

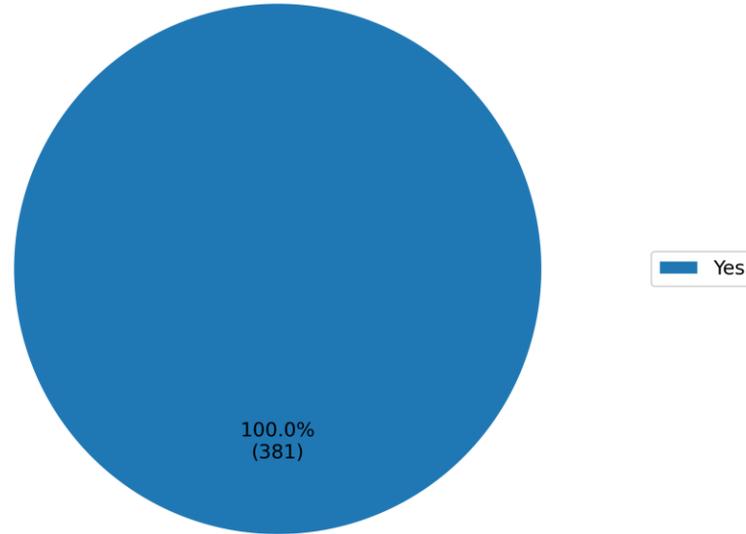
# EMHA Migraine in Women Survey

Analysis Report of Germany  
Number of respondents: 381



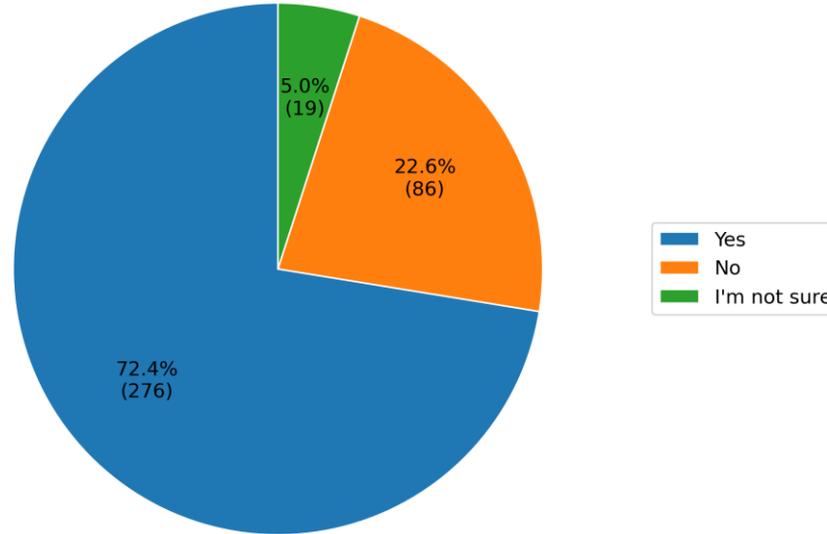
This report presents a strictly analytical overview of the national data. For detailed interpretation, context, and methodological explanations, please consult the European report.

