Post-traumatic HEADACHE

- Each year in the United States about 44 million youth and 170 million adults participate in organized sports.
- Concussion can occur at any age, with any gender, and in any sport.
- Although most symptoms resolve in 1-2 weeks, symptoms may persist for weeks, months, or years in some individuals.

94% of concussed athletes will experience post-traumatic headache.

63% of post-traumatic headaches have the same features as MIGRAINE.

Post-traumatic HEADACHE following concussion should be treated early and aggressively.

Pre-existing MIGRAINE is a risk factor for concussion and post-traumatic headache.

Migraine is a risk factor for prolonged recovery.

62% of post-traumatic headaches persist beyond 3 months.

Early referral to a headache specialist may decrease the likelihood of transformation to chronic headache.

Females and adolescents are at greater risk of developing post-traumatic headache.

For equivalent sports, females have a 70% higher rate of concussion.

After a concussion, symptom severity is typically higher in females.

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Concussion rate per 10,000 Athletic Exposures:

- Football: 6.4
- Ice Hockey: 5.4
- Lacrosse: 4.0
- Soccer: 3.5
- Basketball: 1.9
- Field Hockey: 2.2
- Wrestling: 2.2
- Baseball: 2.1
- Softball: 1.6

1.7 - 3.8 Million Sports-related concussions occur in the U.S. every year.

This is likely a significant underestimate since up to 50% of athletes do not report and/or recognize symptoms of concussion, nor does it take into account asymptomatic or subclinical concussive brain injury.

Post-traumatic headache is the most common symptom of concussion and it can delay the return to sports, school, and work in some individuals.

Headache specialists are uniquely trained to address post-traumatic headache.

Over 36 Million people in the U.S. suffer from migraine or related headache disorders. A headache specialist is well equipped to differentiate headache and associated symptoms as a primary headache disorder versus symptoms of concussion. They can also rule out more serious causes of headache after concussion that may go undetected with routine imaging.

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Headache specialists are uniquely trained to address head pain and other symptoms associated with headache.

A list of United Council of Neurologic Subspecialties Diplomates Certified in Headache Medicine is available here:
www.urn.org/globals/awcm/warnvs/10030.pdf

Pre-existing migraine is a risk factor for the development of post-traumatic headache.

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