

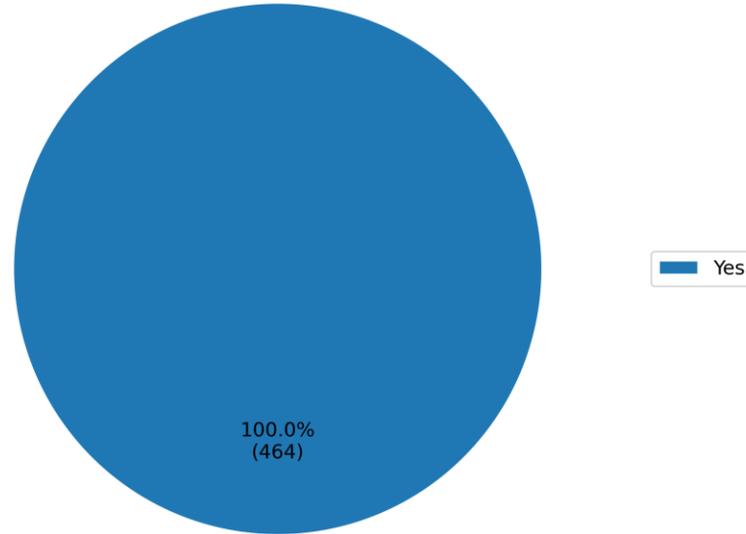
EMHA Migraine in Women Survey

Analysis Report of Portugal
Number of respondents: 464



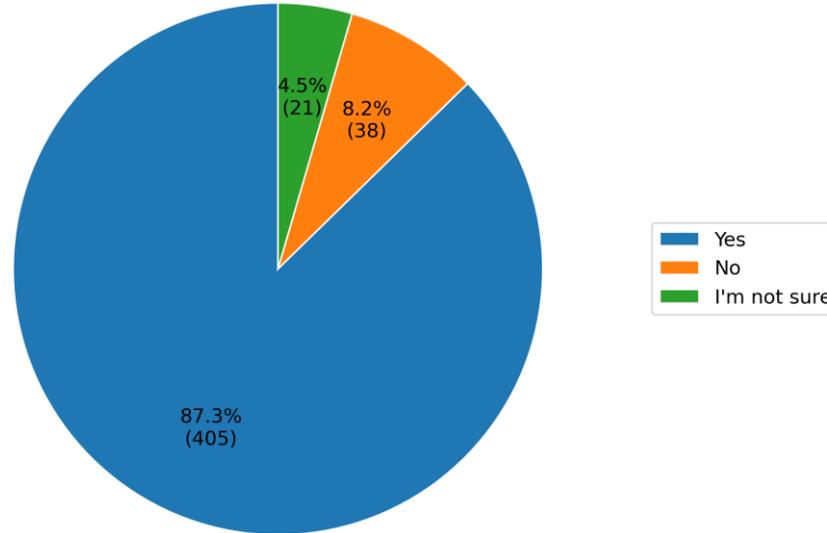
This report presents a strictly analytical overview of the national data. For detailed interpretation, context, and methodological explanations, please consult the European report.

Do you have headaches?



