekly podcast where experts discuss a range of topics related to headache. Recent episodes include:

Episode 58: Migraine and Mental Health Awareness

Episode 59: Impact of COVID-19 on Clinical Trials

ASK THE EXPERTS

QUESTION:

I'm a lifelong headache sufferer – age 72 - including migraines, sinus-related pain, and other headaches of unknown cause. I recently had a thought, more like a conundrum, about what actually causes headache pain. As I understand, there are few if any pain receptors in the brain. This lack of pain receptors allows certain types of brain surgery to occur with little to no anesthesia and with the patient awake during surgery. If the brain has few, if any, pain receptors, what causes the pain associated with headaches? I'd appreciate any light you might shed on this conundrum.

ANSWER:

Even though the brain is not sensitive to pain, many structures that surround the brain and are in the skull and scalp are sensitive to pain. These include the large arteries that feed the brain and those veins that contain blood leaving the brain, the coverings of the brain, the scalp including the skin, and muscle are pain sensitive.



Mark W. Green MD, FAAN

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Each month we'll feature your questions and our answers about headache and migraine in the newsletter. If you have a question about headache or migraine, please email us and keep an eye out for the answer from one of our doctors!

Email: info@headaches.org

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