# Do you have headaches?



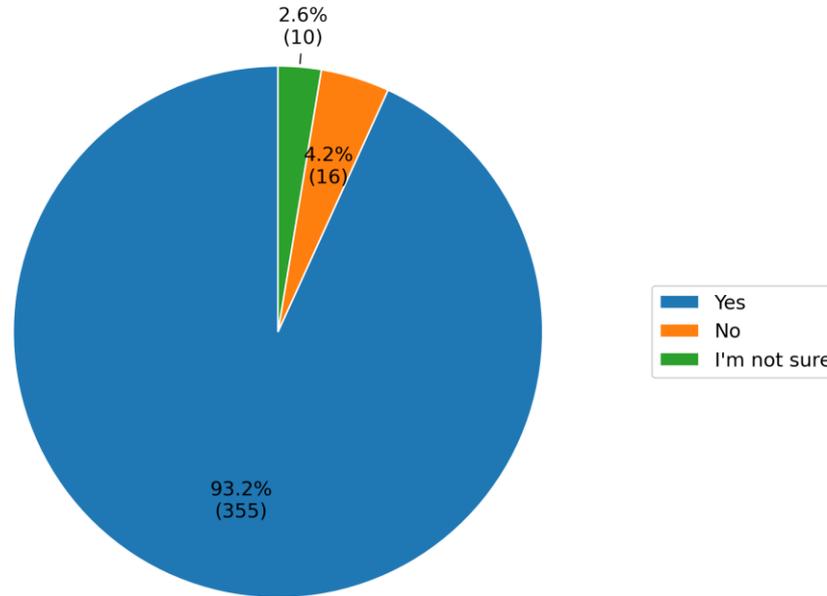
Number of responses: 381

# Have you felt nauseated or sick to your stomach with your headaches?



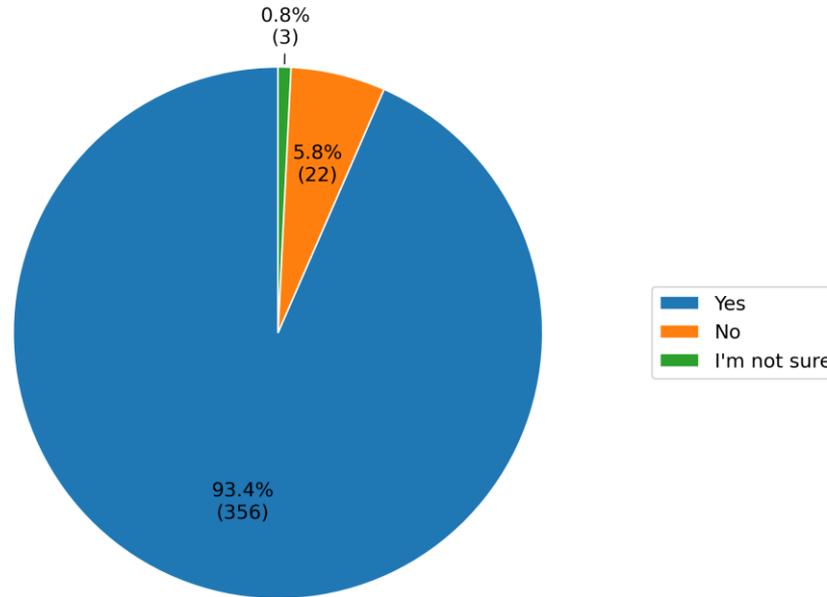
Number of responses: 381

# Has light bothered you a lot more than when you don't have headaches?



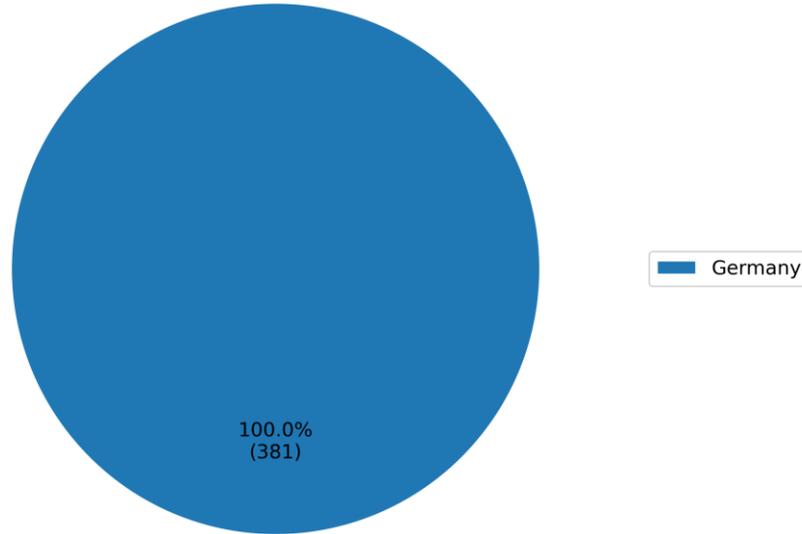
Number of responses: 381

# Have your headaches limited your ability to work, study, or do what you needed to do for at least one day?



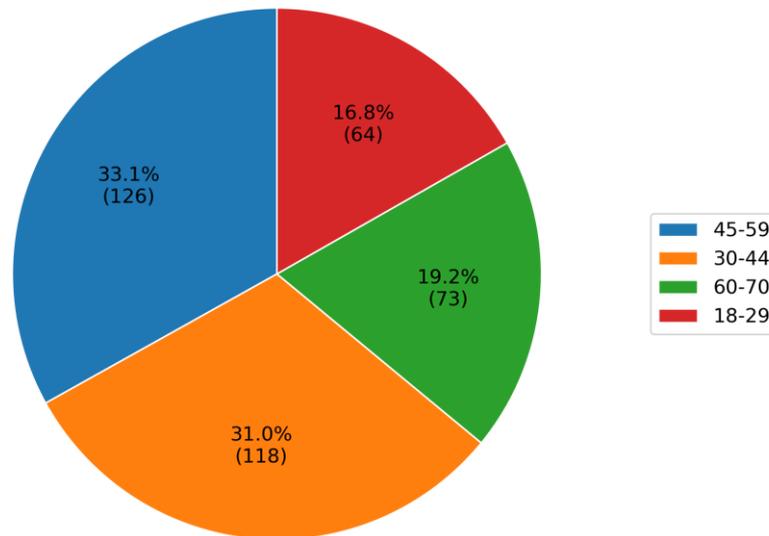
Number of responses: 381

# What country do you currently live in?



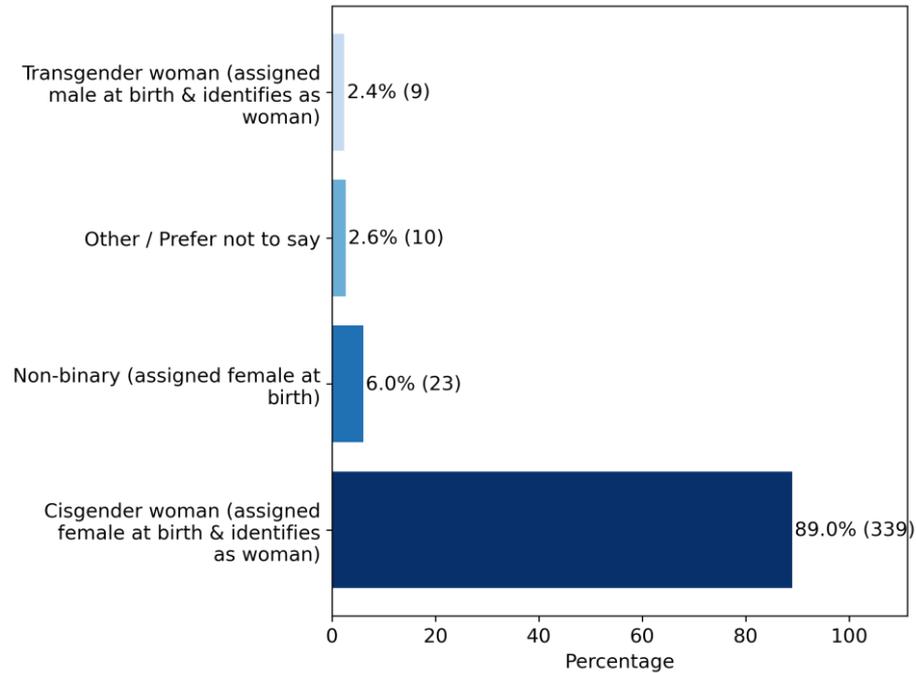
Number of responses: 381

# What is your age?



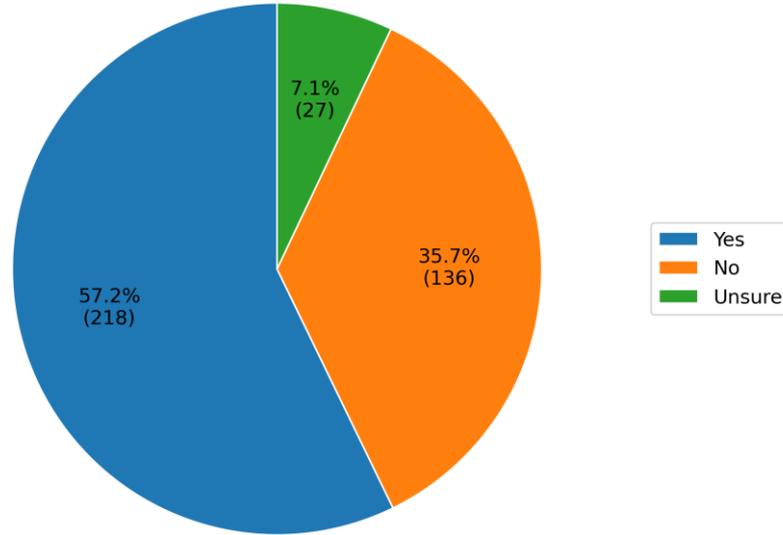
Number of responses: 381

# What is your gender identity?



Number of responses: 381

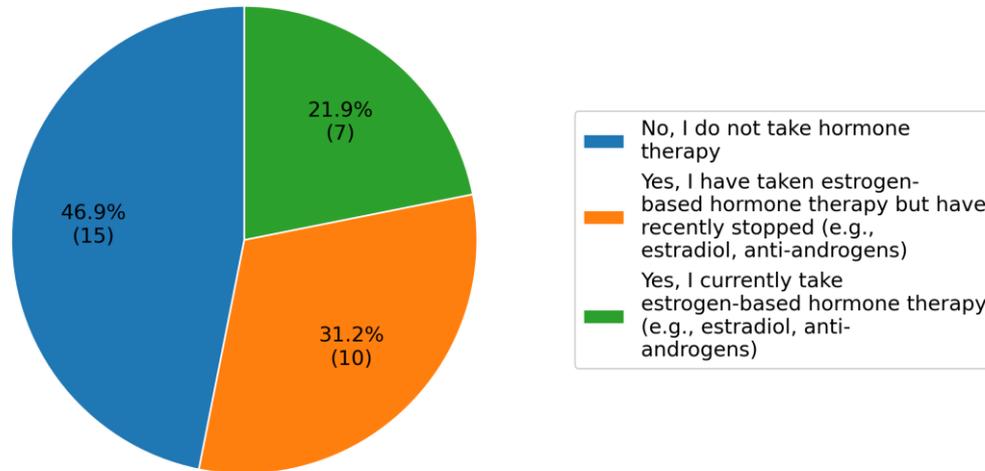
# Do you have a family history of migraine / headache attacks?



Number of responses: 381

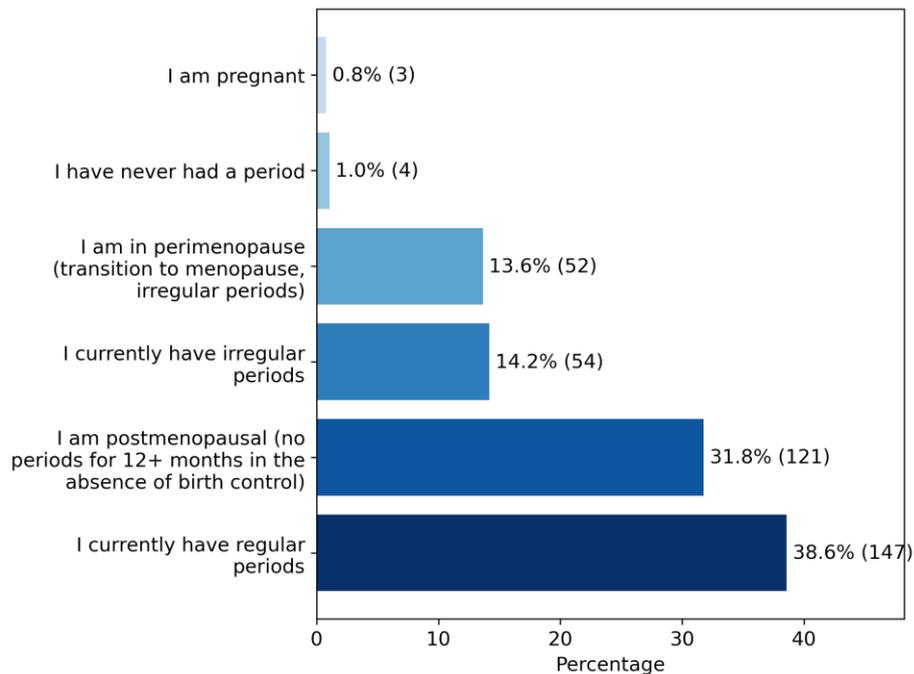
# Are you currently on hormone therapy (such as estrogen or testosterone)?

*Note: Responses included herein were provided by participants identifying as transgender women, transgender men, or non-binary individuals*