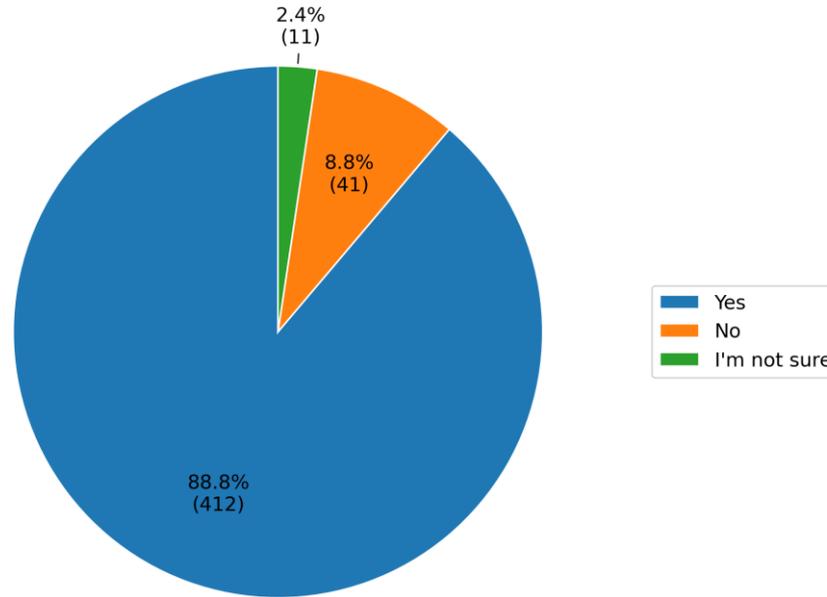
Number of responses: 464

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



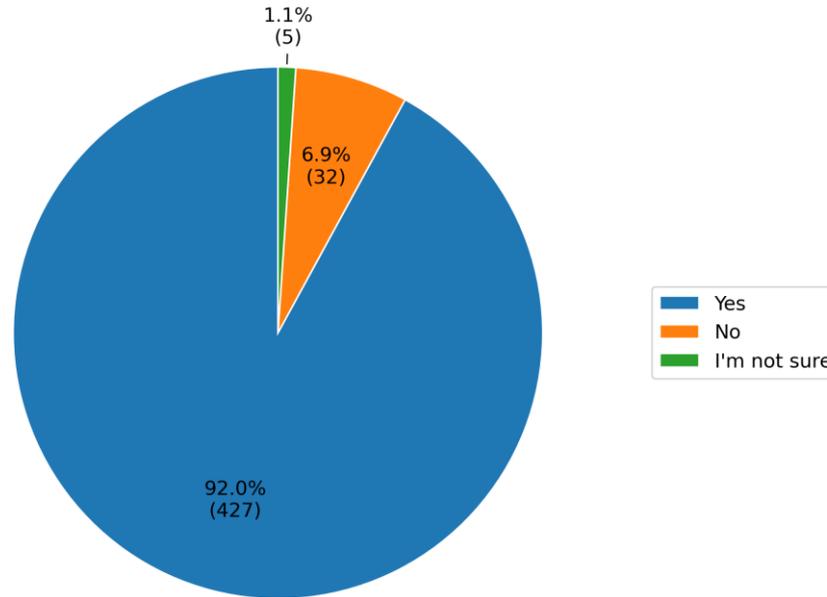
Number of responses: 464

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



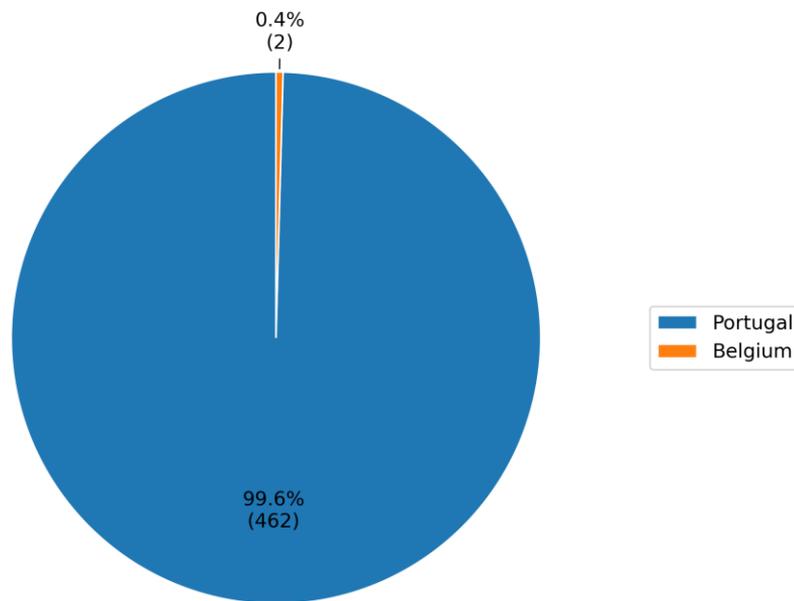
Number of responses: 464

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



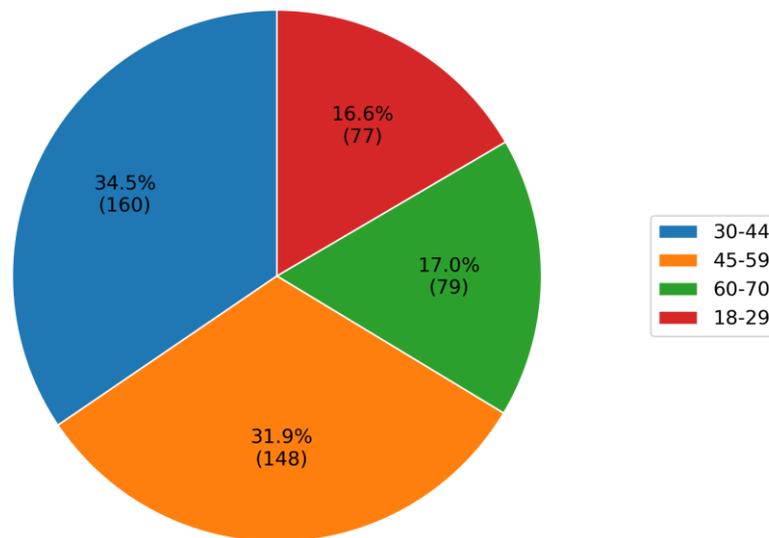
Number of responses: 464

What country do you currently live in?



