



HEADFIRST

Newsletter / November 2020



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

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

DONATE TODAY

★ **FEATURED ARTICLE:**

Virtual Gala Recap

On October 24, 2020 the National Headache Foundation hosted its 50th Anniversary Gala virtually, and raised more than \$140,000 to further support NHF's mission of increasing headache awareness, supporting research, serving as an educational resource, and advocating for anyone living with the disease. Over 800 participants from across the country tuned in to the annual event, which included a silent auction, entertainment and recognition of deserving award recipients.



National Headache Foundation

AWARD RECIPIENTS

The NHF recognized the following individuals for their outstanding efforts tied to headache and migraine disease:

LIFETIME ACHIEVEMENT AWARD

Cen Xu, Ph.D. of Amgen Inc., an American multinational biopharmaceutical company, was honored with the Lifetime Achievement Award for her groundbreaking research in migraine, a disease that affects nearly one in five women. Dr. Xu co-invented the very first FDA-approved migraine prevention treatment that blocks the calcitonin gene-related peptide (CGRP) receptors, which are believed to play a crucial role in migraine.

PARTNERS IN EXCELLENCE AWARD

Mark Glackin, senior vice president at Biohaven Pharmaceuticals, a clinical-stage biopharmaceutical company, was selected for the Partners in Excellence Award for his leadership, dedication and attention to the widespread problem of headache disorders. Glackin continually strives to lead innovation and find new ways to increase awareness, education and treatment for migraine disease.

DR. SEYMOUR DIAMOND ADVOCACY AWARD

NHF Executive Director Mary Franklin received the first-ever Dr. Seymour Diamond Advocacy Award. Having joined the staff of the Diamond Headache Clinic in 1970, Franklin has been a leading advocate for those with headache and migraine disease for more than 50 years with her accomplishments ranging from managing editor of Head Wise to authoring or co-authoring several articles and books on the topic. Franklin continues to exemplify the ideals and values renowned headache expert and founder of the nation's first private headache clinic, Seymour Diamond, M.D., stood for and supported.

Headache Heroes

During the gala, NHF also recognized the first-ever [Headache Heroes Award Recipients](#).

HEALTHCARE PROVIDER HONOREE

Steven Herzog, MD, Medical Director of the Headache Institute at Texas Neurology is a healthcare provider who has made an impact with his dedication to the field, always going above and beyond to serve those with migraine and headache disease.

PATIENT HONOREE

Danielle Fancher began experiencing constant migraine pain as a teenager and has lived with the disease for the past 12 years. Not one to let the disease control her dreams, she frequently speaks at events, published a memoir '10: A Memoir of Migraine Survival' and has a successful career in marketing in New York City.

CAREGIVER HONOREE

Dennis Rotondi, husband and father, has helped care for his wife since 2007 while also juggling a fulltime job and caring for their child. His wife can experience 15 debilitating migraine attacks in a month, and his experience has led him to become an advocate for migraine and headache disease including attending Headache on the Hill, volunteering and presenting at [RetreatMigraine](#) and working on the [Global Healthy Living Foundation](#) caregiver resource guide.

ADVOCATE HONOREE

Eileen Brewer, a pillar of the migraine community, has dedicated countless hours to the success of [RetreatMigraine](#), a conference led by and focused on people living with migraine disease, and is credited for working tirelessly through her own migraine disease to better the lives of those around her. Additionally, Brewer is the president of [ClusterBusters](#), which supports research for better treatments and a cure while advocating to improve the lives of those struggling with cluster headaches.

Congratulations to all who were recognized, and thank you to everyone who participated and supported NHF during our 50th anniversary gala!

★ FEATURED ARTICLE:

Announcing Mary Franklin's Retirement from the National Headache Foundation

After a 50-year long career in headache medicine, Mary Franklin has announced her retirement from the National Headache Foundation where she served as executive director. Franklin's career in headache medicine began in the 1970s where she



worked as a registered nurse at the Diamond Headache Clinic in Chicago. She joined the NHF in 2011 and has helped the Foundation achieve record breaking fundraising, participation and made monumental contributions to raising awareness of headache and migraine disease. Franklin plans to remain an advocate for headache and migraine disease in her retirement. We wish her the very best!

