



spotlight on health

Migraine Awareness

(NAPSA)—Migraine headaches are often hereditary and affect three times as many women as men. That's why, if you suffer from migraines, it can be a good idea to ask Mom about her own headache experiences.

Unfortunately, many people don't take the time to understand their headaches because they don't take headaches seriously.

"Compared to just a generation ago, we know so much more about migraines and how to care for them," says Merle Diamond, M.D., associate director of the Diamond Headache Clinic in Chicago and member of the National Headache Foundation Board of Directors. "But because headaches are so personal and different for everyone, it is important that sufferers really get to know their headaches—their symptoms, their patterns, their triggers—and use that information to get the best care."

The National Headache Foundation (NHF) is raising awareness about the toll that headaches take on the sufferer, their families, employers and the health care system through a new fundraiser called the Migraine Million Campaign. Donating to the campaign in Mom's name is one way to let her know that you take her headaches seriously and care about her well-being.

"Our goal is for 1 million of the nearly 30 million people with migraine to donate \$1 each toward headache education and research," said Suzanne Simons, executive director of the NHF. "One dollar at a time, we can improve headache care."

People can make a donation by visiting the NHF Web site at www.headaches.org or by calling the NHF at (888) NHF-5552. They will receive an acknowledgment of the donation that can be e-mailed to Mom, or printed and included in a card.