

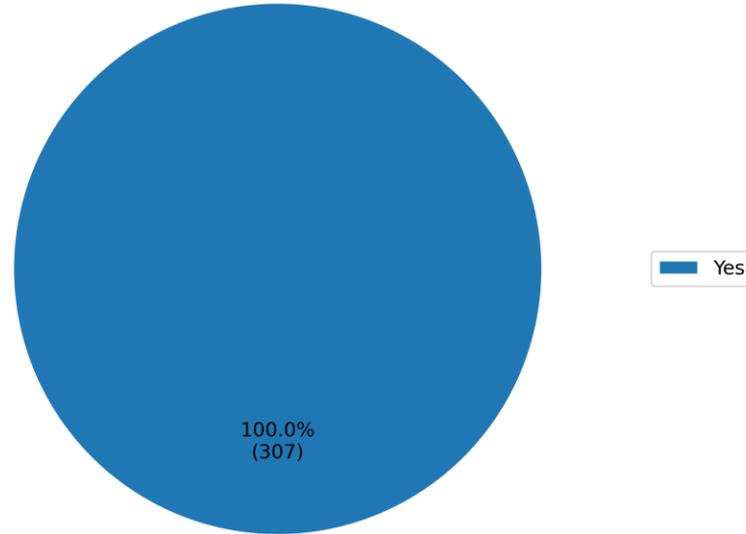
EMHA Migraine in Women Survey

Analysis Report of Poland
Number of respondents: 307



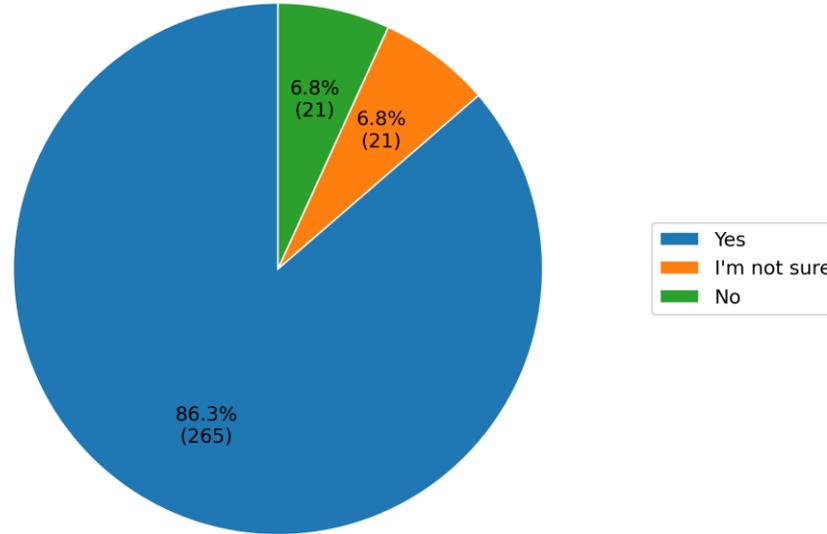
This report presents a strictly analytical overview of the national data. For detailed interpretation, context, and methodological explanations, please consult the European report.

Do you have headaches?



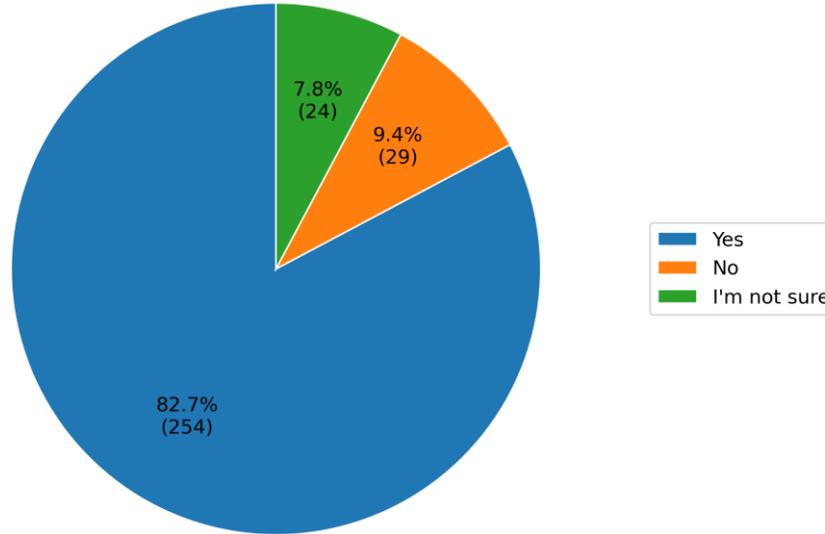
Number of responses: 307

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



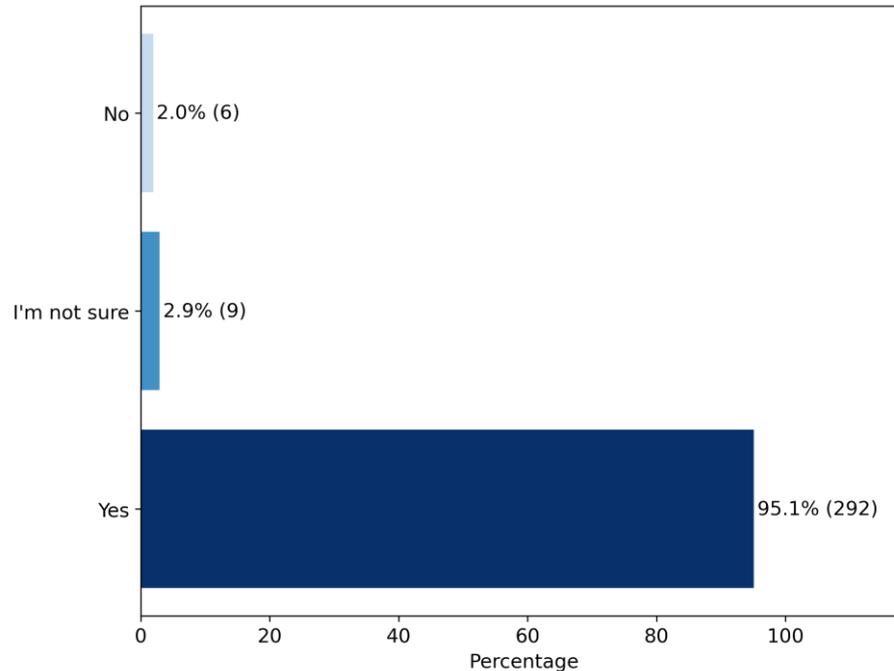
Number of responses: 307

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



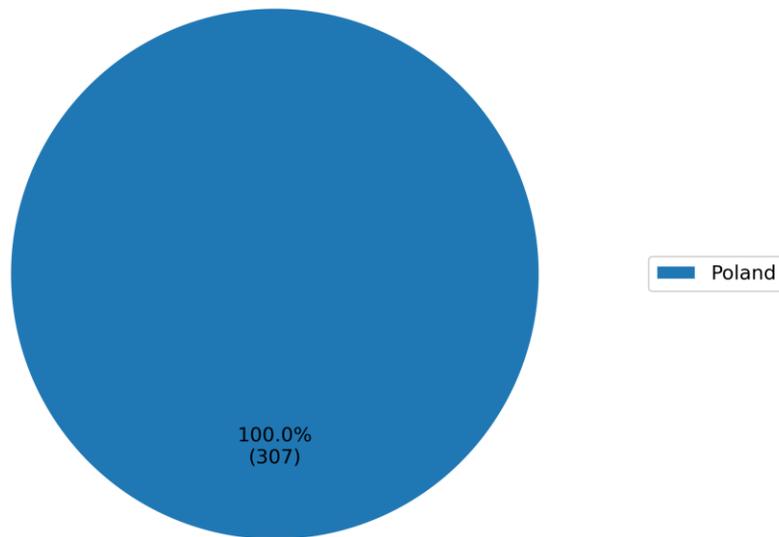
Number of responses: 307

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



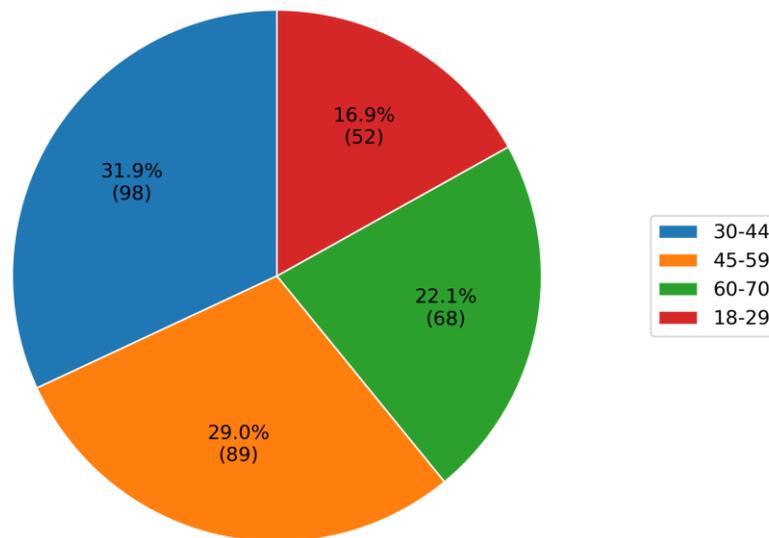
Number of responses: 307

What country do you currently live in?



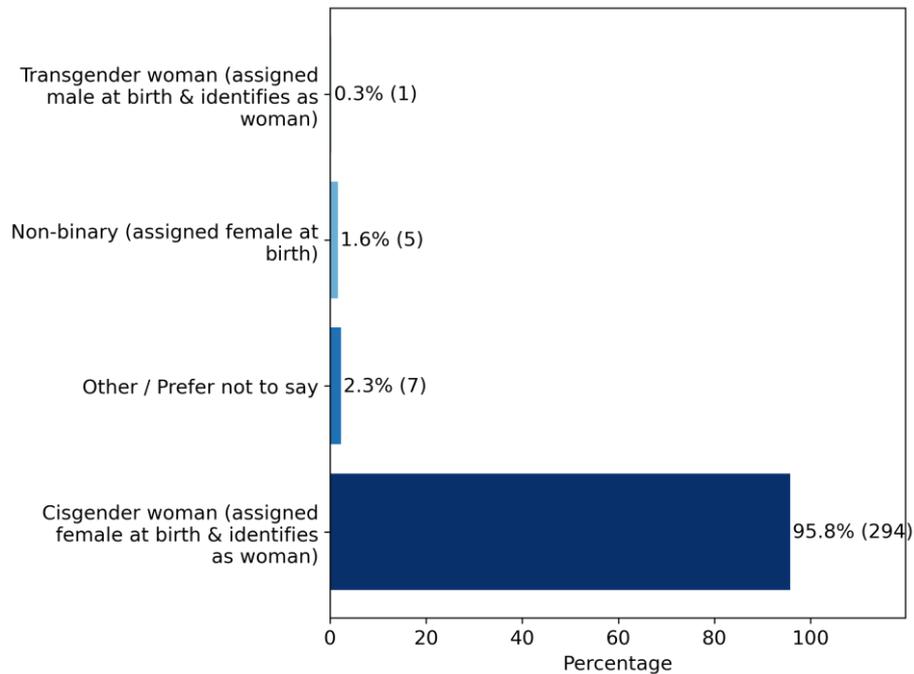
Number of responses: 307

What is your age?