★ **FEATURED ARTICLE:**

Announcing Thomas Dabertin, MBA, as the New Executive Director of the NHF

The NHF is thrilled to welcome Thomas Dabertin as its new executive director! With a background of extensive nonprofit work spanning over 40 years, Dabertin's previous work includes serving as the Director of Operations of the Museum of Science and Industry, chief operating officer of a school district, and a town manager. For the past 20 years, Dabertin served as a certified management consultant to a number of non-profits, local governments, and educational institutions, working to help those organizations grow and succeed. Dabertin also believes in volunteerism, having served on almost 40 not-for-profit boards and government commissions.



❓ **DID YOU KNOW?**



November is National Veterans and Military Families Month, and the [National Center for Biotechnology Information](#) reports that approximately 20 percent of deployed service members suffer from traumatic brain injury (TBI). This type of brain injury, commonly known as a concussion, often leads to post-traumatic headache disorder, where headache and migraine can show up weeks or months after an injury and the debilitating symptoms can last for years.

Common treatments include medications, stress management, cognitive behavioral therapy or surgical interventions. Unfortunately, many former service members go untreated for post-traumatic headache disorder. The [NHF healthcare provider finder](#) can be a great resource for veterans looking to access treatment for post-traumatic headache disorder.

[READ MORE](#)

IN THE NEWS

Washington, D.C. pediatricians are noticing an increased number of children complaining of headache and migraine symptoms. Researchers within the National Children's Hospital are trying to understand if the uptick in headache and migraine disease in children is attributable to virtual learning.

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TIPS & TRICKS

As the weather continues to get colder, you may find yourself reaching for a warm cup of tea. Fortunately, tea has a slew of health benefits, including preventing and relieving

migraine pain. Before you brew, consider one of these teas that may alleviate headache and migraine symptoms:



- **Ginger Tea:** Ginger is anti-inflammatory, which can help constrict swollen blood vessels that cause headache and migraine pain.
- **Peppermint Tea:** Peppermint tea contains menthol, which is known as a holistic remedy to reduce headache and migraine.
- **Willow Bark Tea:** Known as an ancient pain remedy, willow bark tea can alleviate pain, however, experts recommend this is not taken with OTC remedies.
- **Chrysanthemum Tea:** Eastern medicine has relied on this flower-based blend of herbs to treat headache for hundreds of years.

[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 75: Medical Update on Nerivio

Episode 76: Migraine, Stigma, Disability and Workplace Discrimination

ASK THE EXPERTS

QUESTION:

Have you heard of a 73-year-old woman, who had a

hysterectomy at 40 and still gets monthly headaches at the end of every month?

ANSWER:

Yes, I have had patients after hysterectomy who continue to get monthly, cyclical headaches. In a woman who has only her uterus removed, and not her ovaries, this pattern is very common until she has cessation of ovarian function at menopause, usually occurring between 51-55. But I sometimes see patients who have had both their ovaries and uterus removed whose monthly headache cycling continues!



Mark W. Green MD

This can sometimes be attributed to cyclic hormone replacement therapy (HRT); but in women, either not on HRT or on continuous HRT, this pattern should abate, but often does not. In terms of a woman in her 70s, not on HRT, whose ovarian function would be clearly postmenopausal, I do still see this pattern. Interestingly, as the migraine headache acts as if it does not know the hormonal status. These patterns would not merit a start of HRT at later ages, and indeed, I would make only a change from cyclic to continuous HRT, if a woman was already on HRT. But one could treat this pattern with short term "menstrual migraine" regimens using frovatriptan or with a non-steroidal anti-inflammatory drug to try to prevent the established cyclic pattern. And always remember, after age 50, to look for other causes of headache and not assume that the pattern is migraine.

*Jan Brandes, MD
Nashville, TN*

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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