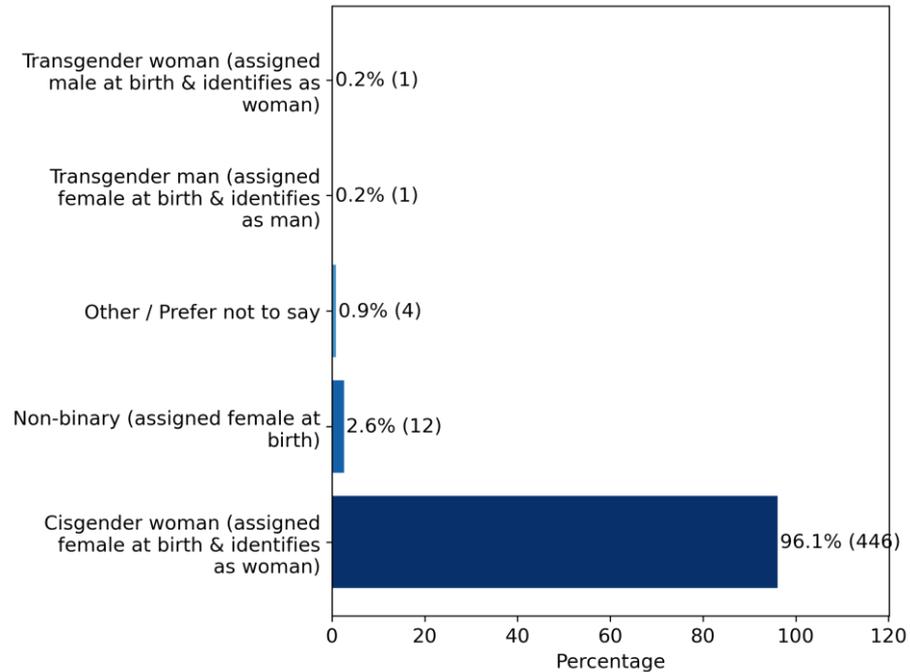
Number of responses: 464

What is your age?



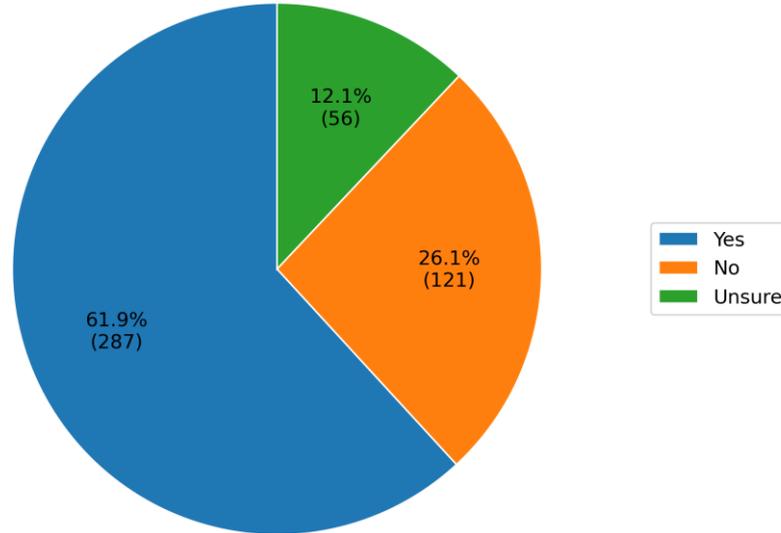
Number of responses: 464

What is your gender identity?