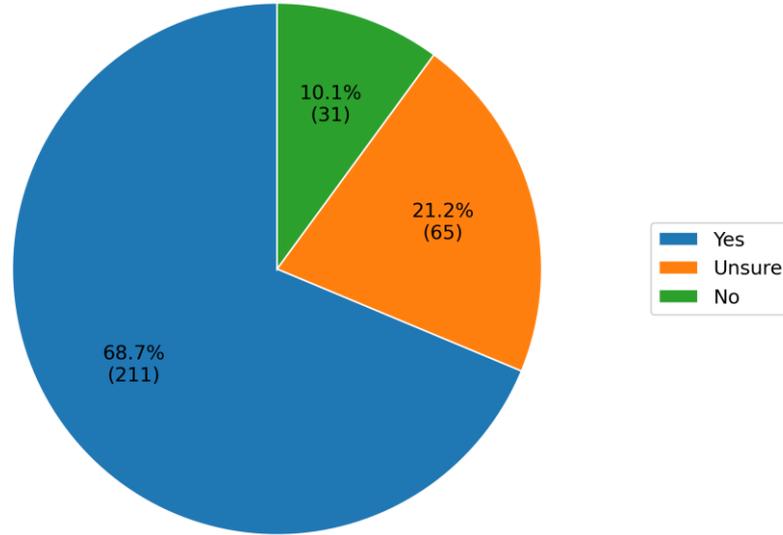
Number of responses: 307

What is your gender identity?



Number of responses: 307

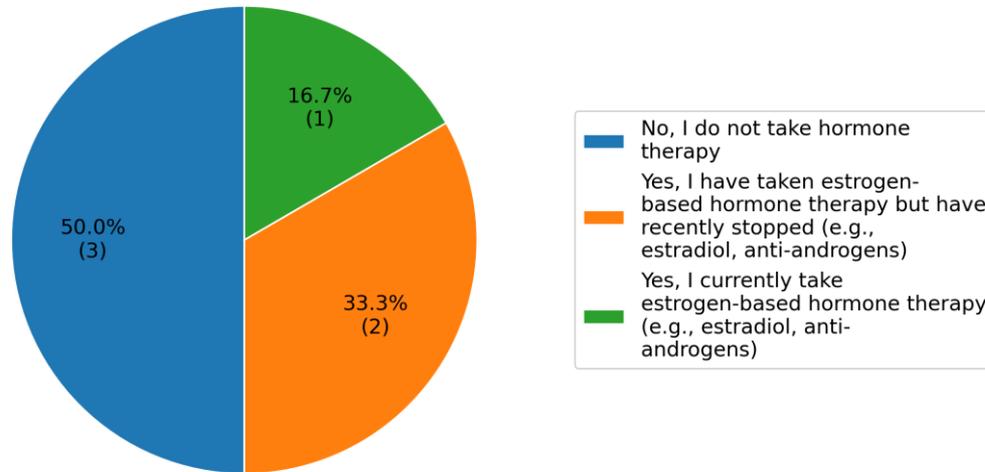
Do you have a family history of migraine / headache attacks?



Number of responses: 307

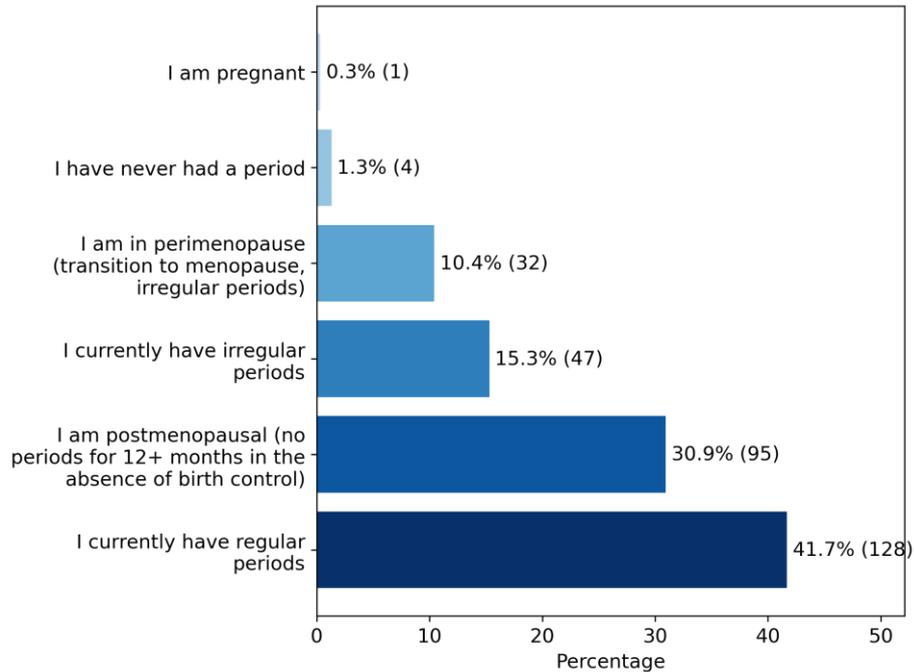
Are you currently on hormone therapy (such as estrogen or testosterone)?

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



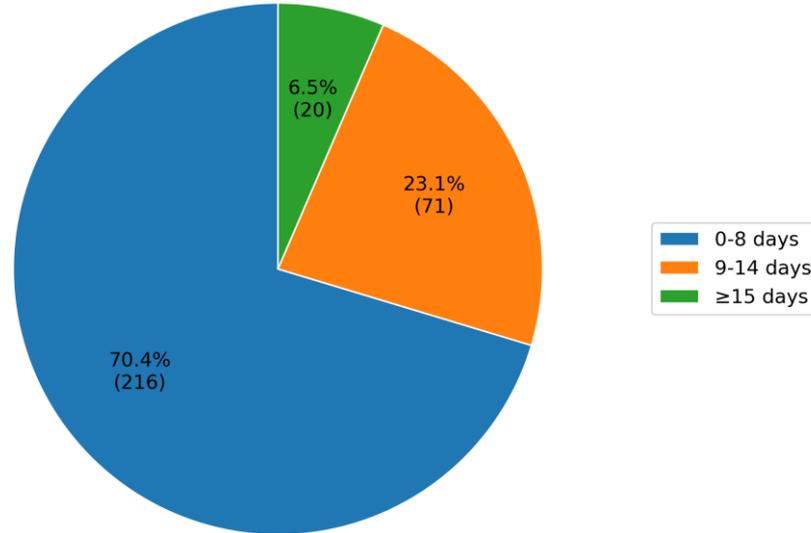
Number of responses: 6

What is your current hormonal stage?