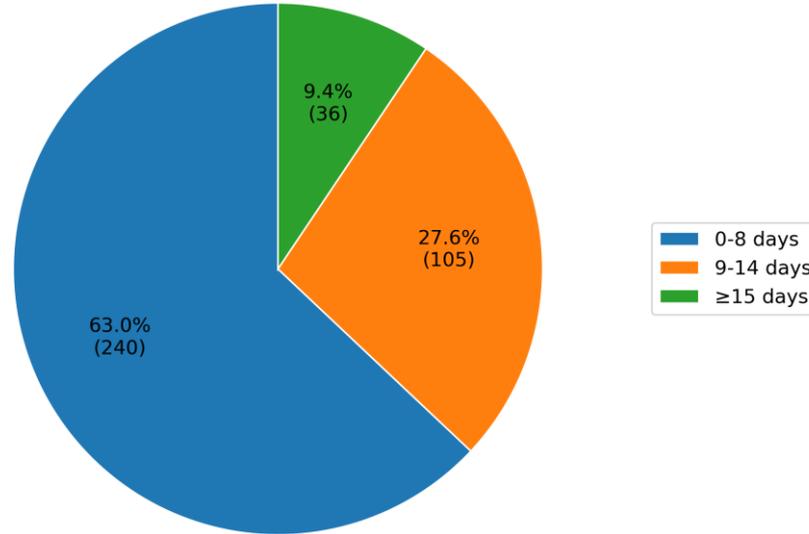
Number of responses: 32

# What is your current hormonal stage?



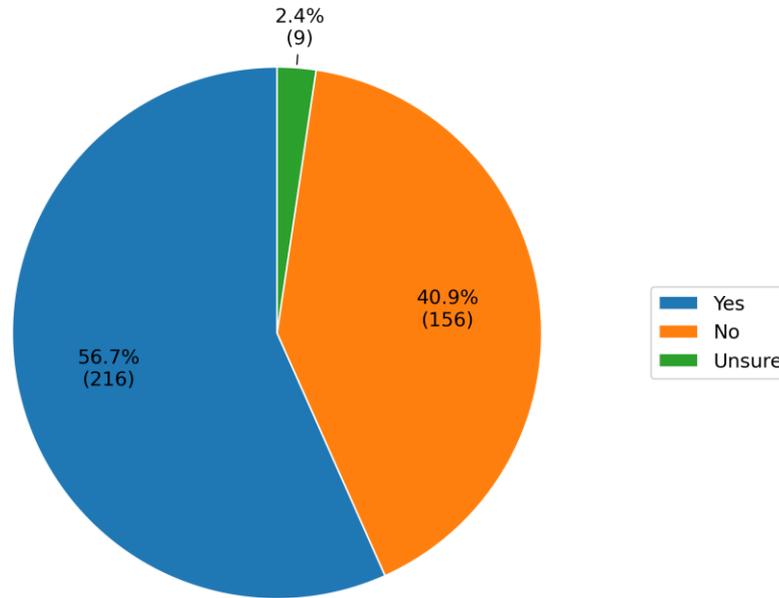
Number of responses: 381

# On average, how many headache days do you get per month in the last 3 months?



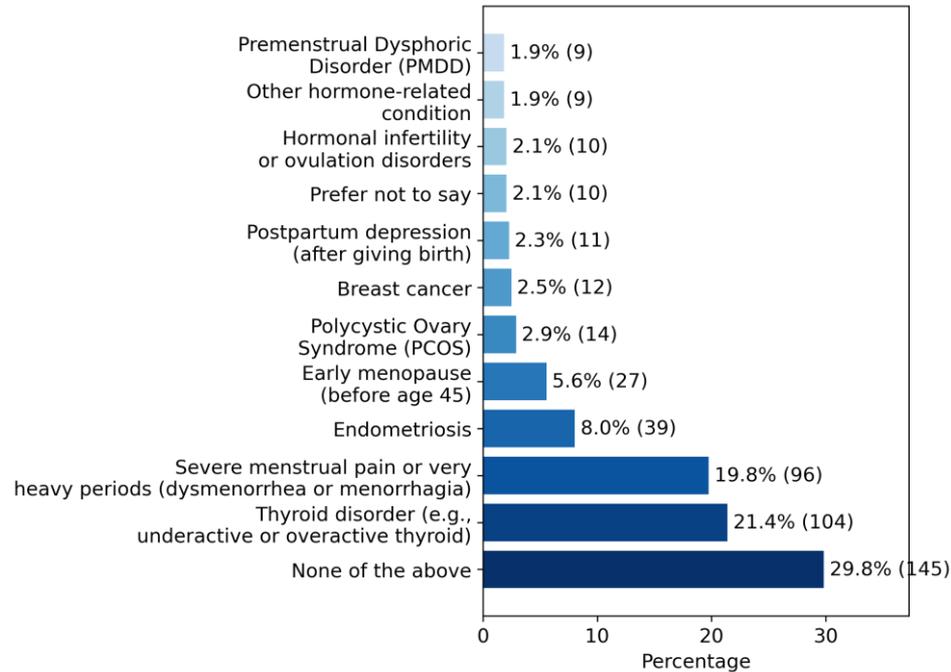
Number of responses: 381

# Have you ever been diagnosed with migraine by a healthcare professional?



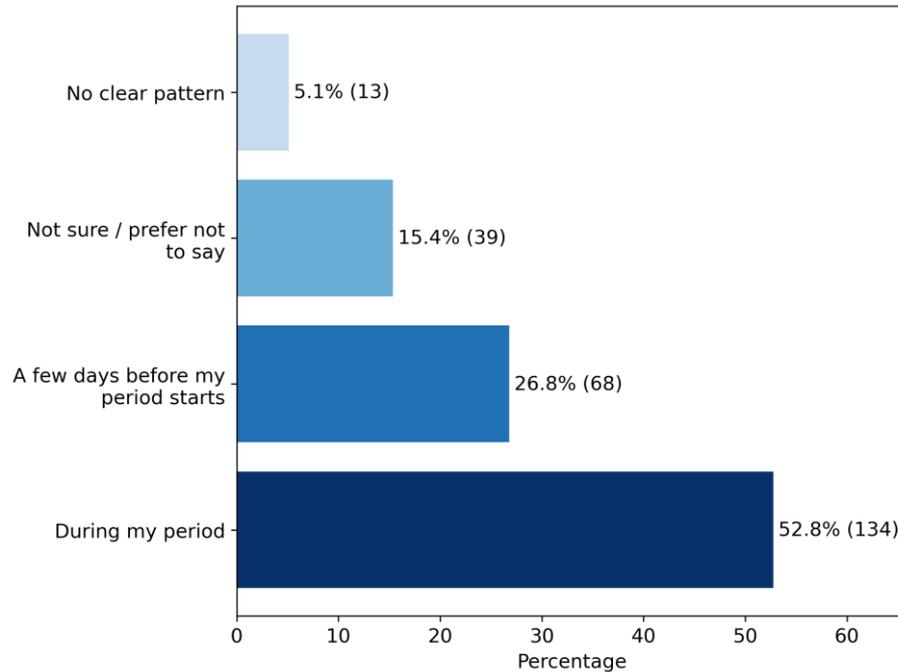
Number of responses: 381

# Have you ever been formally diagnosed with any of the following conditions?



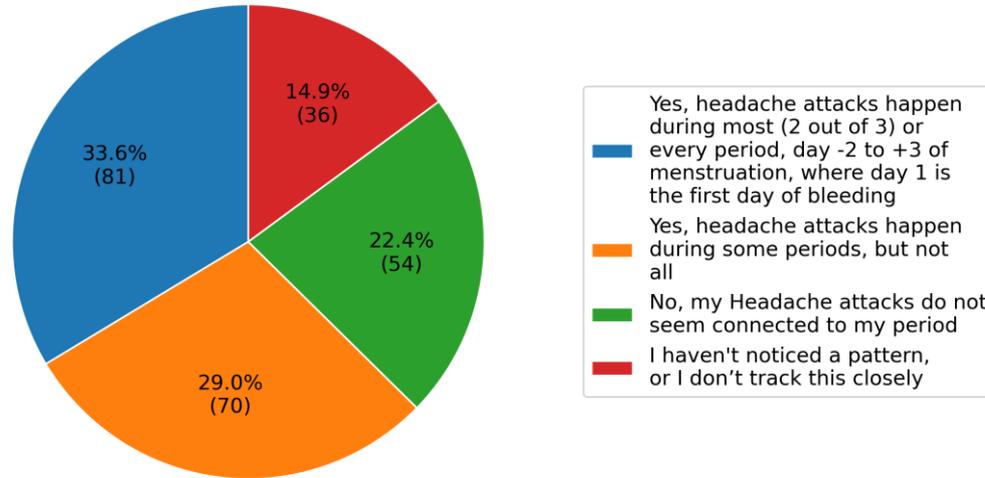
Number of responses: 486 (multiple selection)

# When do you typically experience headache attacks in your cycle?



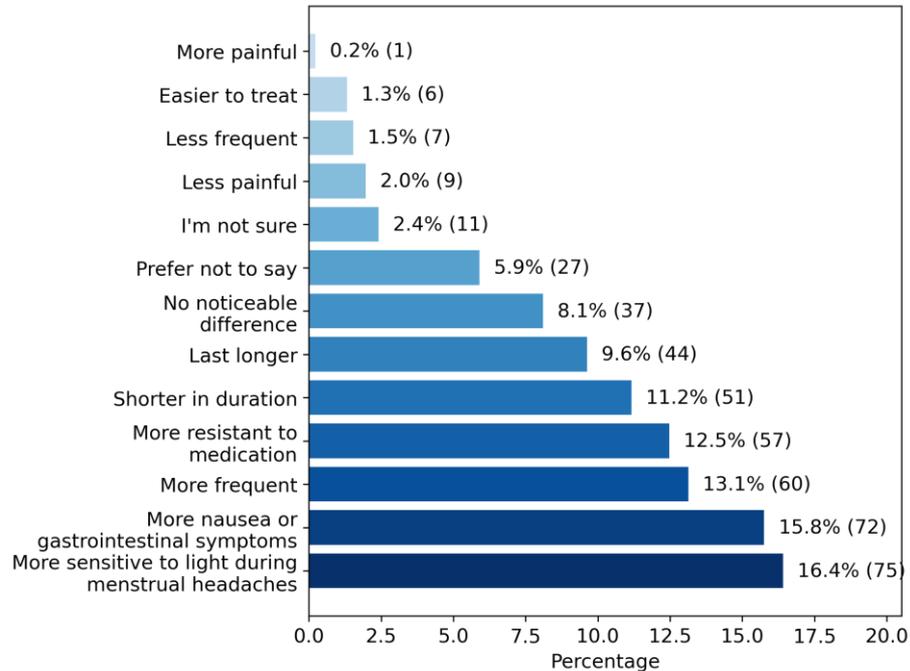
Number of responses: 254 (multiple selection)

# Do your headache attacks seem linked to your period?



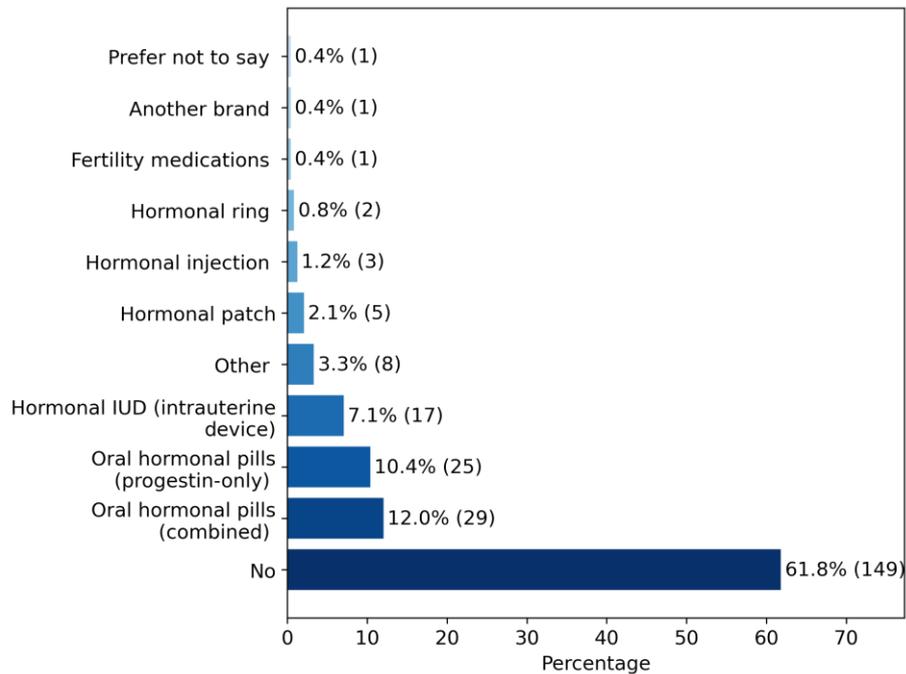
Number of responses: 241

# Compared to your non-menstrual headache attacks, how do your period-related headaches typically differ?



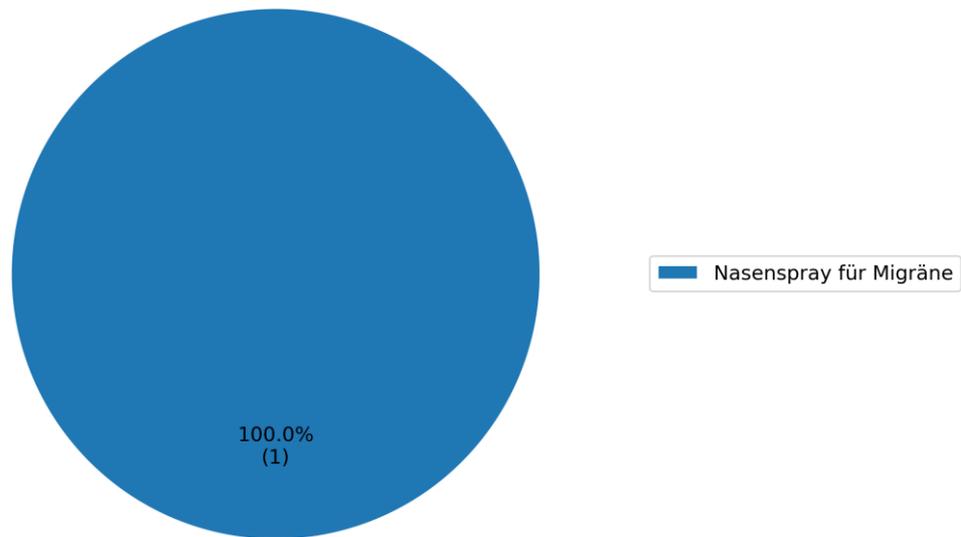
Number of responses: 457 (multiple selection)

