

# MIGRAINE RESEARCH INSTITUTE

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## **National Women's Health Awareness Week 9<sup>th</sup> - 15<sup>th</sup> May**

### **Women's headache health programme**

To mark National Women's Health Awareness Week, the research division of the South African Headache Society will commence with their Women's Headache Health programme on the 1<sup>st</sup> May 2011. The main focus of this programme is to help women suffering with headache to manage their condition by providing them with a new information pack filled with useful information.

The National Women's Health Awareness Week takes place from the 9<sup>th</sup> – 15<sup>th</sup> May. The new information pack gives advice to women experiencing real difficulties with headaches during puberty, pregnancy and even those that occur after menopause. The programme's primary aim is to help female headache and migraine sufferers and their families and partners to work together to minimize the impact of headaches on their everyday lives. Often very simple steps, such as changing their contraceptive and taking daily magnesium sulphate supplements can make a huge difference. Women suffer more often from migraine than men do, in fact, 18% of women suffer from migraines in comparison to only 6% of men. This percentage has been shown to be constant across races, cultures and income groups. Headache does not discriminate. In SA, a country of 49m people this equates to about 9m female sufferers of all races, colors, creeds, and income groups.

The Women's Headache Health Information Pack will cover topics such as:

- ✓ Hormonal and Menstrual Migraine
- ✓ Contraceptive and migraine sufferer
- ✓ Pregnancy Migraine
- ✓ Headaches which are a symptom of Polycystic Ovary Syndrome
- ✓ Daily supplements to assist female migraine sufferers
- ✓ Hormonal therapy and migraine

The pain associated with migraine can seriously impact a women's quality of life both through pain and through feelings of isolation. For a free copy of this information pack, please contact Mary-lee on [lee@headclin.co.za](mailto:lee@headclin.co.za).

For more information please contact me directly.

Kind Regards,

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