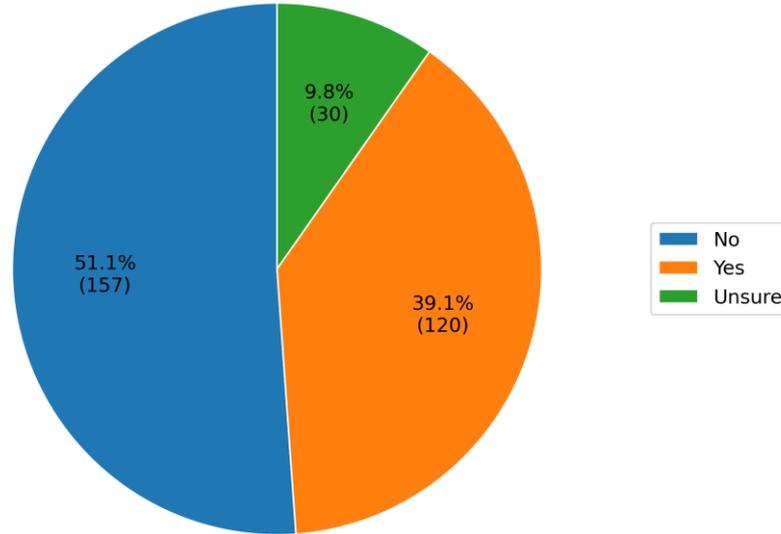
Number of responses: 307

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



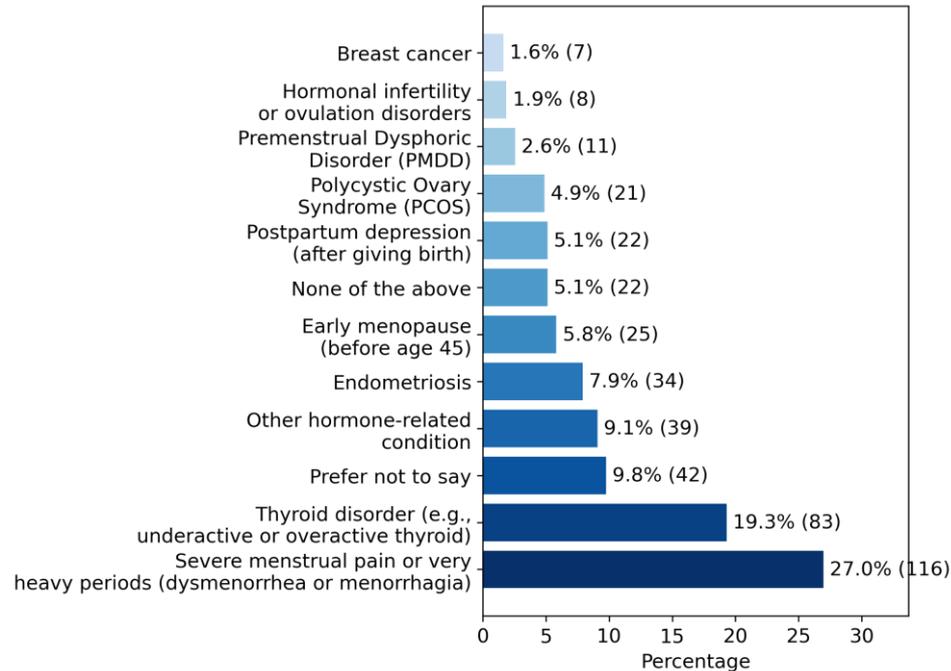
Number of responses: 307

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



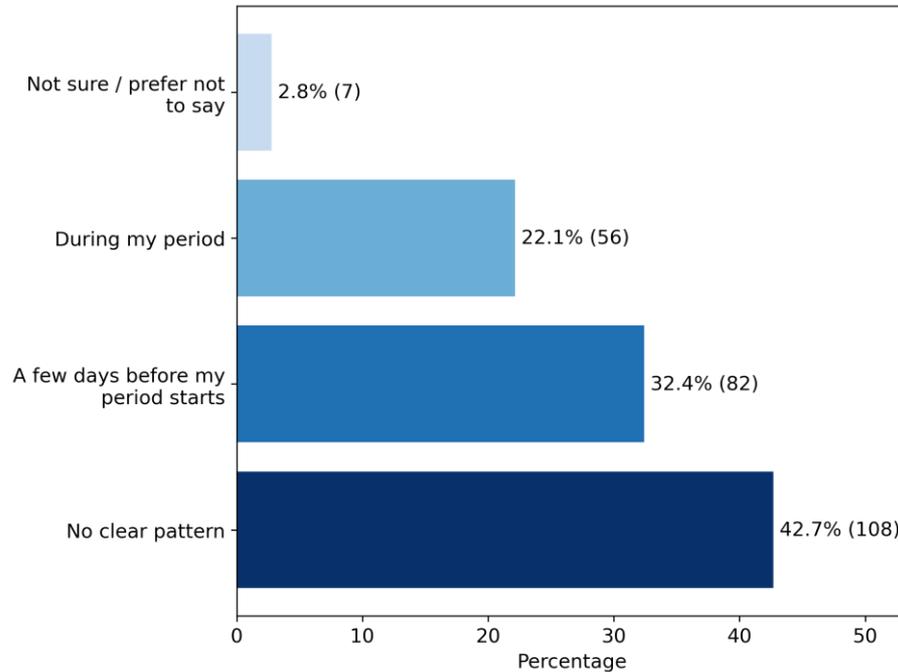
Number of responses: 307

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



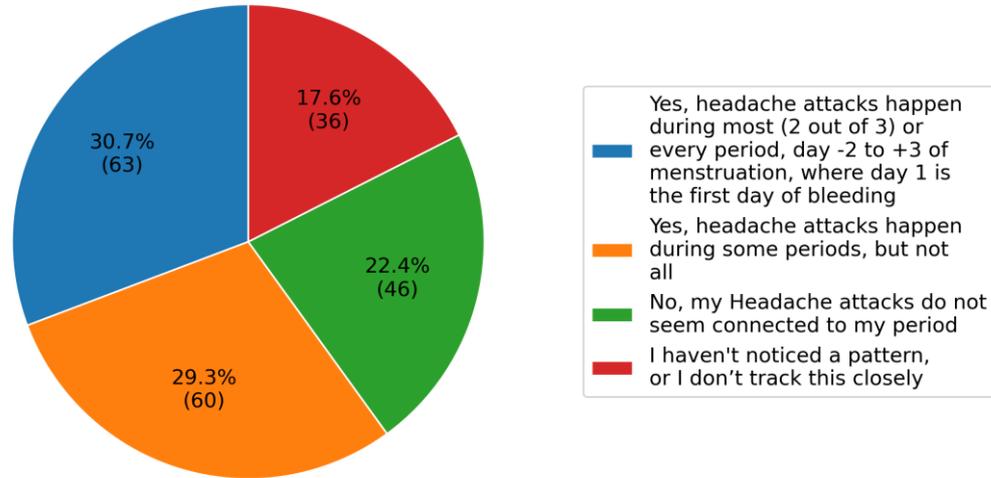
Number of responses: 430 (multiple selection)

When do you typically experience headache attacks in your cycle?



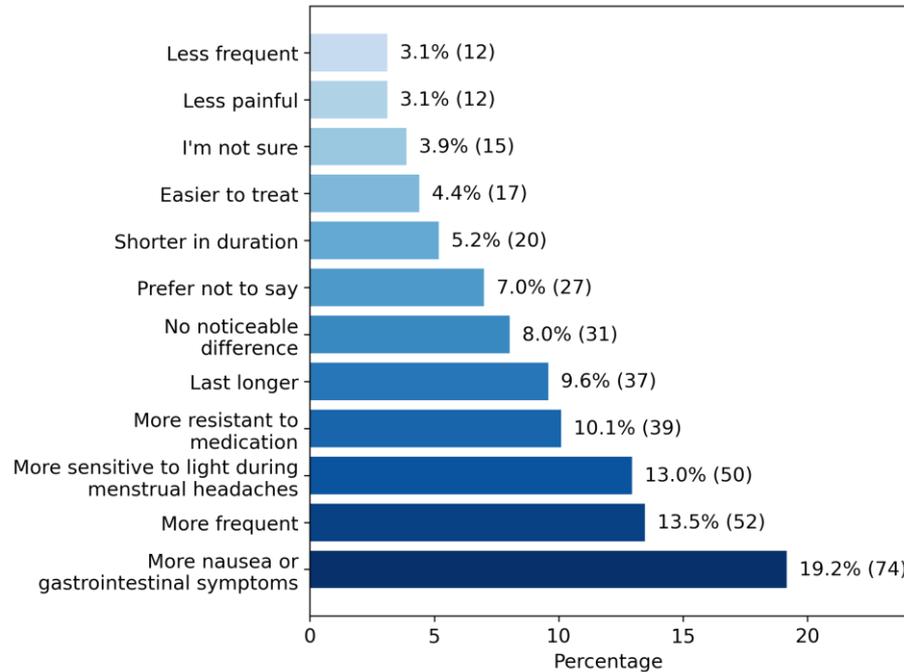
Number of responses: 253 (multiple selection)

Do your headache attacks seem linked to your period?



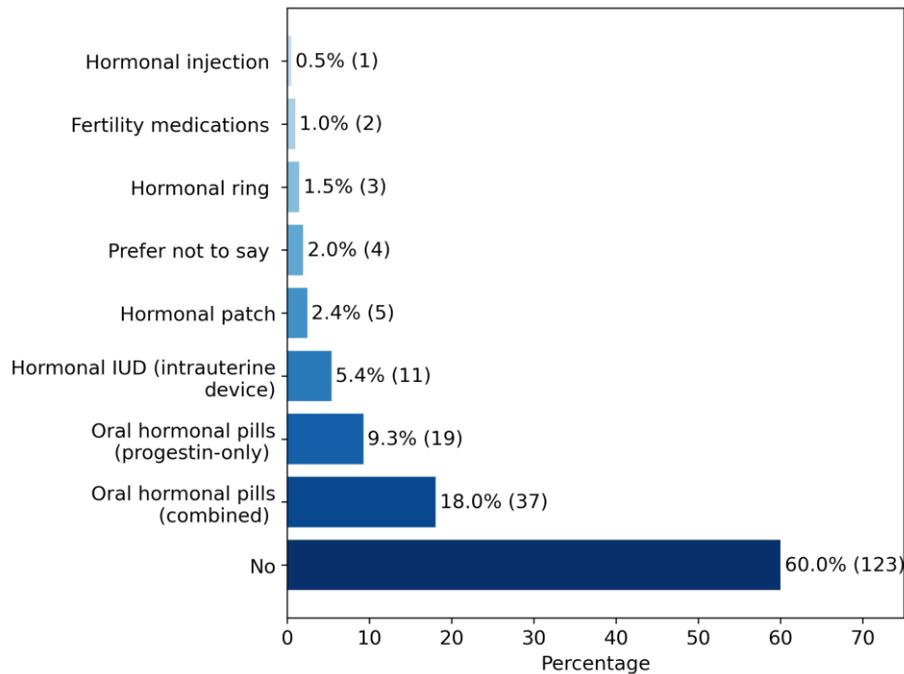
Number of responses: 205

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



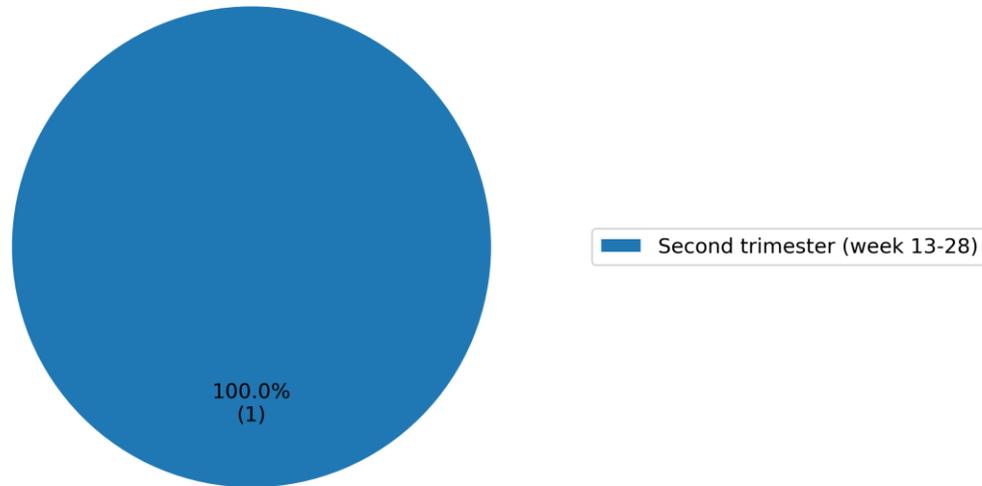
Number of responses: 386 (multiple selection)

Do you use hormonal treatment?



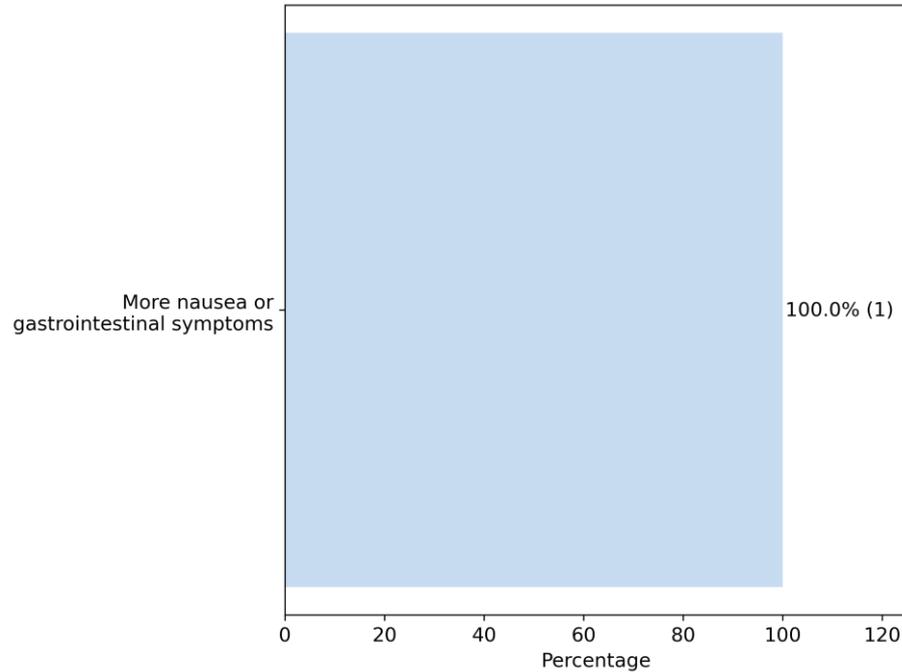
Number of responses: 205

What trimester of pregnancy are you currently in?