# Do you use hormonal treatment?



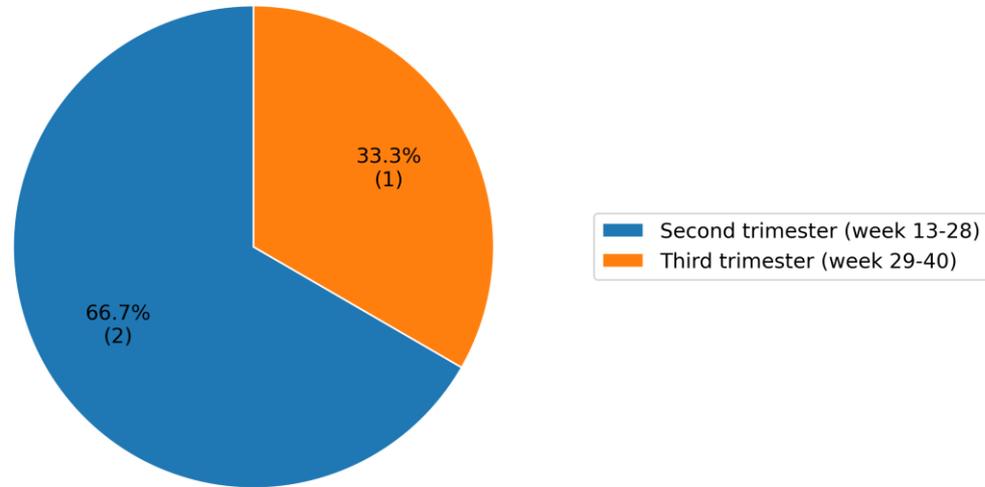
Number of responses: 241

# What type of hormonal treatment do you use?



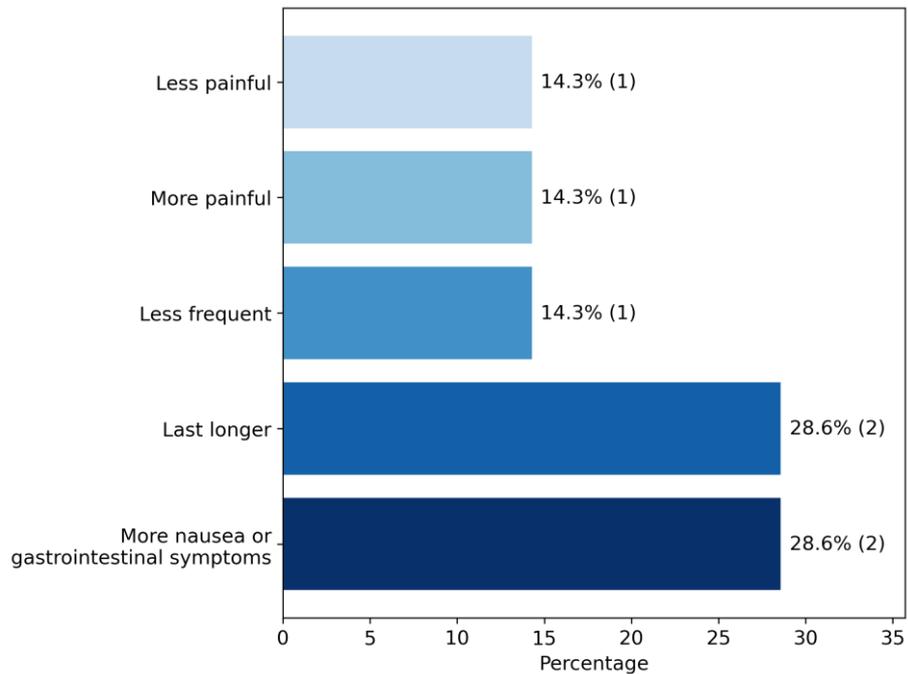
Number of responses: 1

# What trimester of pregnancy are you currently in?



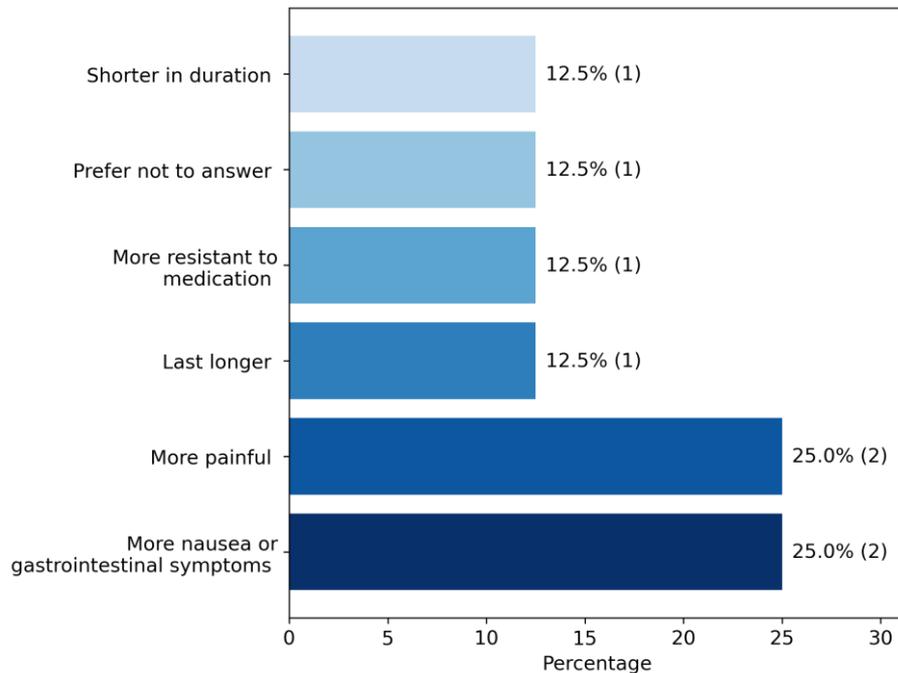
Number of responses: 3

# Have headache attacks changed during this pregnancy?



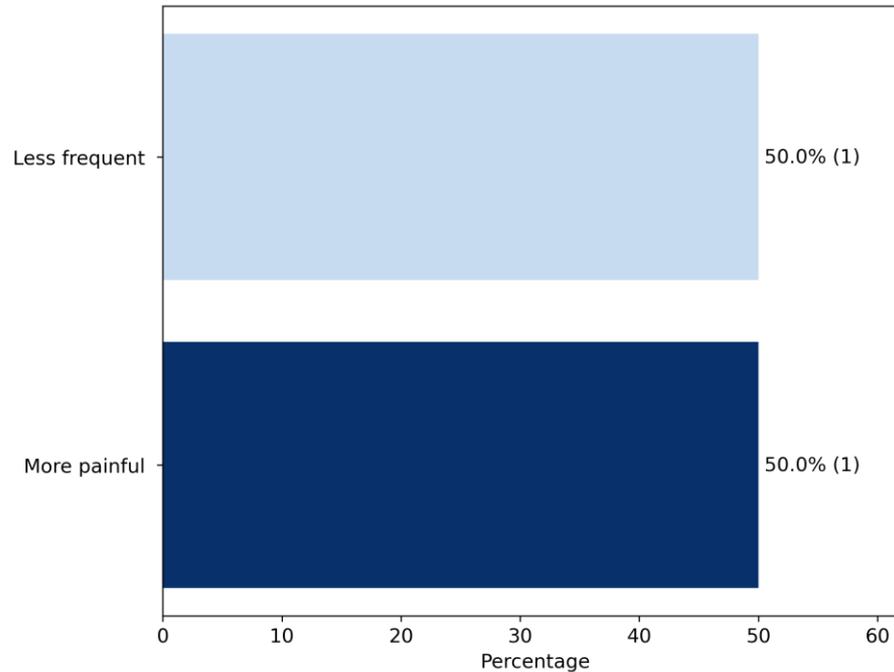
Number of responses: 7 (multiple selection)

# How would you describe your headaches during the first trimester?



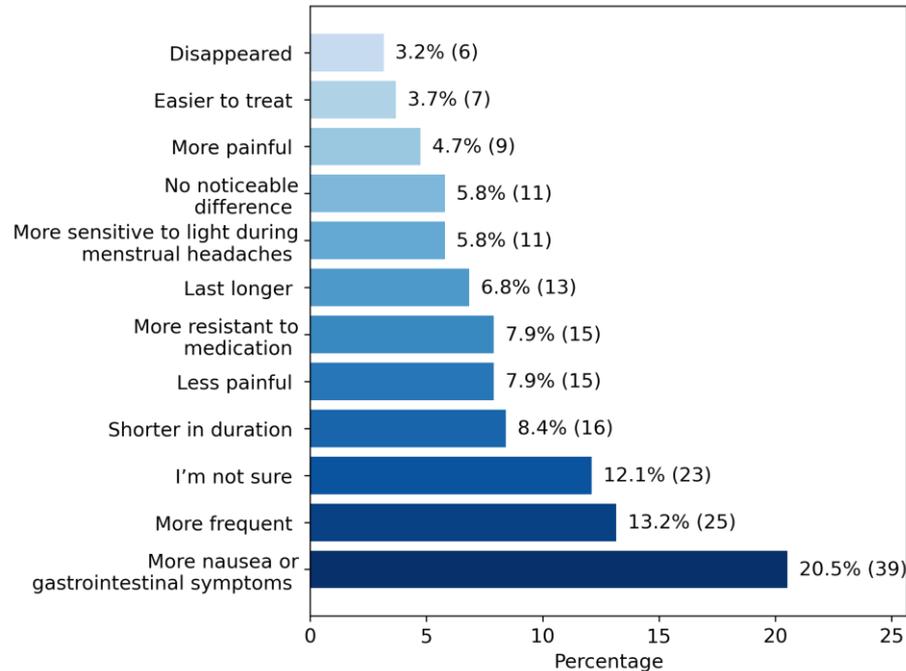
Number of responses: 8 (multiple selection)

# How would you describe your headaches during the second trimester?



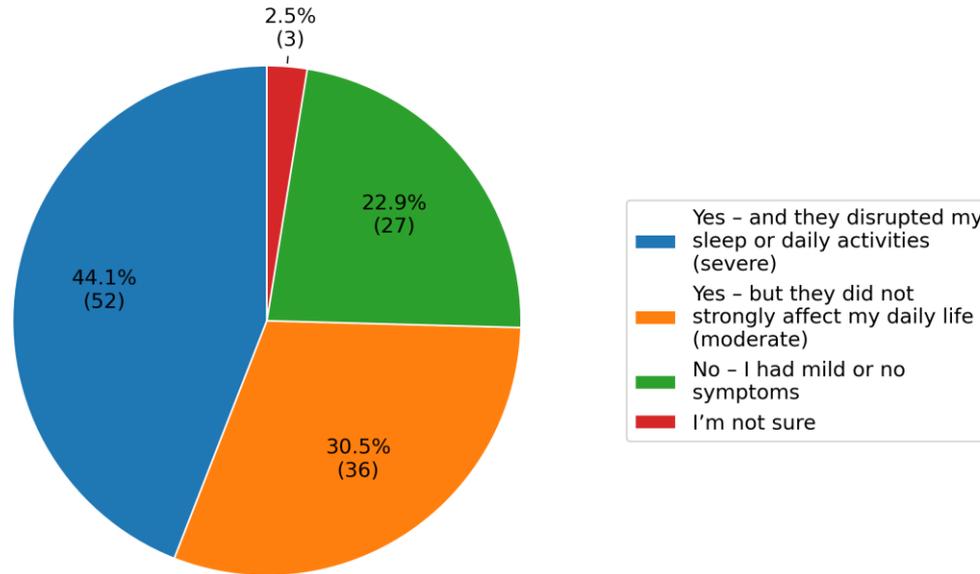
Number of responses: 2 (multiple selection)

# Since your periods stopped, how have headache attacks changed?



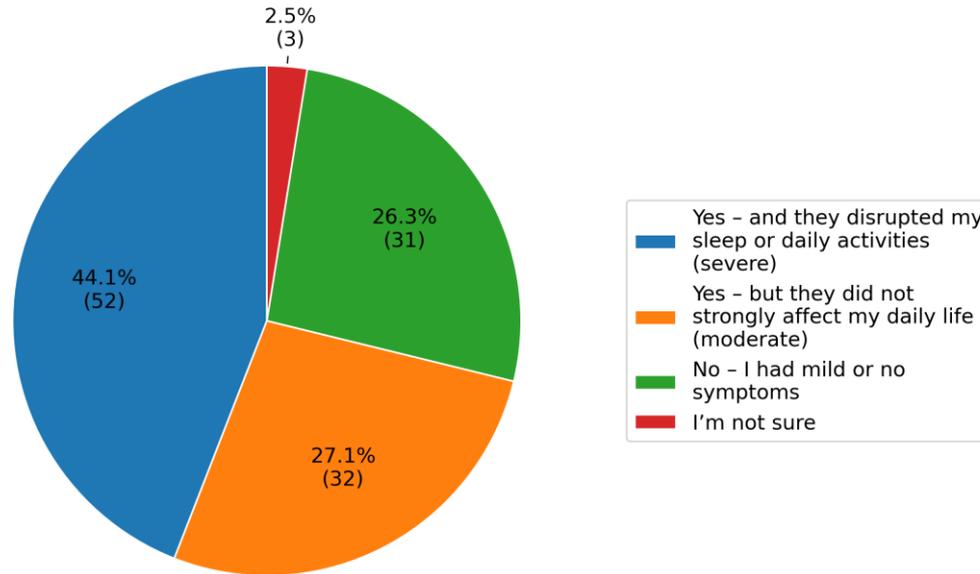
Number of responses: 190 (multiple selection)

# Around the time your periods were stopping (early menopause or menopause), did you have frequent hot flashes that affected your daily life or sleep?



Number of responses: 118

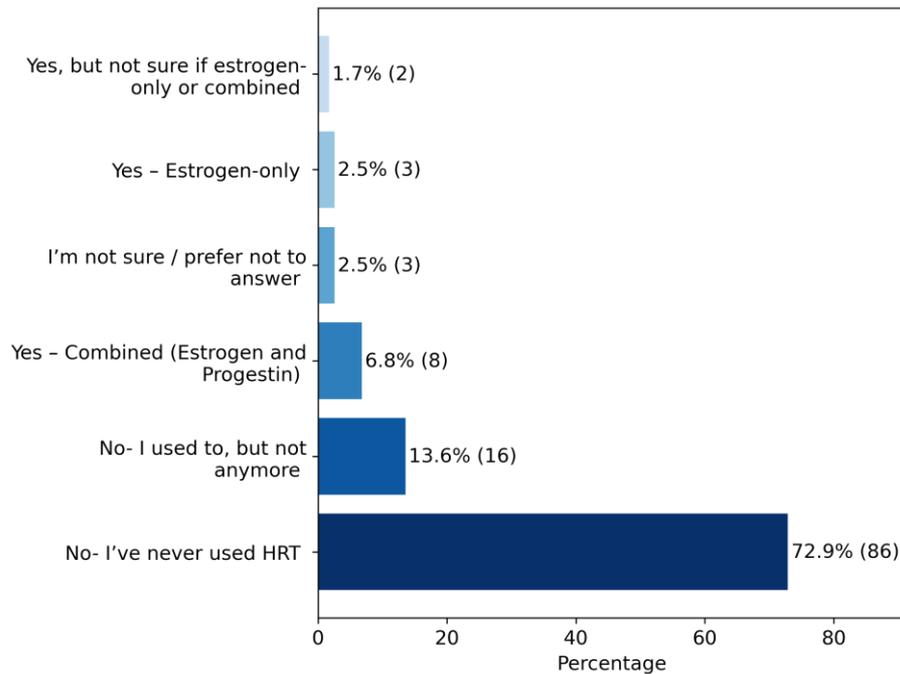
# Around the time your periods were stopping (early menopause or menopause), did you have frequent night sweats that affected your daily life or sleep?



