

MIGRAINE RESEARCH INSTITUTE

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Global Brain Awareness Week

Global Brain Awareness week takes place from the 14th – 20th March. The aim is to raise public awareness about the progress and benefits of brain research. Every year during this week universities, hospitals, patient groups, services organizations and professional associations worldwide unite in a week-long observation of the brain.

To mark Global Brain Awareness Week, The Migraine Research Institute will be launching a new campaign focusing on life threatening headaches and what the warning signs are. Dr. Manney Orelowitz a consulting neurologist at The Headache Clinic explains “There are two main types of headaches, namely primary and secondary. A primary headache has no other underlying condition or illness that causes it. It’s just a headache. A secondary headache however is caused by some other illnesses, trauma, or brain disorders. Although it can be just as excruciating as primary headaches, secondary headache can be fatal.”

Conditions that might cause secondary headaches include bacterial or viral meningitis, strokes, brain infections, tumors or hemorrhages. According to a study published in *Cephalalgia* the International Journal of Headache last February headaches are one of the first symptoms prevalent in 47.6% of patients with brain tumors.

Dr Orelowitz advises “If you have a sudden onset of headache or your headache persists, it is imperative that you undergo a multidisciplinary investigation to diagnose the specific factors behind the recurring headache and rule out any critical conditions.” There are currently approximately 10 million people in the living with a neurological condition that has a significant impact on their lives. As the population continues to age, the number of people developing devastating diseases such as Alzheimer’s and Parkinson’s also grow. It is

therefore vital that we keep funding brain research to curb the occurrence of neurological disease in the future and to give hope to those affected by it now.

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