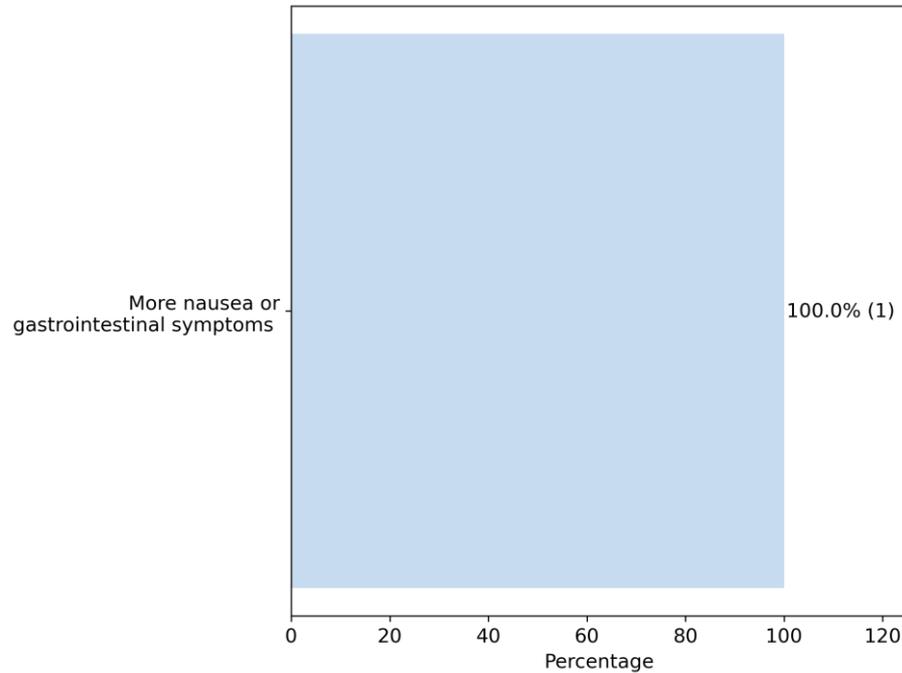
Number of responses: 1

Have headache attacks changed during this pregnancy?



Number of responses: 1 (multiple selection)

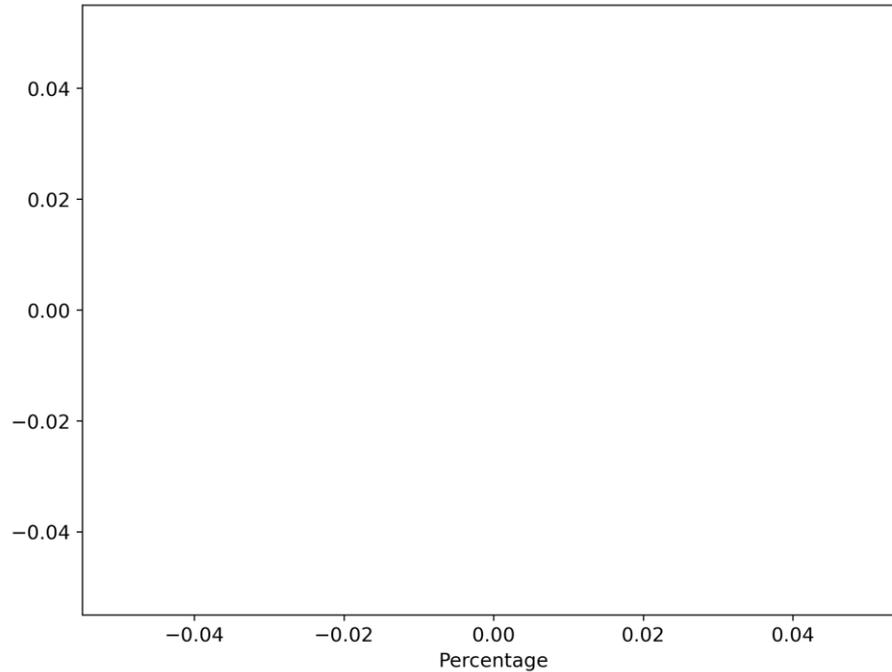
How would you describe your headaches during the first trimester?



Number of responses: 1 (multiple selection)

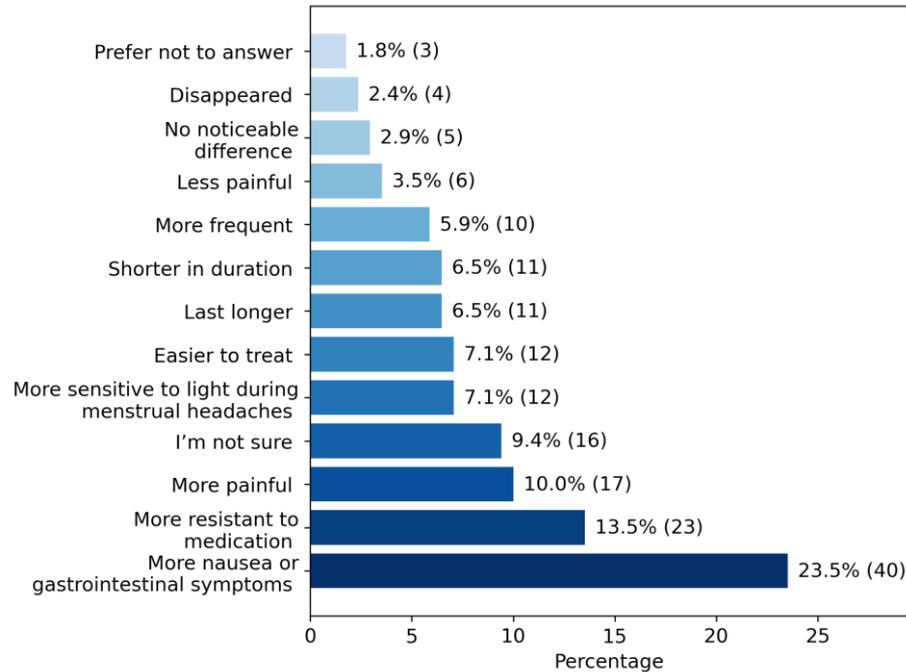
How would you describe your headaches during the second trimester?

Disclaimer: No data available for this question



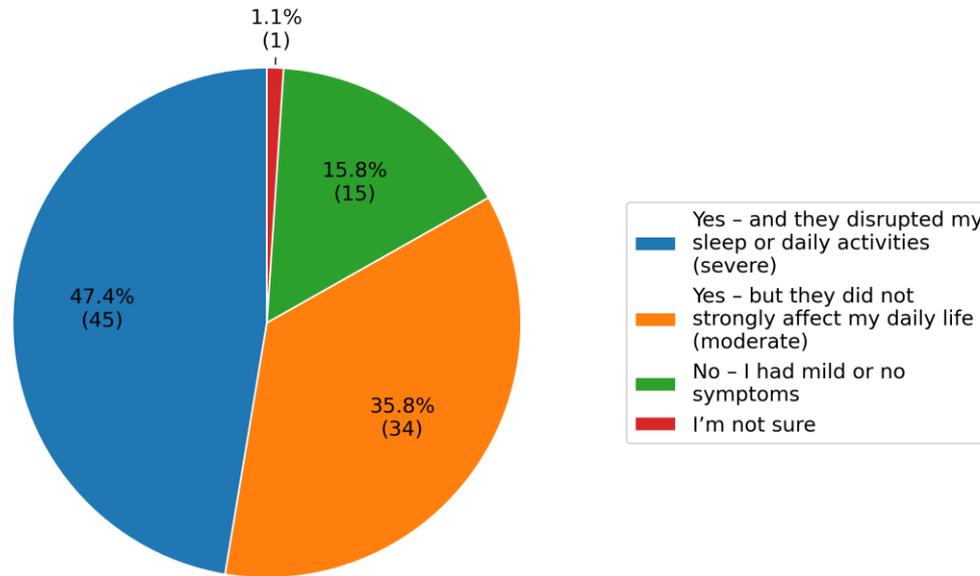
Number of responses: 0 (multiple selection)

Since your periods stopped, how have headache attacks changed?



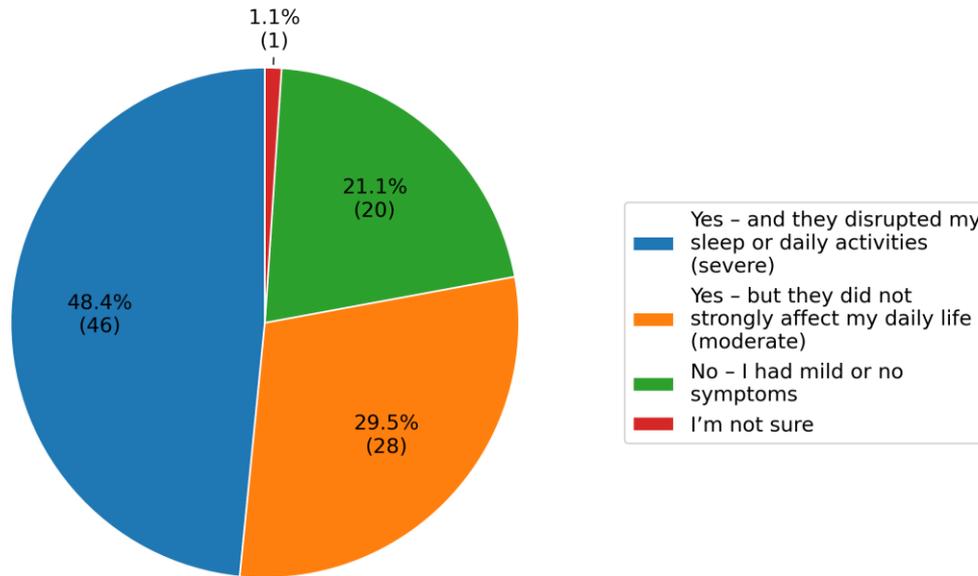
Number of responses: 170 (multiple selection)

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: 95

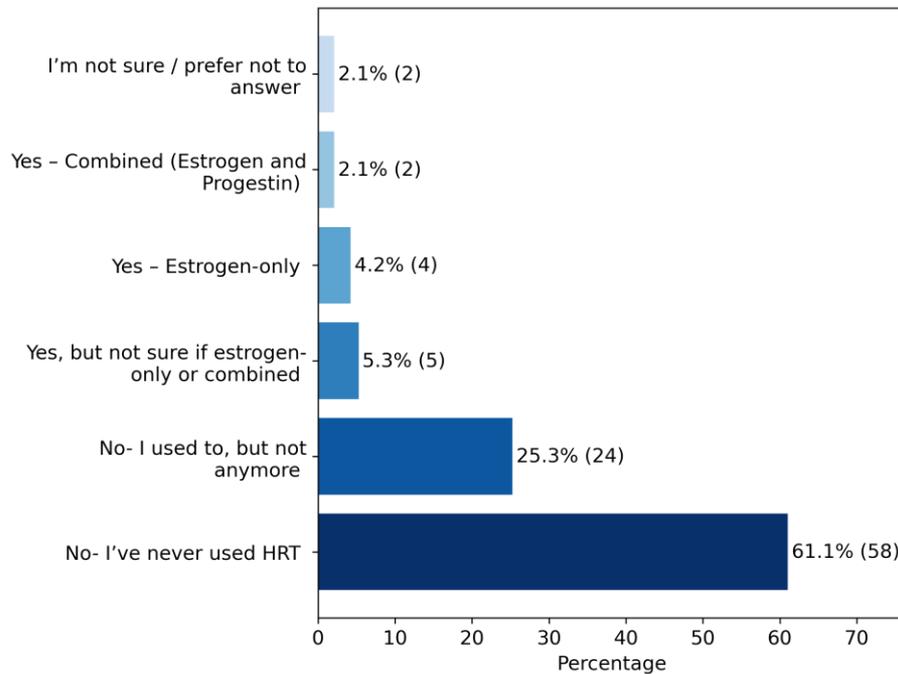
Around the time your periods were stopping (early menopause or menopause), did you have frequent night sweats that affected your daily life or sleep?