Number of responses: 118

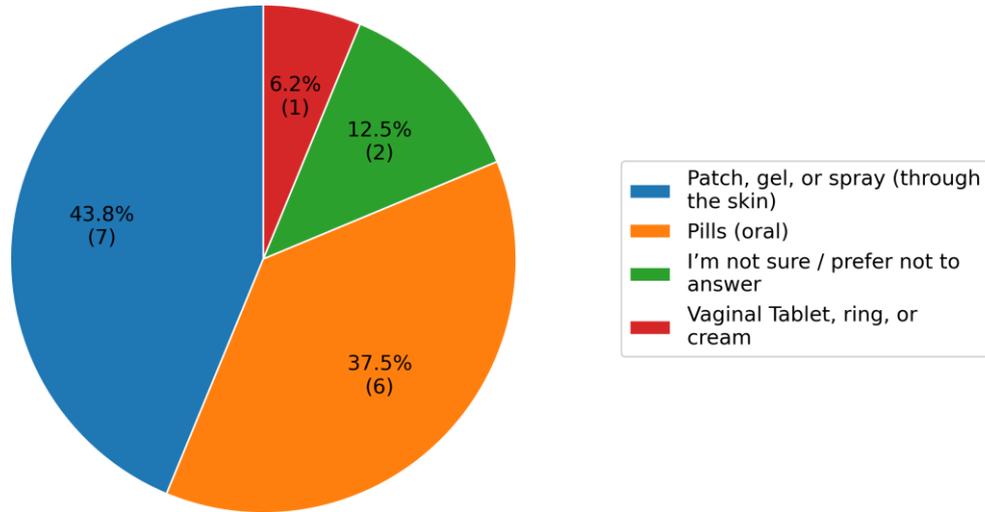
# Are you on HRT?

Abbreviation: HRT (Hormone Replacement Therapy)



Number of responses: 118

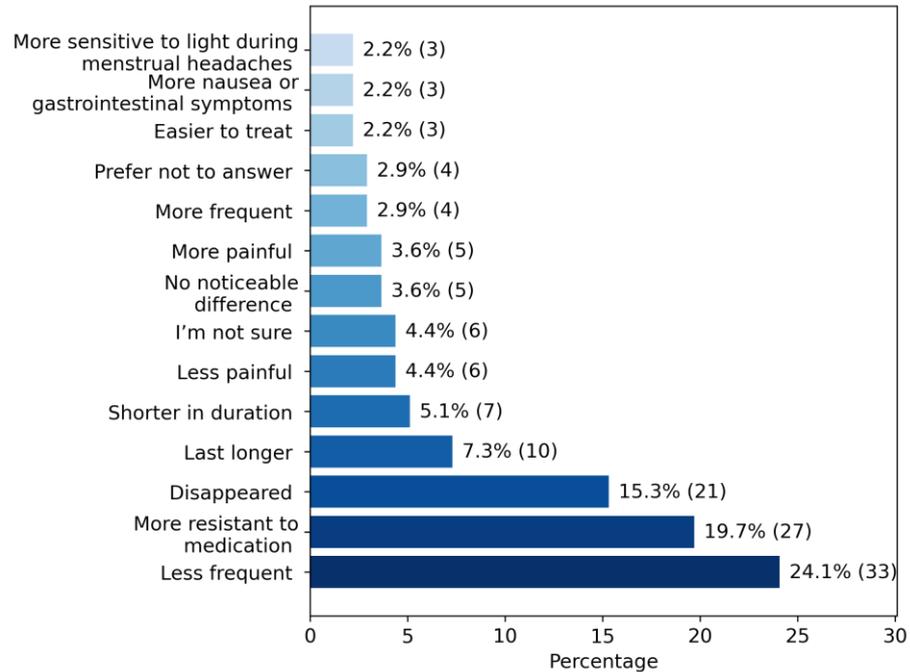
# What types?



Number of responses: 16

# How have headache attacks changed on HRT?

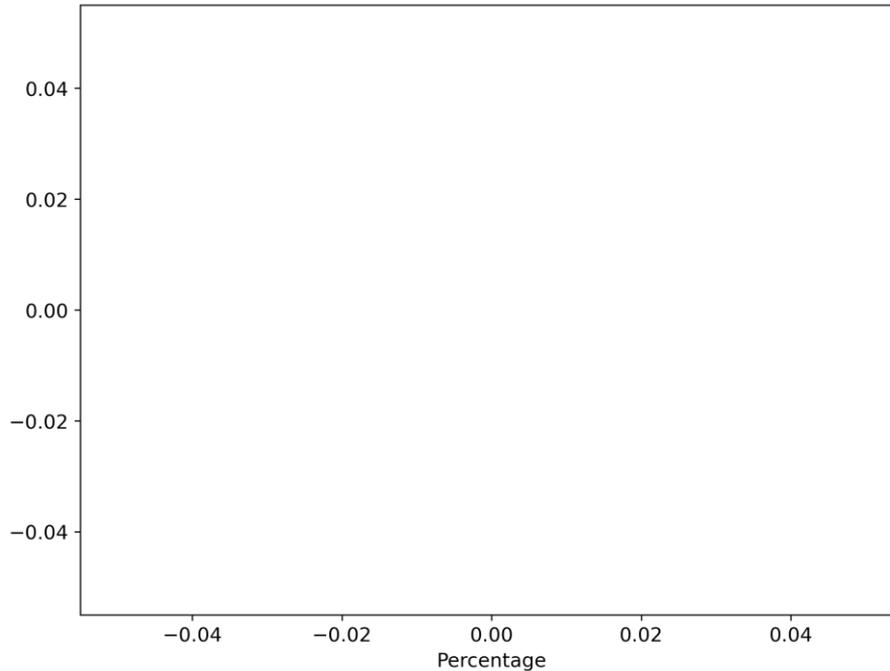
Abbreviation: HRT (Hormone Replacement Therapy)



Number of responses: 137 (multiple selection)

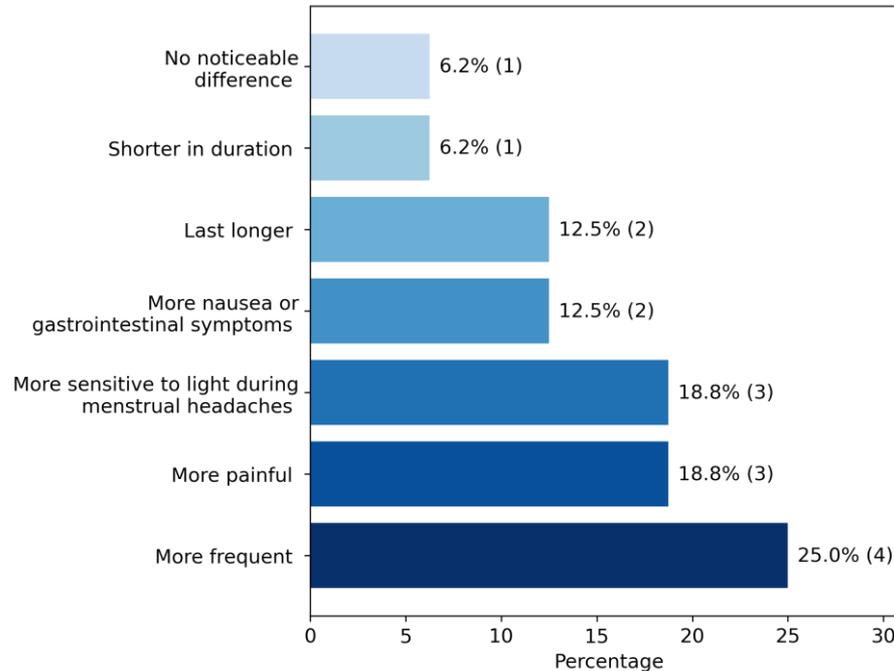
# How has starting testosterone therapy affected your headache attacks?

Disclaimer: No data available for this question



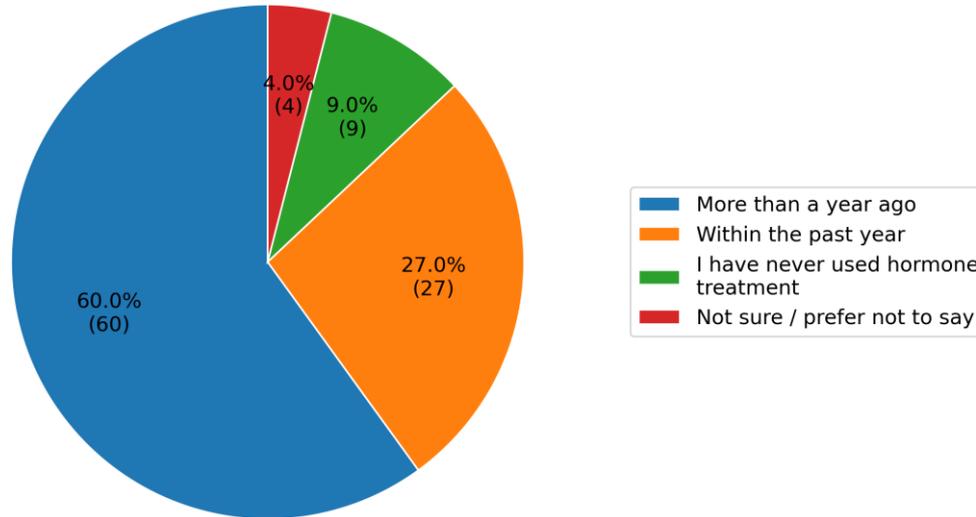
Number of responses: 0 (multiple selection)

# Since starting hormone therapy, how have your headache attacks changed?



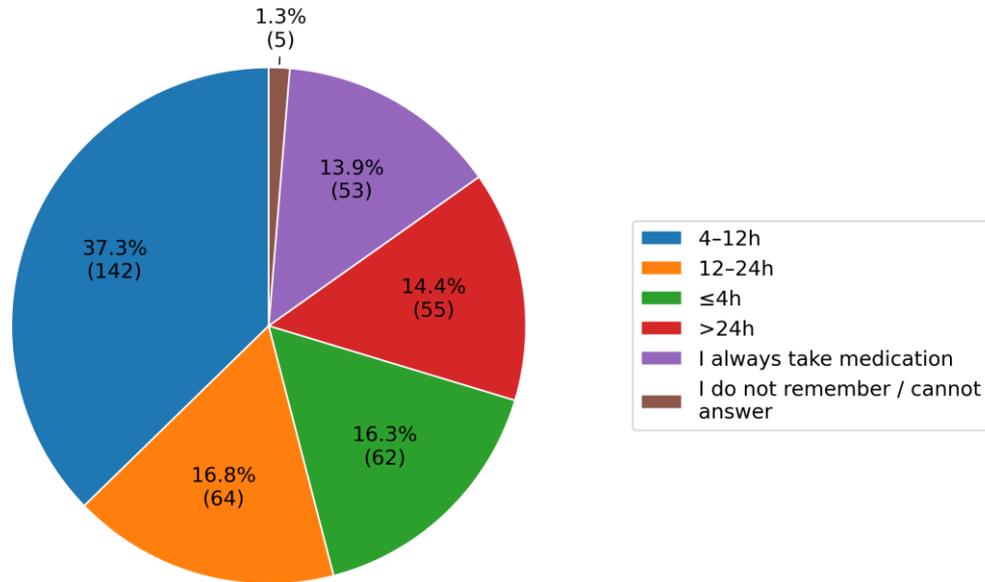
Number of responses: 16 (multiple selection)

# When did you first start using your current form of hormone treatment? (This includes contraceptives, hormone replacement therapy (HRT), or fertility medications.)



