

MIGRAINE HEADACHES

BY THE NUMBERS



THE PROBLEM:

A migraine is an intense throbbing headache that may be accompanied by nausea, vomiting, and sensitivity to light or noise.

Worldwide, an estimated **ONE BILLION** people suffer at least one migraine headache each year.

Adult women are **THREE TIMES MORE LIKELY** than men to experience migraines.

OVER 80% of migraineurs miss work due to their headaches, with an average of 4-6 absences per year.

Migraines are set off by **TRIGGERS** and the headache occurs when the number of triggers reaches a critical threshold. This can be likened to a glass of water that overflows at a certain point.

For many patients, upper cervical tension and joint restrictions act as migraine triggers.

So, it's not surprising that chiropractic care is a proven effective migraine prevention strategy.

THE SOLUTION:

Spinal manipulation has demonstrated similar effectiveness but **LONGER-LASTING BENEFIT** and **FEWER SIDE EFFECTS** than a well-known medical therapy (amitriptyline).

Researchers from Harvard Medical School found that migraine headache patients who received chiropractic care in addition to usual medical care experienced, on average, **TWO FEWER MIGRAINE DAYS EACH MONTH**, compared to those who did not receive chiropractic co-management.

Research shows a significant reduction of migraine intensity in almost half of those patients receiving spinal manipulation, and nearly one in four participants reported greater than **90% FEWER ATTACKS**.

Many migraine patients benefit from chiropractic care. If you or someone you know suffers from migraines, call our office today.