Number of responses: 95

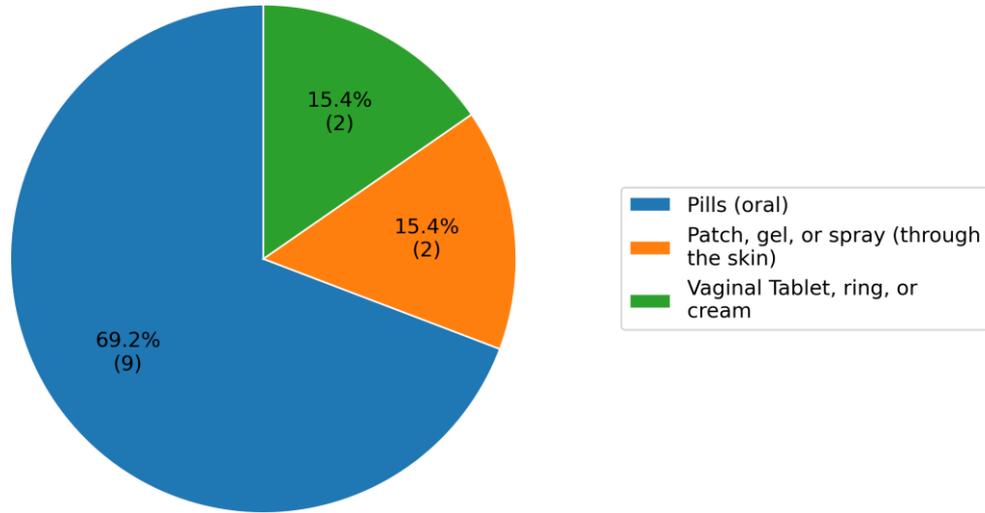
Are you on HRT?

Abbreviation: HRT (Hormone Replacement Therapy)



Number of responses: 95

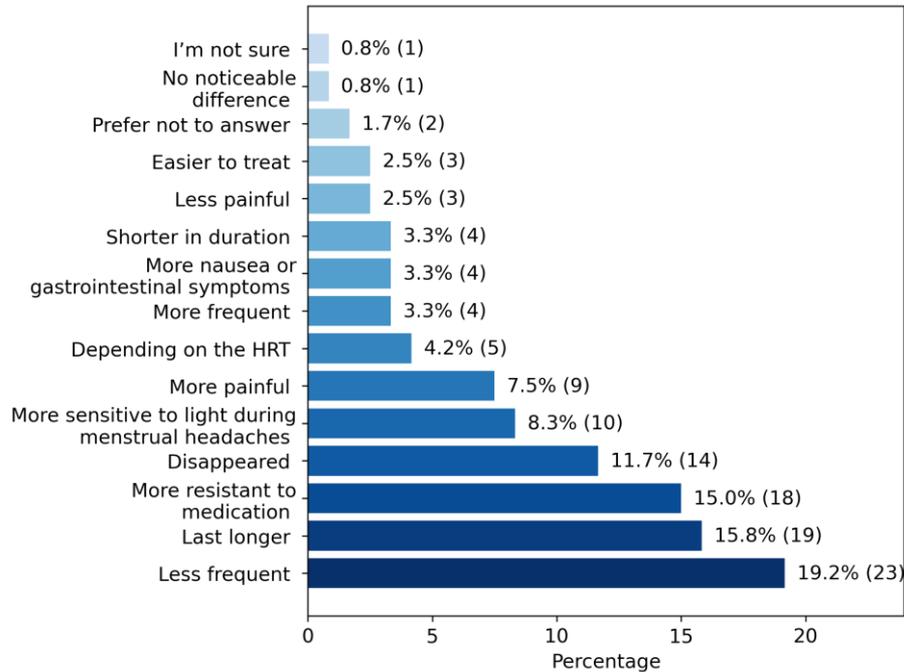
What types?



Number of responses: 13

How have headache attacks changed on HRT?

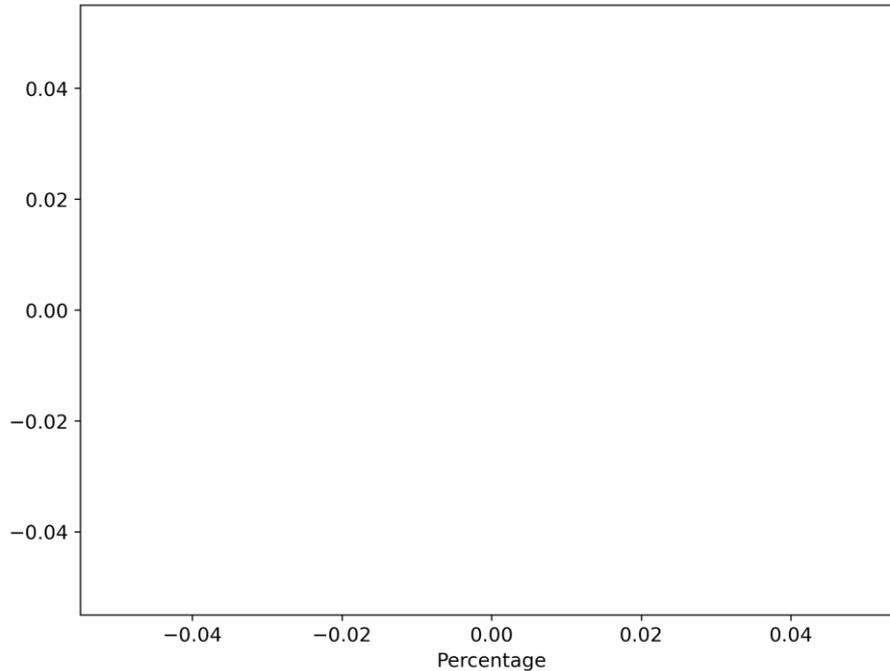
Abbreviation: HRT (Hormone Replacement Therapy)



Number of responses: 120 (multiple selection)

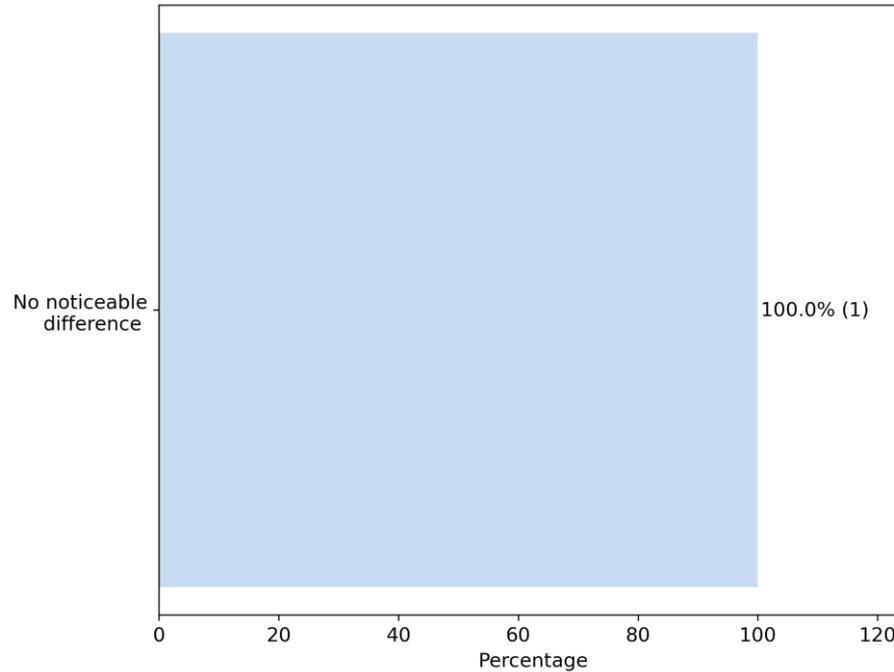
How has starting testosterone therapy affected your headache attacks?

Disclaimer: No data available for this question



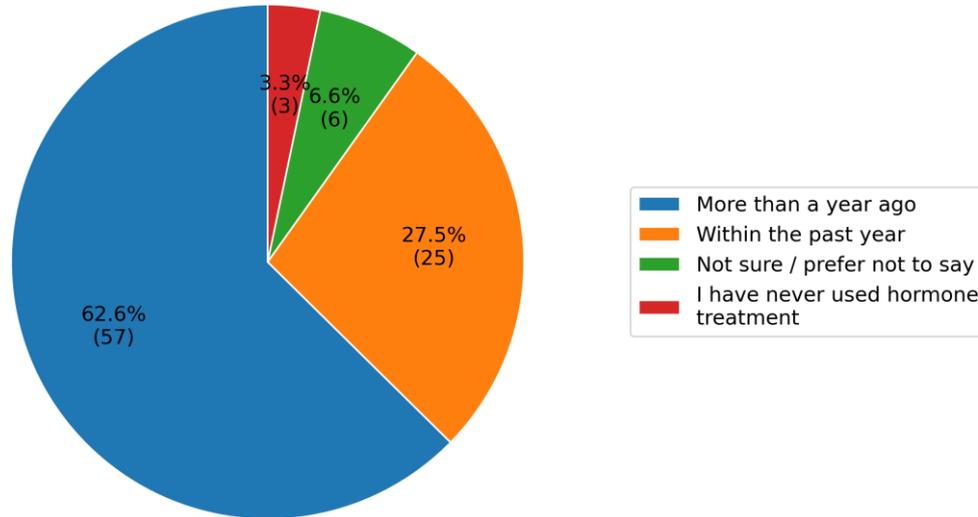
Number of responses: 0 (multiple selection)

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



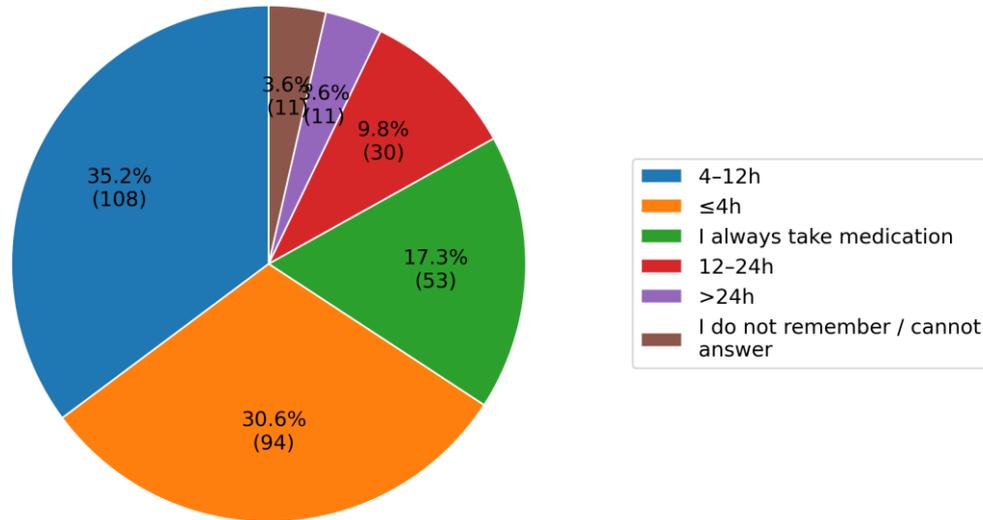
Number of responses: 1 (multiple selection)