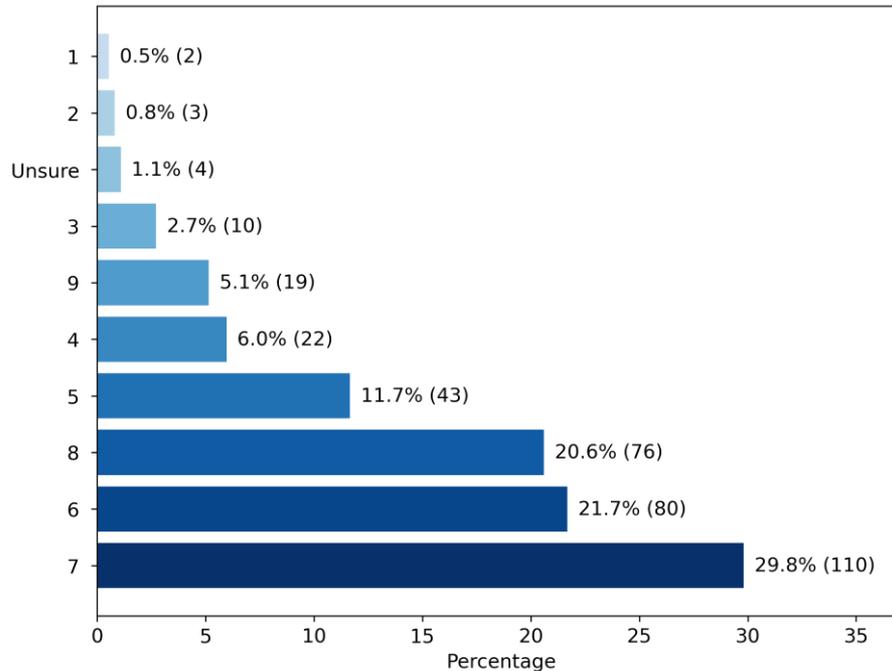
Number of responses: 100

# How many hours/days do your headache attacks typically last without pain medication?



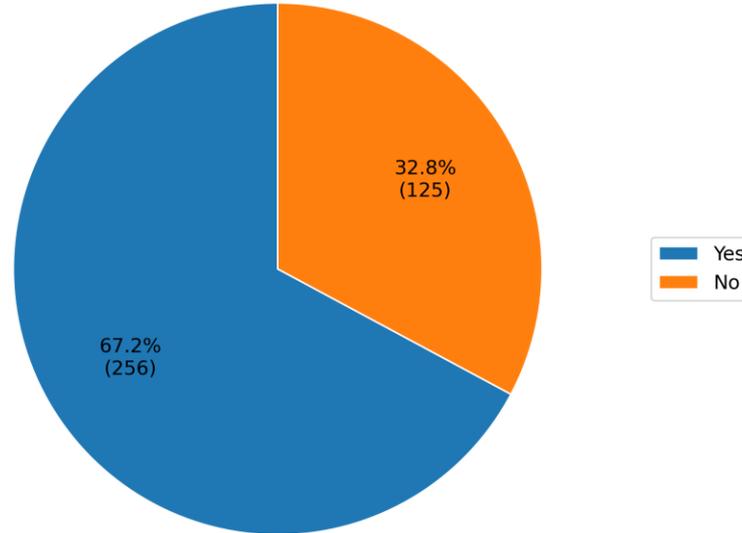
Number of responses: 381

On a scale from 0 to 10, where 0 means no pain and 10 means the worst possible pain, how intense is your headache?



