# Impact of Headache and Migraine in U.S. Veterans

- 36.9% of veterans reported experiencing migraine attacks, compared to 12.7% of non-veterans which means that at least 740,000 of the 2 million women serving or have served are impacted.
- In a 2024 study of veterans impacted by migraine: Hispanic/Latinx women (34.7%) and African American women (29.3%).
- Women veterans reporting at least one traumatic event: 60.6%.
- Prevalence of lifetime PTSD in women veterans: 13.2% and military sexual trauma at 8%.
- 32% of veterans with posttraumatic stress disorder (PTSD) had migraine, compared to 20% without PTSD.
- Post-traumatic headache can occur in up to 92% of individuals who have sustained a mild traumatic brain injury (mTBI)/concussion.

\*References at OperationBrainstorm.org and available on request.



Women are the fastest growing group in the veteran population. Dealing with headache or migraine can be tough, and the distinct challenges of military life or the transition back to civilian life can make it even harder.

Operation Brainstorm is here to provide resources, and education to the entire military community.

We understand the sacrifices you've made for our country, and we're here to support veterans, active duty, families and partners impacted by headache disorders, migraine disease, and service-related post-traumatic headache.

Visit OperationBrainstorm.org

## You are Not Alone



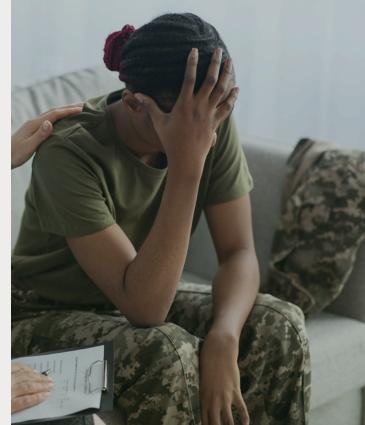
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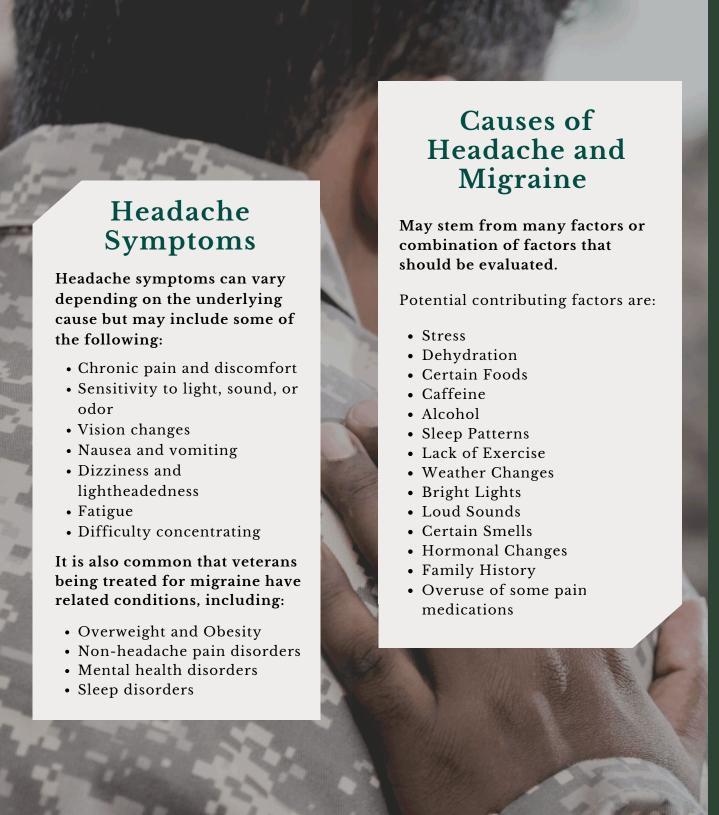




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## Military Factors Contributing to Headache and Migraine

Headache disorders are problematic in veterans beyond the high rate of primary headache disorder. Several factors that can contribute to an increased risk of headache include:

#### Traumatic Brain Injury (TBI):

TBI or other injuries sustained during deployment (e.g. whiplash) can lead to headache.

### Military-Related Exposures:

Combat-related post traumatic stress disorder (PTSD), military sexual trauma-related PTSD, airborne hazards and/or burn pits.

It is crucial to seek medical care and support to receive a timely diagnosis and appropriate treatment.