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



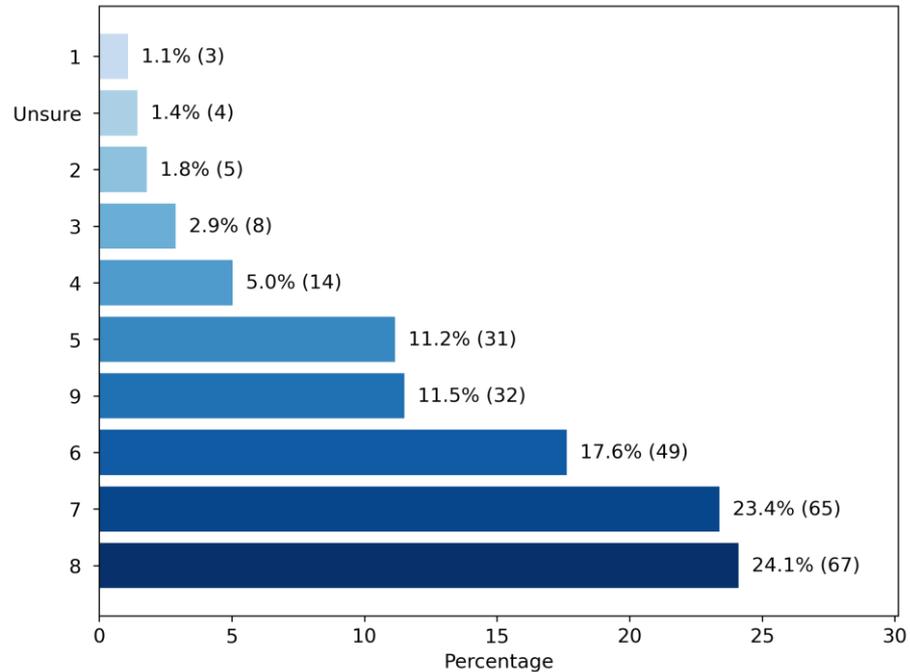
Number of responses: 91

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



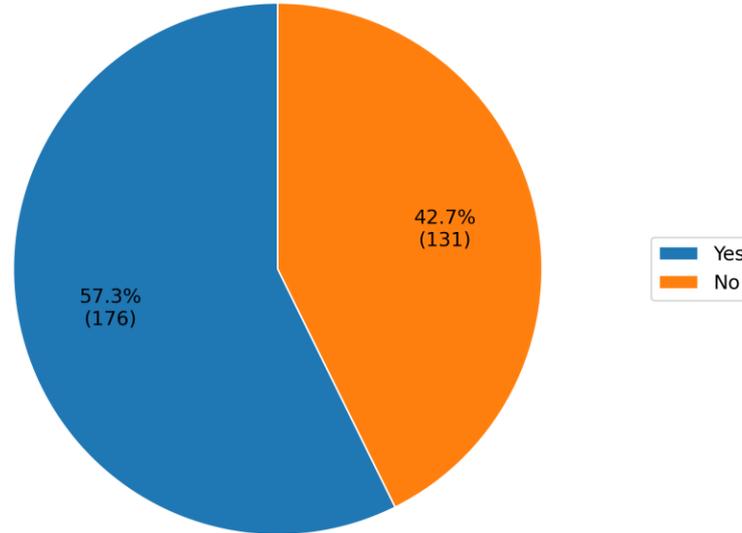
Number of responses: 307

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



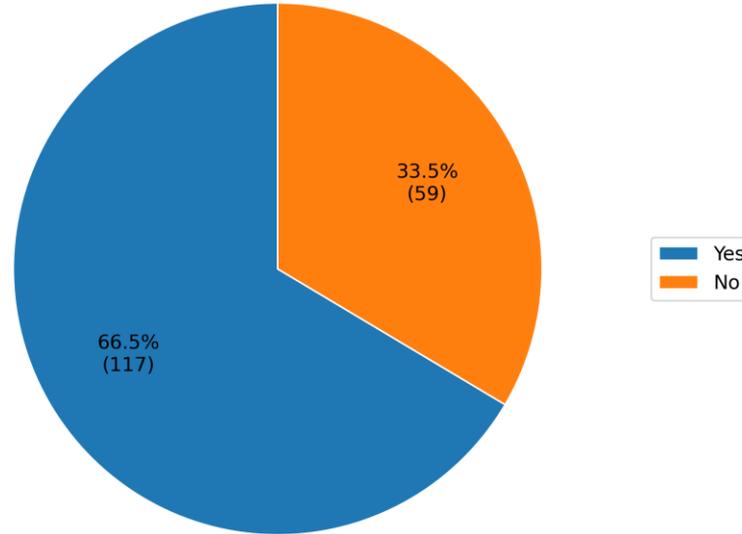
Number of responses: 278

Has your burden driven you to visit a doctor?



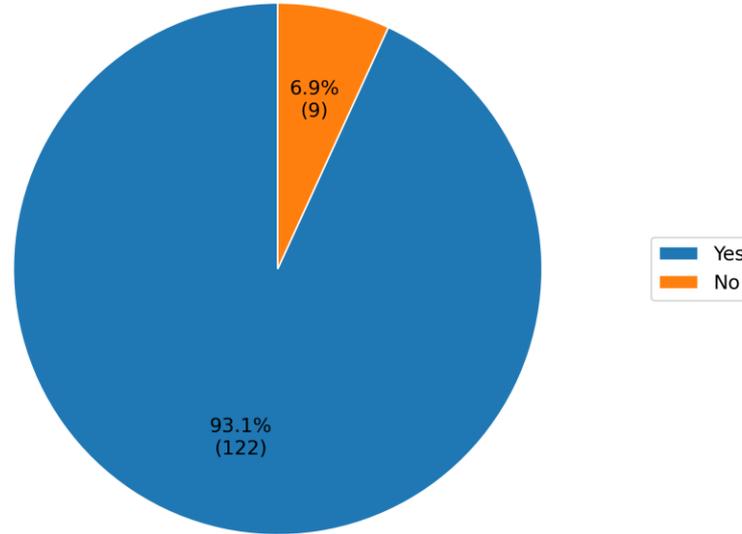
Number of responses: 307

Did you receive specific treatment for your headache?



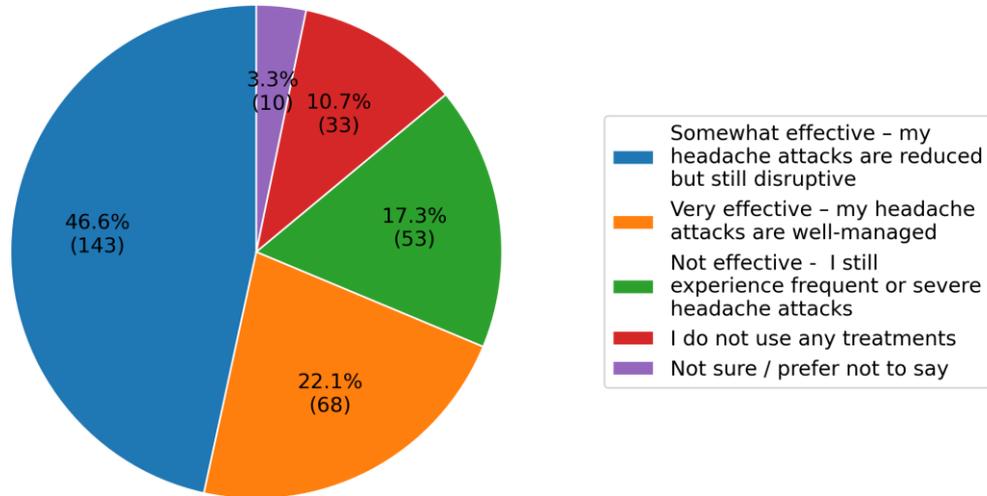
Number of responses: 176

Are you self-treating your headaches?



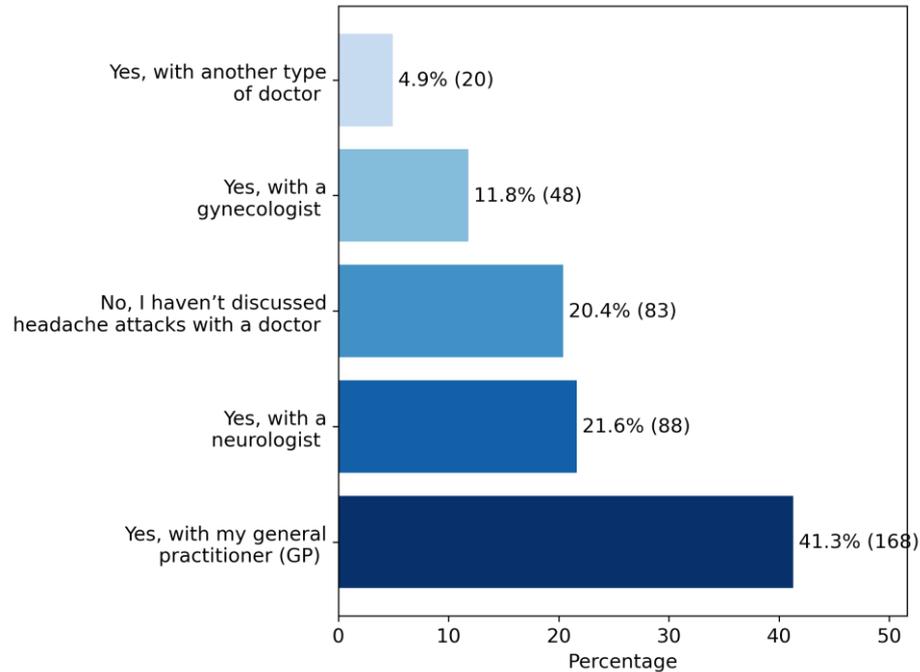
Number of responses: 131

How effective are treatments?