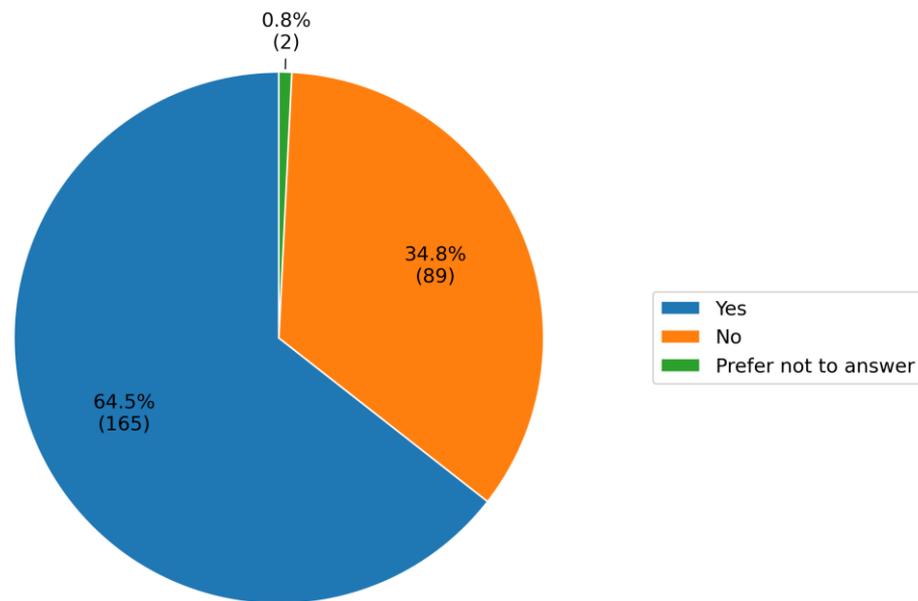
Number of responses: 369

# Has your burden driven you to visit a doctor?



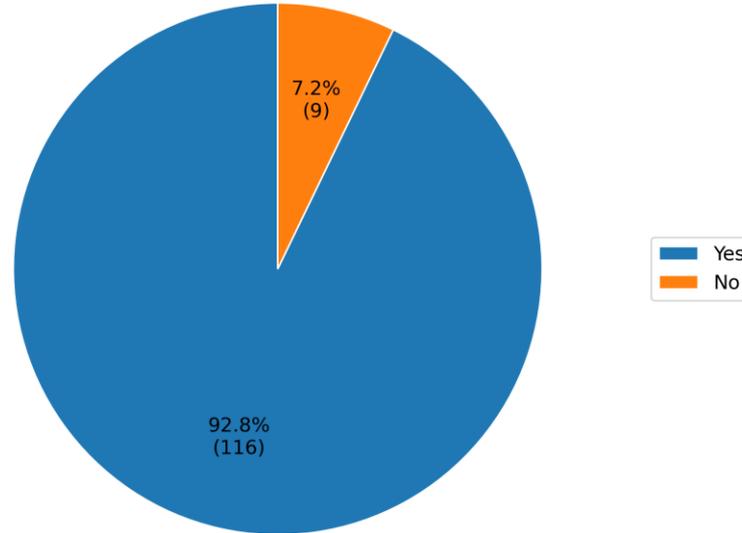
Number of responses: 381

# Did you receive specific treatment for your headache?



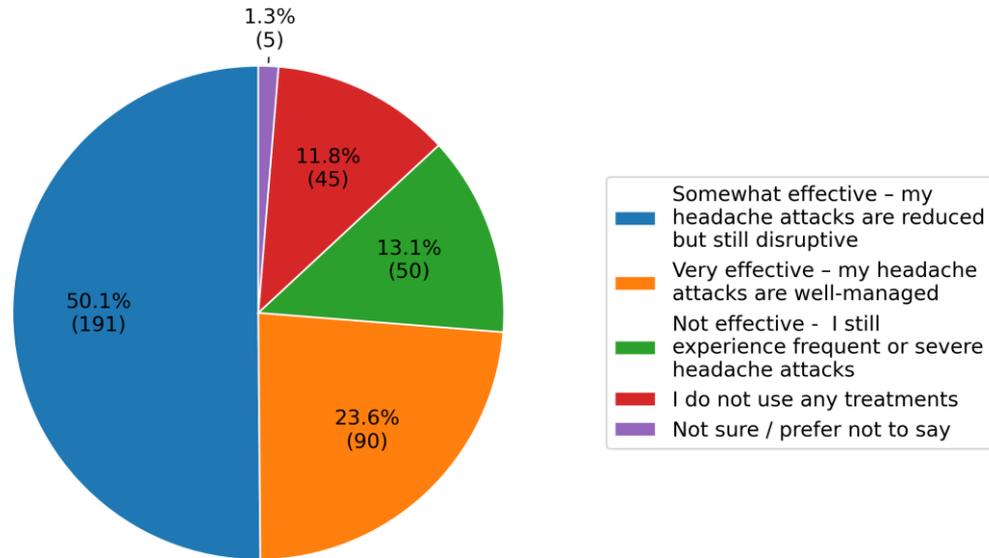
Number of responses: 256

# Are you self-treating your headaches?



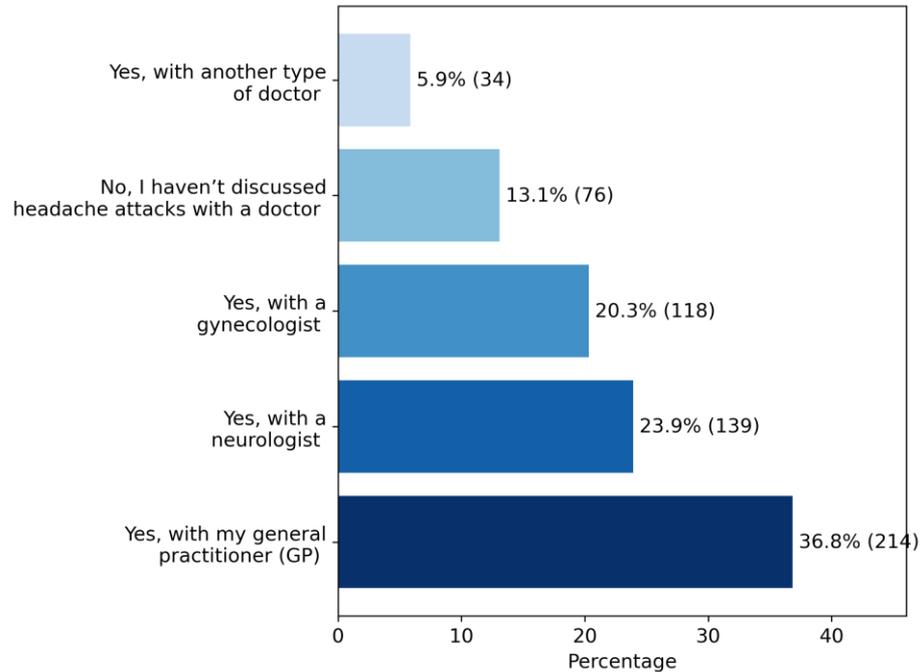
Number of responses: 125

# How effective are treatments?



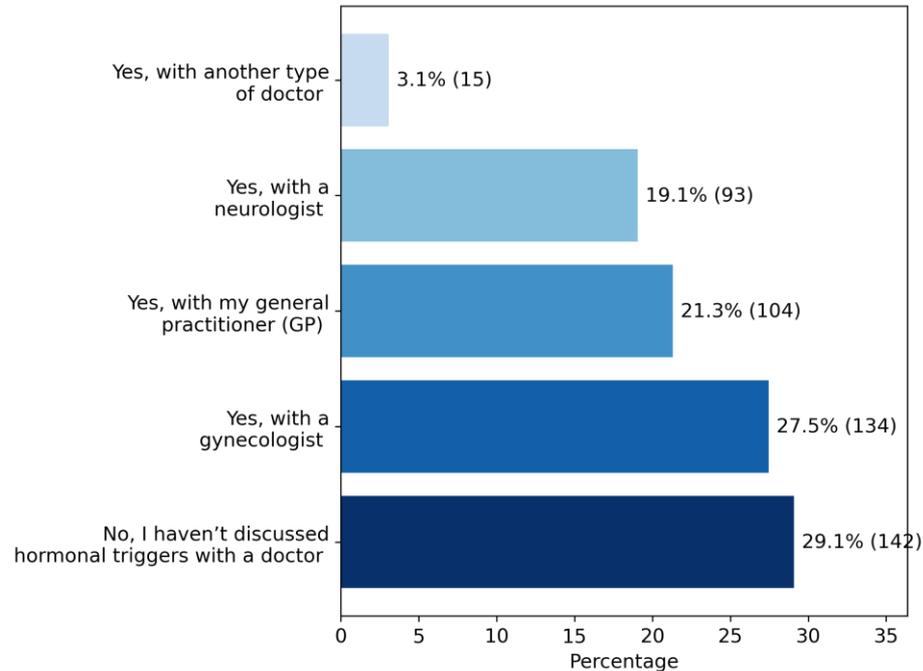
Number of responses: 381

# Have you discussed your headache attacks with any of the following healthcare providers?



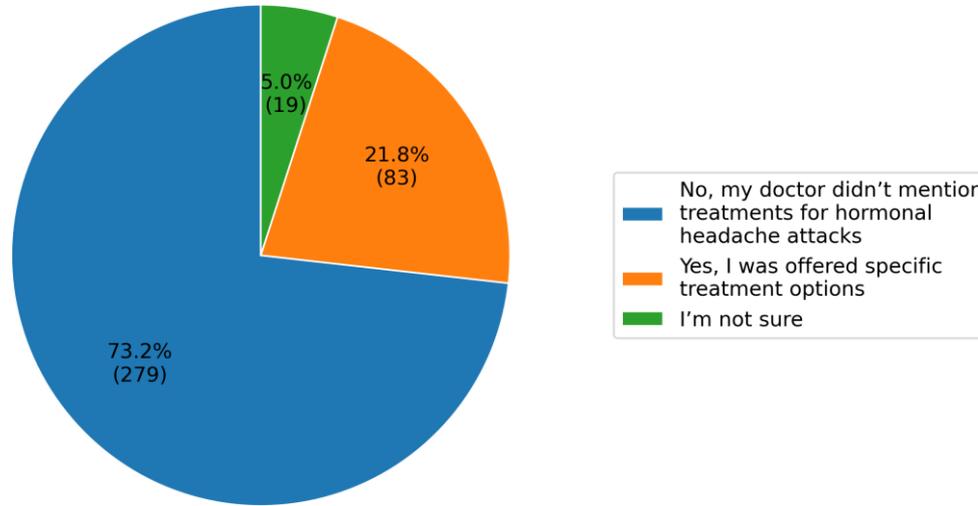
Number of responses: 581 (multiple selection)

# Have you specifically discussed possible hormonal triggers of your headaches with any of the following?



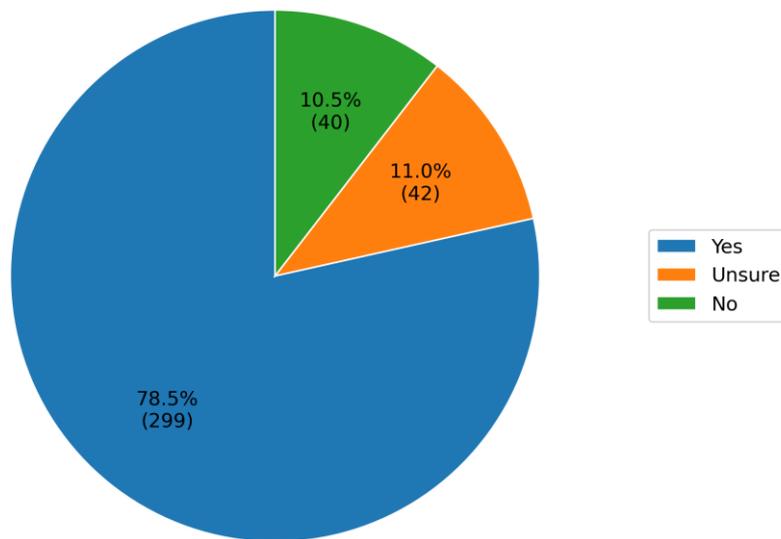
Number of responses: 488 (multiple selection)

