MIGRAINE AND WEATHER: IS IT ALL IN YOUR HEAD?
NEW STUDY SHOWS A LINK BETWEEN TEMPERATURE AND HEADACHE

LOS ANGELES, June 20, 2012 – If you’re a migraine sufferer who’s convinced that the air temperature can bring on a migraine, a group of researchers at Taipei Veterans Hospital in Taiwan say it’s possible, particularly if your headache is mild.

Using a year-long diary recorded by 66 migraine patients, the scientists found that temperature change was associated with 20.9% of the incident mild headaches, but only with 4.8% of moderate to severe headaches. Moreover, they found the association was more obvious in cold days than warm days.

Their study – “Can So Many Patients Be Wrong about the Association between Weather and Headache? Time Series Analysis of Headache Diary Data” -- is being presented this week at the 54th Annual Scientific Sessions of the American Headache Society and is among many timely issues concerning headache, migraine, and brain injuries on the four-day agenda here which runs through Sunday morning, June 24.

“Our study provides evidence of a link between the perception of temperature sensitivity and headache incidence in migraine patients,” said Shuu-Jiun Wang, MD, lead author of the study. “Slightly more than half our patients reported sensitivity to temperature change but the rest did not. When we looked deeper, we were able to use a regression analysis to examine the amount of variance in headache incidence that can be explained by temperature change in different seasons.”

The team found that the discrepancy of temperature perception between temperature-sensitive and non-sensitive patients may be accounted for by the different incidence of headache intensity and the degree of temperature variations between seasons.

They are among some 500 of the world’s most eminent migraine and headache specialists who are expected to attend. This year’s theme, “Planting the Seed for Future Headache Research” will spotlight other areas of current basic and clinical research such as the role of the cortex in migraine, the role of imaging in patients with headache, the latest breaking science emerging from the nation’s leading scientific laboratories in migraine research, and controversial issues in the diagnosis and management of complex headache disorders.

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New Study Shows Link Between Weather And Migraine

Migraine is one of the most ancient and mysterious of diseases with many myths and folklores attached to its diagnosis and treatment. Over the last 5,000 years, migraine sufferers subjected themselves to an array of extreme and bizarre treatments to find relief.

Some 36 million Americans suffer from migraine, more than have asthma or diabetes combined. An additional 6 million suffer from chronic migraine, where patients experience at least 15 headache days per month along with other disabling neurological symptoms. Migraine can be extremely disabling and costly - accounting for more than $20 billion each year in the United States. Costs are attributable to direct medical expenses (e.g. doctor visits, medications) and indirect expenses (e.g. missed work, lost productivity).

ABOUT THE AMERICAN HEADACHE SOCIETY
The American Headache Society (AHS) is a professional society of health care providers dedicated to the study and treatment of headache and face pain. The Society's objectives are to promote the exchange of information and ideas concerning the causes and treatments of headache and related painful disorders. Educating physicians, health professionals and the public and encouraging scientific research are the primary functions of this organization. AHS activities include an annual scientific meeting, a comprehensive headache symposium, regional symposia for neurologists and family practice physicians, publication of the journal *Headache* and sponsorship of the AHS Committee for Headache Education (ACHE). [www.americanheadachesociety.org](http://www.americanheadachesociety.org)

ABOUT THE AMERICAN MIGRAINE FOUNDATION
The American Migraine Foundation is a non-profit foundation supported by the American Headache Society and generous donors dedicated to the advancement of migraine research. The mission of this newly formed foundation is to support innovative research that will lead to improvement in the lives of those who suffer from migraine and other disabling headaches. [www.americanmigrainefoundation.org](http://www.americanmigrainefoundation.org)

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