



Headache Wellness Center

1414 Yanceyville Street, Greensboro, NC 27405 *336.574.8000 * 336.574.8008 (Fax)
www.headachewellnesscenter.com

Migraine and Weight

According to a recent study published in the Journal of the American Medical Association over two-thirds (66.3%) of all Americans are overweight or obese.

Being overweight or obese creates major health risks. The risks of obesity include the following:

- Diabetes
- Hypertension
- Stroke
- Coronary artery disease
- Cancer (especially prostate, colon, endometrial, and breast)
- Lipid disorders (including elevated cholesterol)
- Sleep apnea
- Arthritis

Overweight and obese individuals who suffer from migraine are at much higher risk for migraine disability.

Obese migraineurs complain of more severe and disabling migraines. They complain of more severe characteristics of migraine, including greater degrees of light and sound sensitivities. Overweight and obese migraineurs miss more work and school than their normal-weight counterparts. They also have more frequent migraines and are at a significantly greater risk for progression from episodic to chronic daily headaches.

The providers at Headache Wellness Center will address your risks and provide guidance regarding your weight. Recommendations may include a change in diet, consultation with a nutritionist, implementation of an exercise program, or evaluation with other experts in the field of health and weight management.

1. Ogden CL, Carroll MD, et al. Prevalence of overweight and obesity in the United States, 1999-2004. **JAMA** 2006;295:1549-1555.
1. Bigal ME and Lipton RB. Modifiable risk factors for migraine progression. **Headache** 2006;46:1334-1343
3. Mokdad AH, Ford ES, et al. Prevalence of obesity, diabetes, and obesity-related health risk factors, 2001. **JAMA**