# Were you offered tailored treatment for menstrual or menopausal headache attacks?



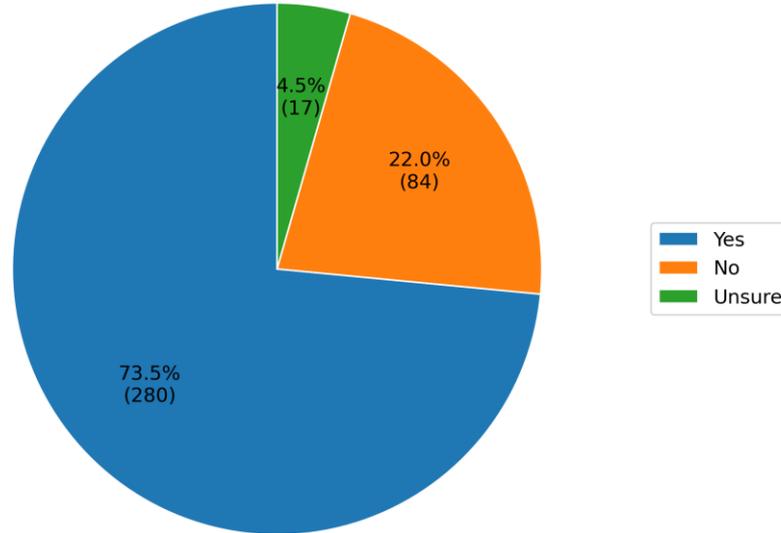
Number of responses: 381

# Would you like more education on hormone-headache attacks links?



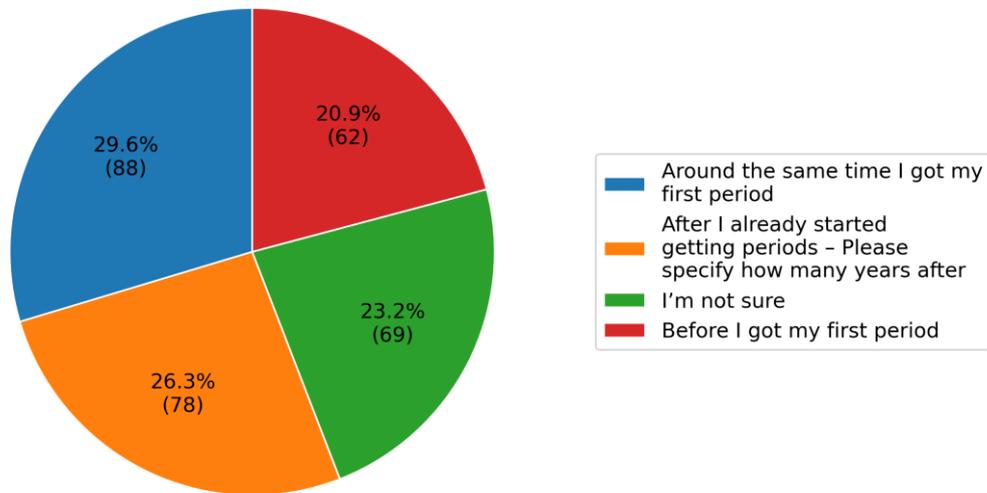
Number of responses: 381

# Would you like to answer a few additional questions about past hormonal stages (menarche, prior pregnancies, etc.)?



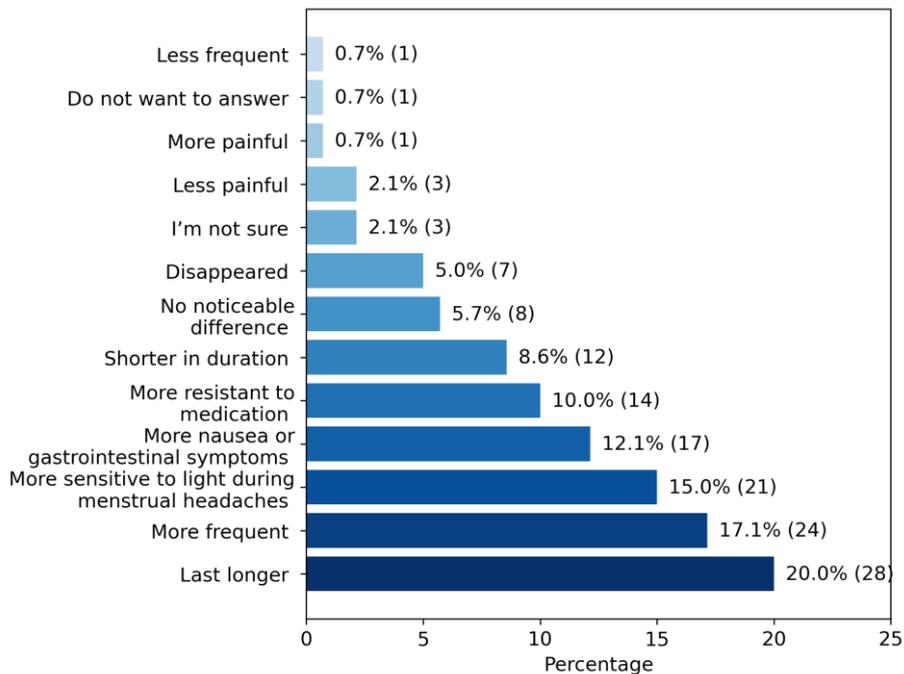
Number of responses: 381

# When did your headaches first begin?



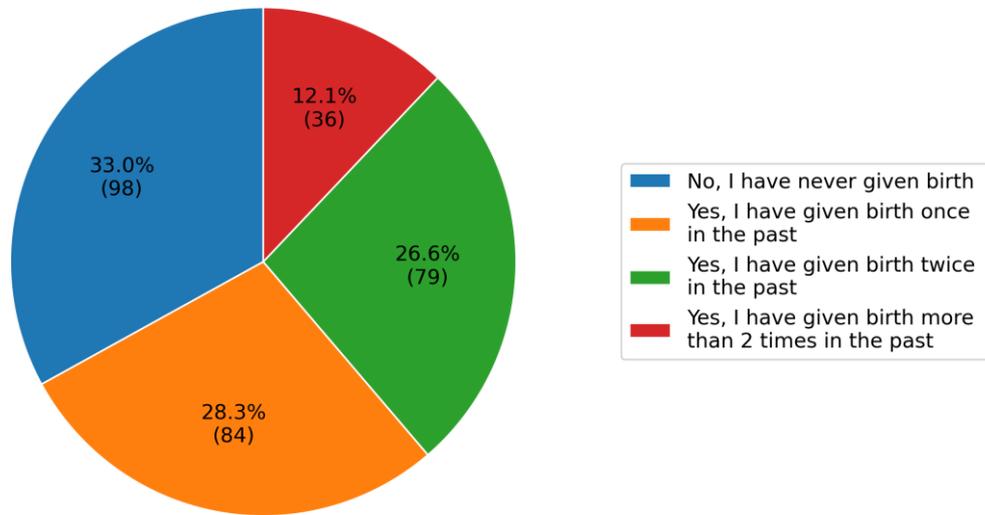
Number of responses: 297

# How did your headache attacks change around the time you began having periods?



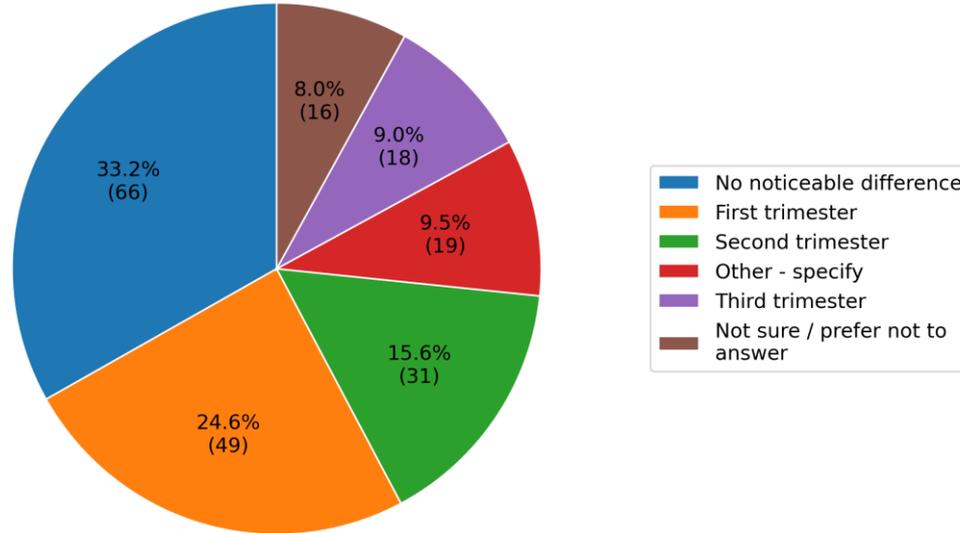
Number of responses: 140 (multiple selection)

# Have you given birth in the past?



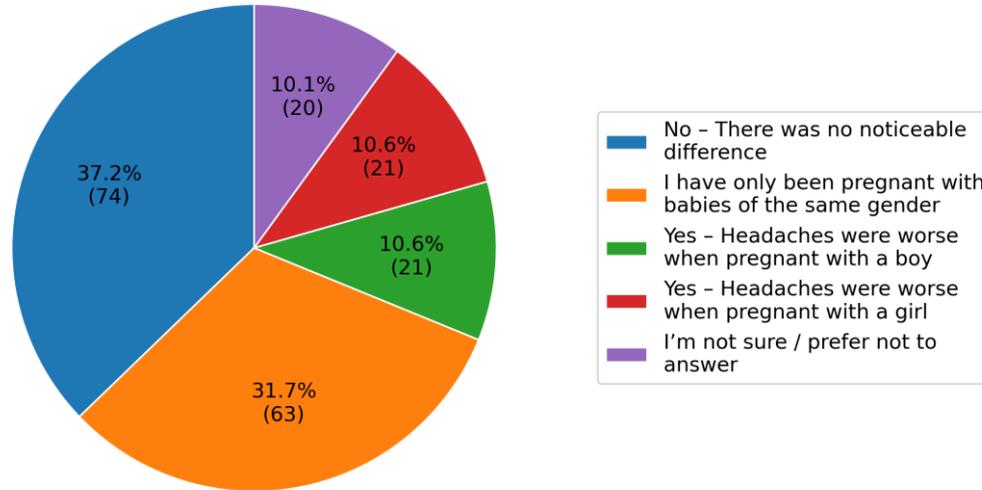
Number of responses: 297

# Which pregnancy has been the most difficult for headache attacks?



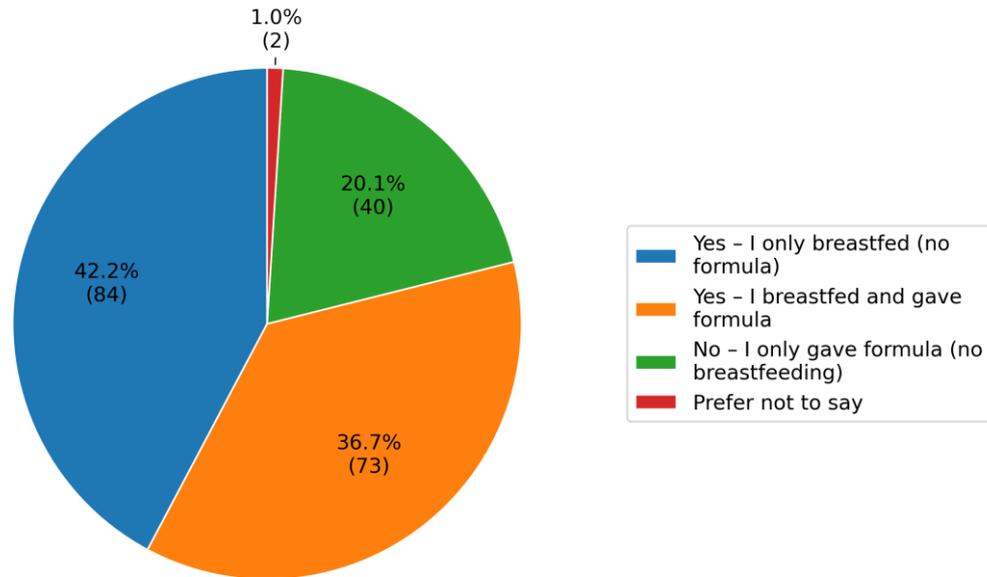
Number of responses: 199

# If you've been pregnant with babies of different sexes, did you notice any difference in your headache or migraine attacks based on the baby's sex?



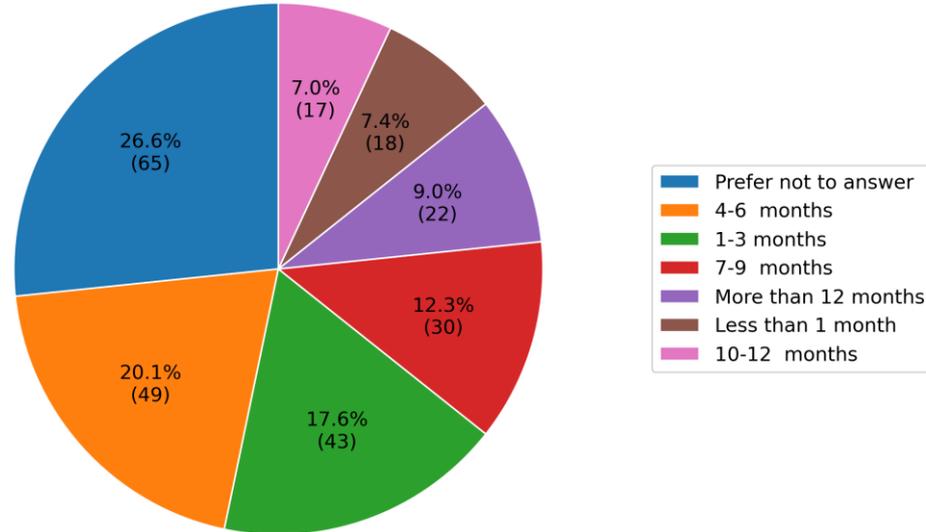
Number of responses: 199

# For your most recent pregnancy, did you breastfeed?



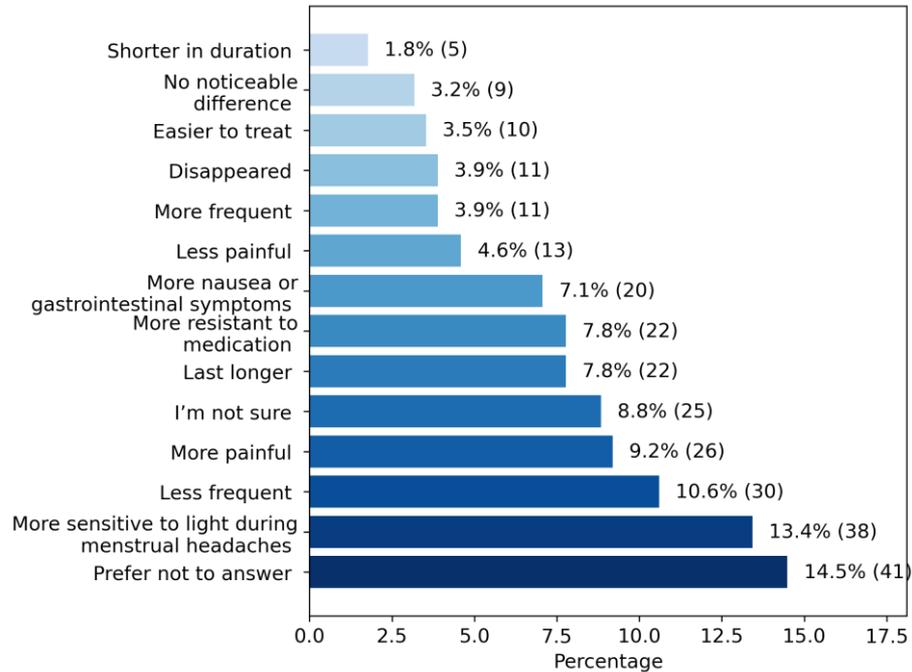
Number of responses: 199

# For your most recent pregnancy, how long did you breastfeed for?



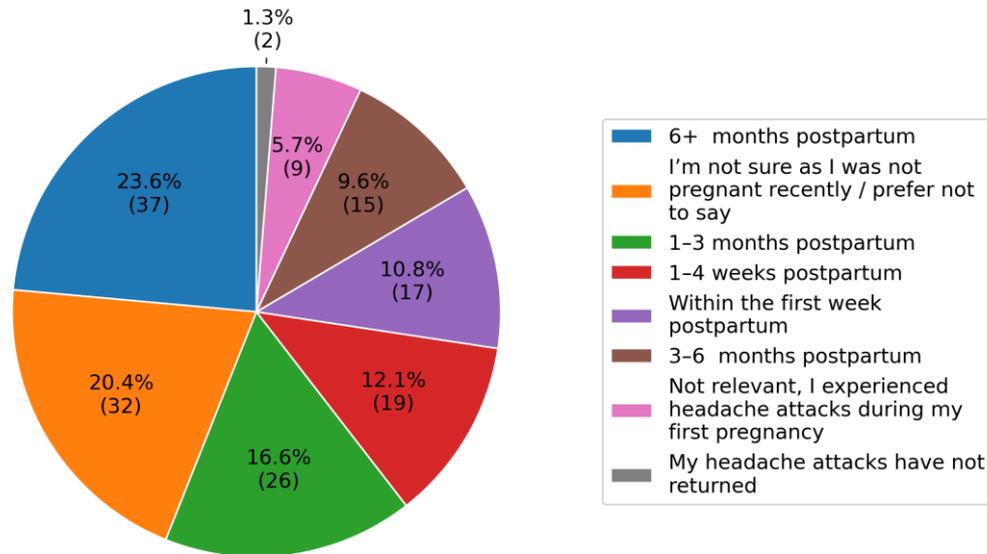
Number of responses: 244

# For your most recent pregnancy, how did headache attacks change during your breastfeeding months?



Number of responses: 283 (multiple selection)

# For your most recent pregnancy, how long postpartum did headache attacks return?



Number of responses: 157