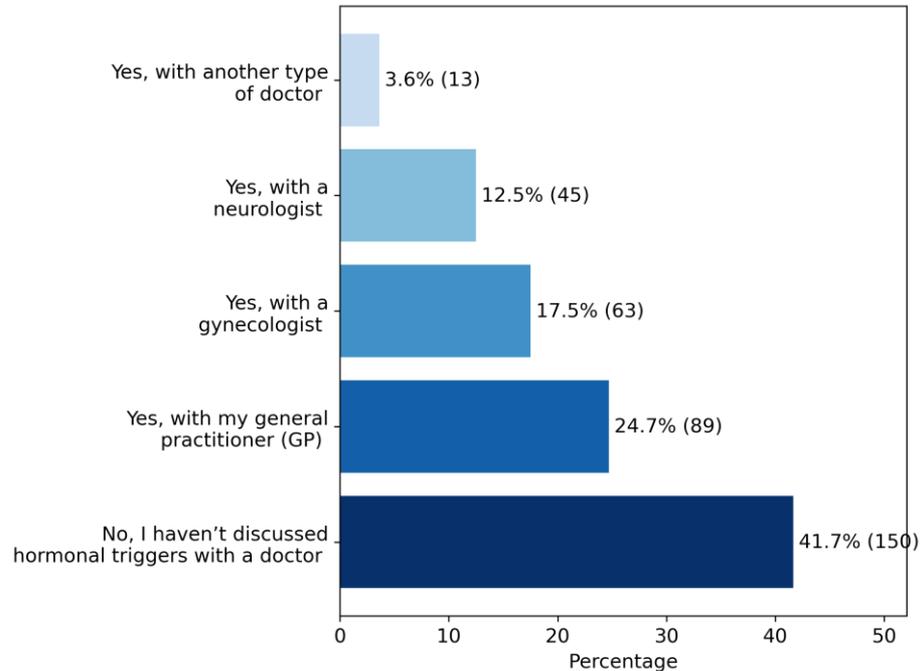
Number of responses: 307

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



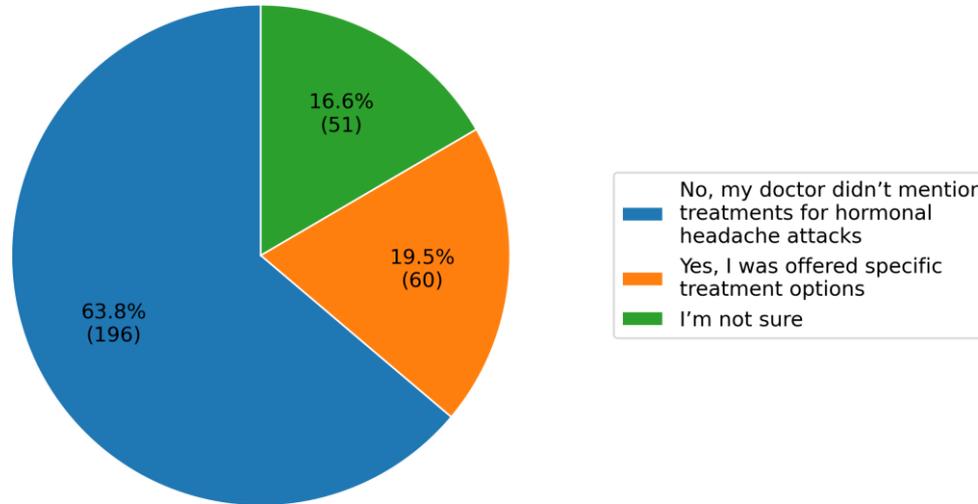
Number of responses: 407 (multiple selection)

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



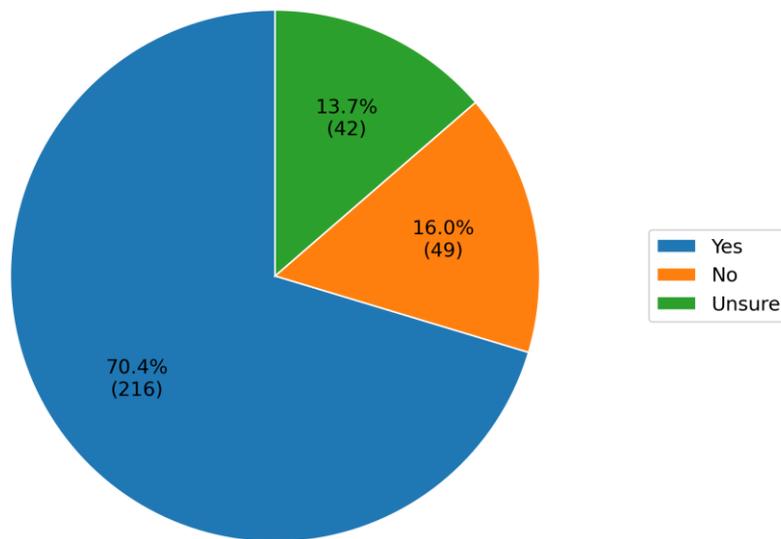
Number of responses: 360 (multiple selection)

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



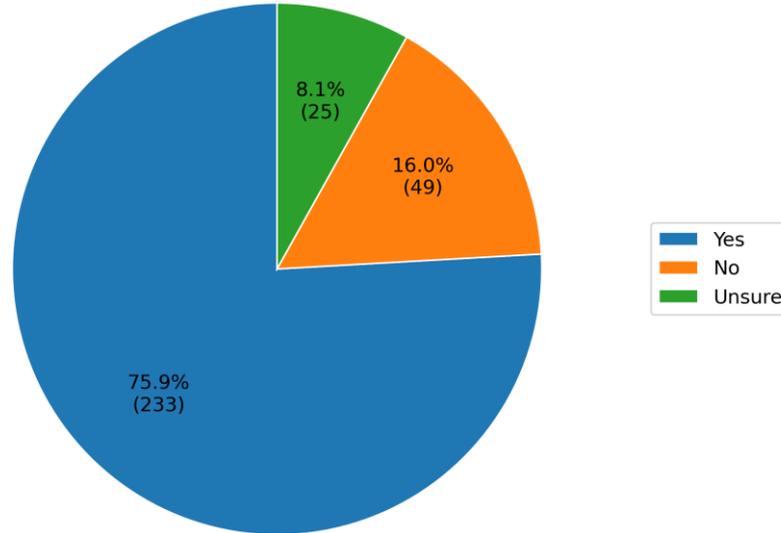
Number of responses: 307

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



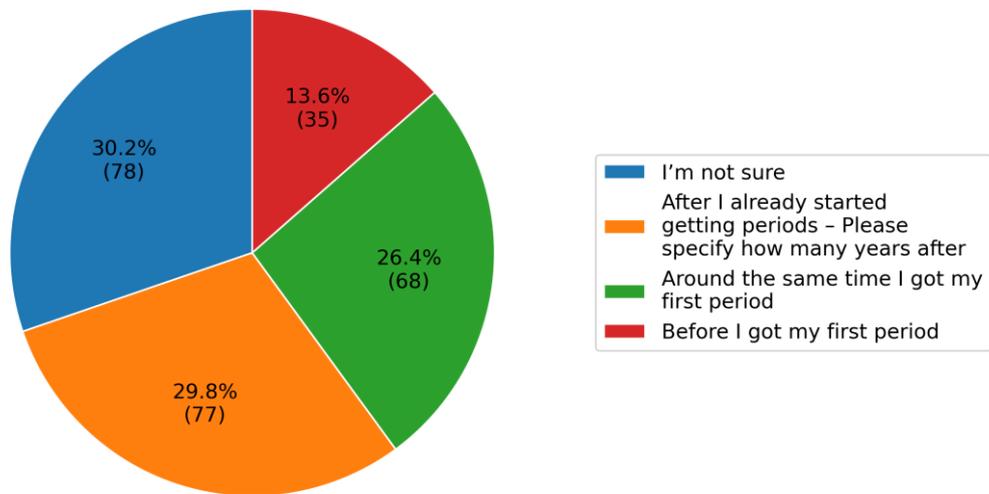
Number of responses: 307

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



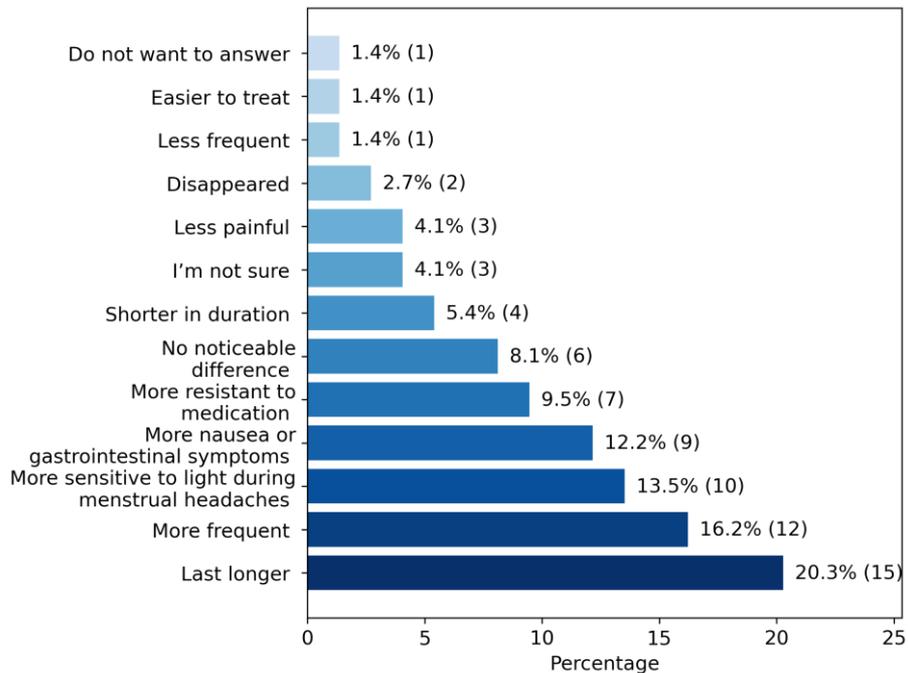
Number of responses: 307

When did your headaches first begin?



