



**Alliance for
Headache
Disorders
Advocacy**

**HEADACHE AND
MIGRAINE PATIENTS
DESERVE BETTER TREATMENTS!**

**YOU CAN HELP MAKE THESE
TREATMENTS A REALITY!**

HEADACHE DISORDERS...

- ... affect more people in the US than any other kind of brain disorder.
- ... cause more than \$31 billion in costs in the US each year, including 9 percent of all lost labor productivity.
- ... cost more each year in the US than epilepsy, asthma, and ovarian cancer *combined*.
- ... result in more lost years of healthy life in the US than epilepsy, multiple sclerosis, and ovarian cancer *combined*.
- ... result in an increased risk of cardiovascular disease leading to at least 1500 additional deaths in the US annually.

BASIC RESEARCH INTO MIGRAINE AND OTHER HEAD PAIN...

- ... is necessary to the development of new and effective treatments.
- ... is funded largely by the government through the National Institutes of Health (NIH).

NIH FUNDING FOR RESEARCH ON HEADACHE DISORDERS IS NEGLIGIBLE.

- NIH funds less than \$13 million in headache disorders research each year, amounting to less than 0.05 percent of the total NIH budget.
- Comparisons with NIH funding of other diseases indicate that funding of headache disorders research should exceed \$103 million each year.

WHAT'S BEING DONE:

- In 2007, doctors, scientists, and patient advocates went to Congress to ask for increased research funding for headache and migraine. Patients emailed their Senators and Congressmen.
- We made progress. The NIH is now setting headache and migraine research benchmarks that are specific goals to increase the opportunities of scientists to obtain research grants.
- There is a long way to go until research funding for headache disorders is on a par with other illnesses with a similar effect on peoples' lives.

WHAT YOU CAN DO TO HELP:

Now:

- Go to our website, www.headacheadvocacy.org, look around, and sign-up for email updates.
- Urge your friends and loved ones to visit our site and sign-up too.

Soon:

Early this year it will be crucial for as many people as possible to email Congress in order to affect the 2010 NIH budget. Our email notifications will prompt you to return to our website at the right time to email your members of Congress. Our website makes this process very quick and easy for you.

Ongoing:

If your email address changes, be sure to reregister for our mailing list. Continue to ask friends and loved ones to sign up so everyone is ready when times arise when each of us can make a difference.

**Members of Congress listen to their constituents.
You CAN make a difference!**

QUESTIONS?

Contact Teri Robert at teri@headacheadvocacy.org.