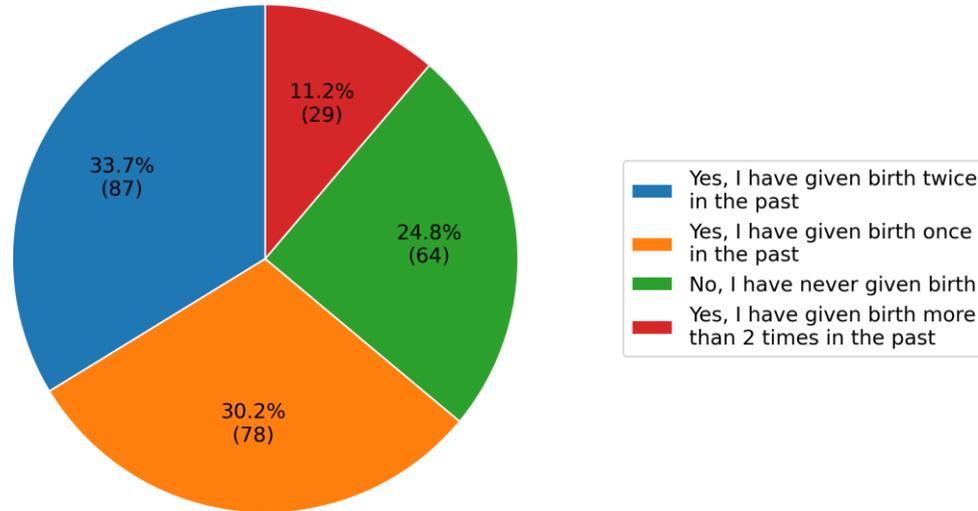
Number of responses: 258

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



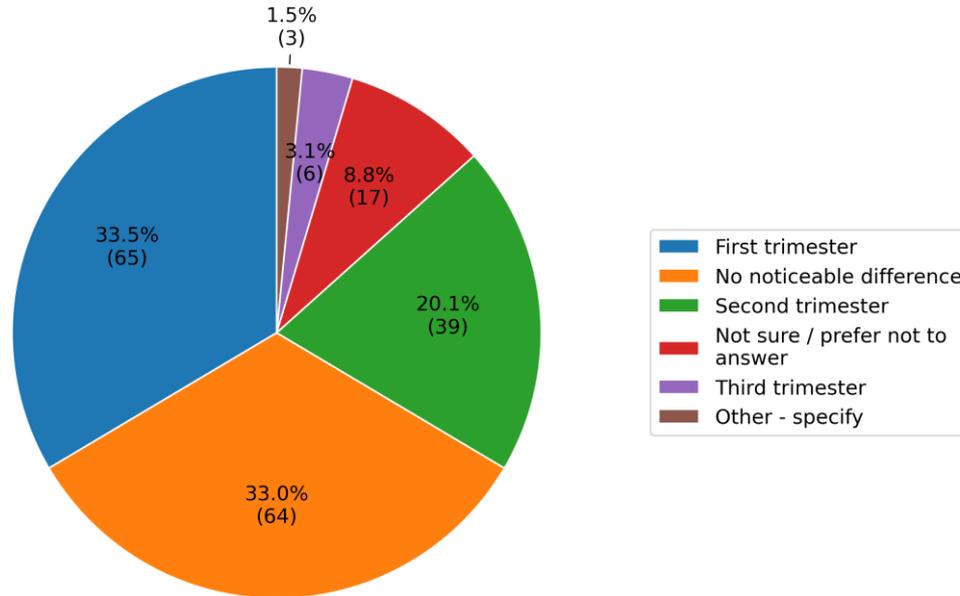
Number of responses: 74 (multiple selection)

Have you given birth in the past?



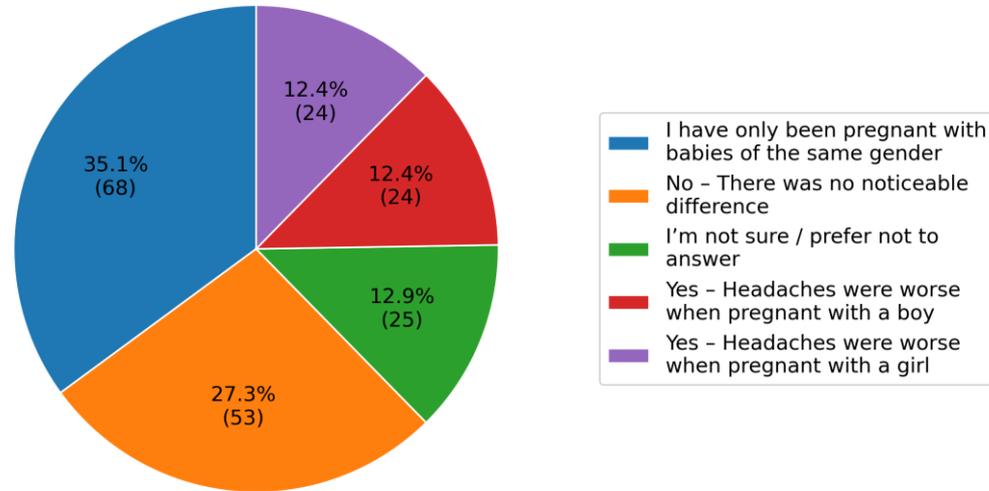
Number of responses: 258

Which pregnancy has been the most difficult for headache attacks?



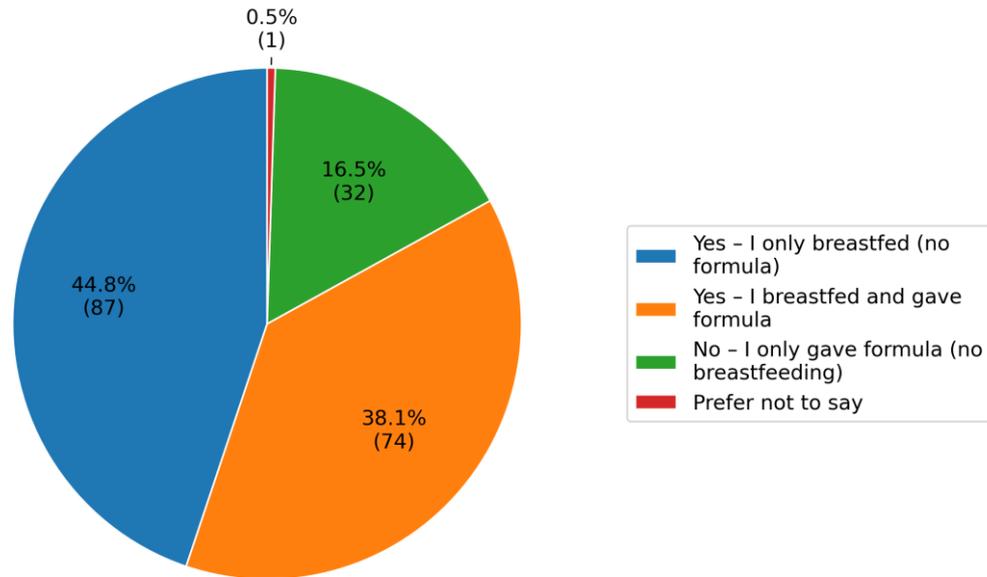
Number of responses: 194

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?



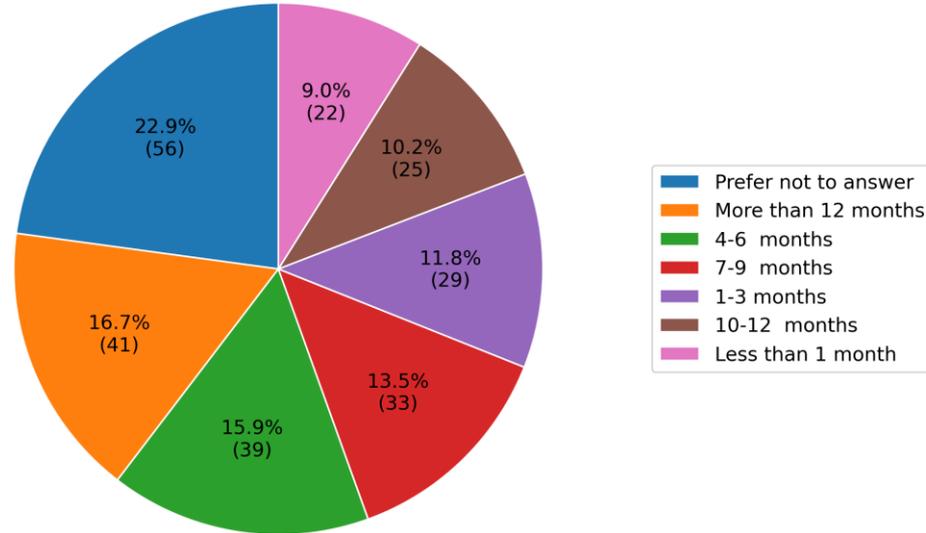
Number of responses: 194

For your most recent pregnancy, did you breastfeed?



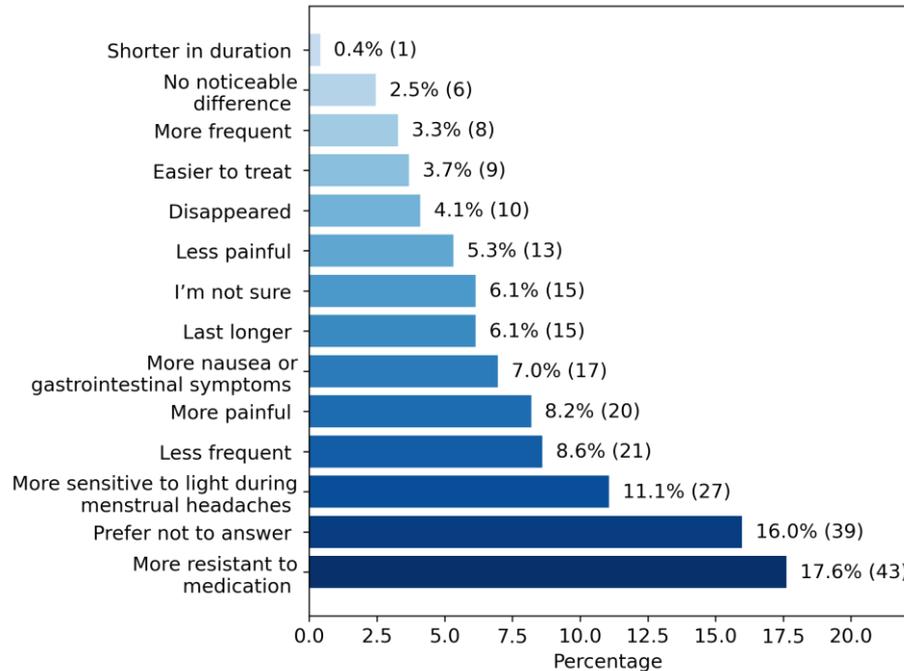
Number of responses: 194

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



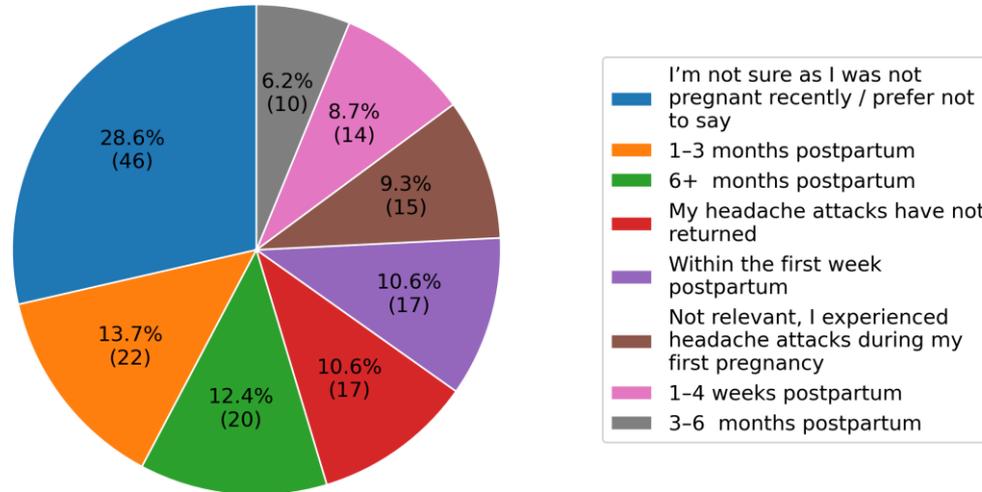
Number of responses: 245

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



Number of responses: 244 (multiple selection)

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



Number of responses: 161