Number of responses: 464

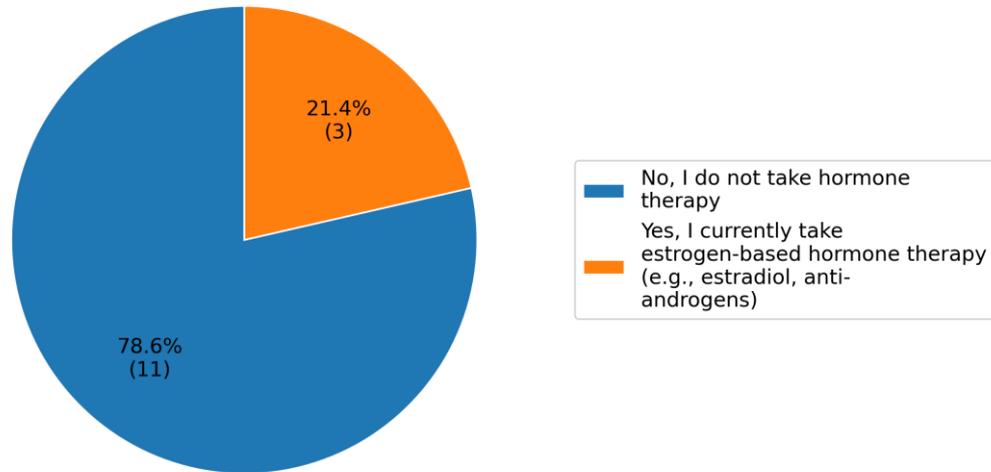
Do you have a family history of migraine / headache attacks?



Number of responses: 464

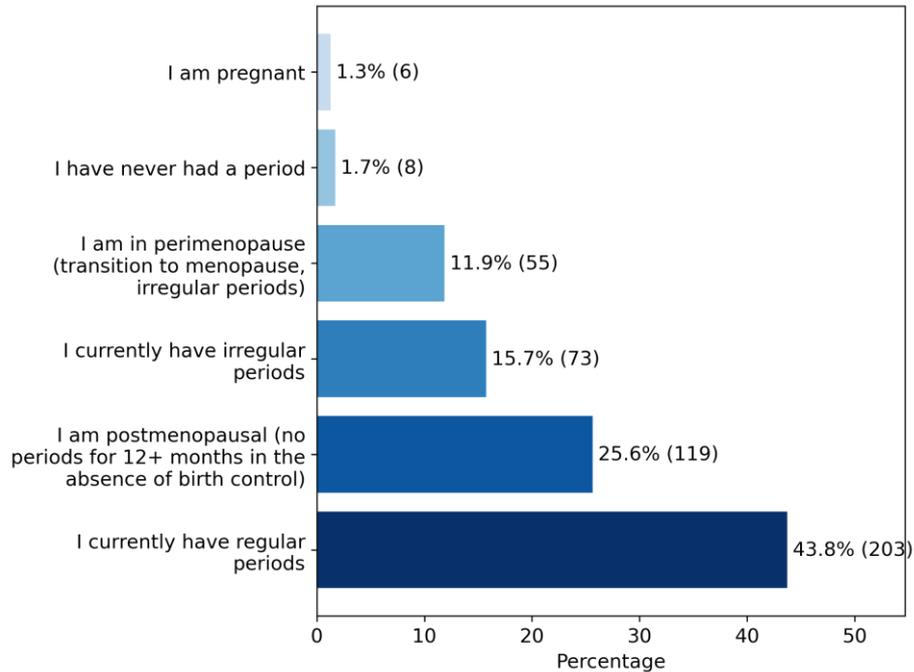
Are you currently on hormone therapy (such as estrogen or testosterone)?

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



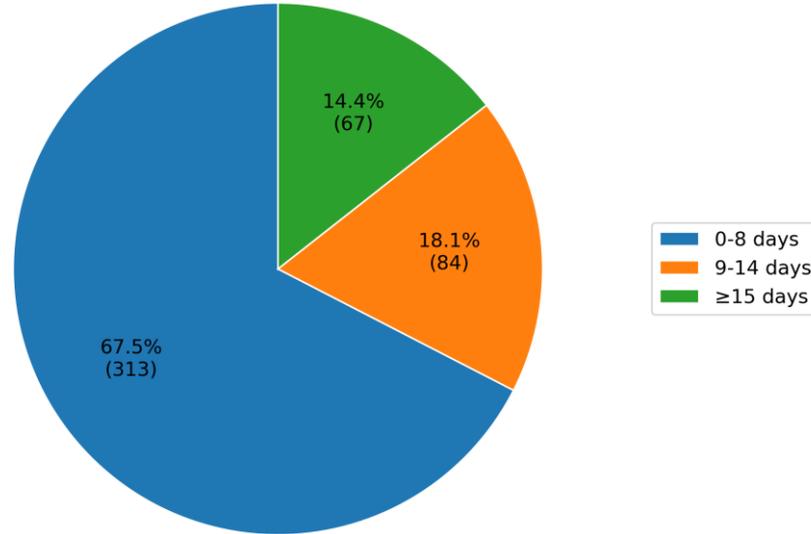
Number of responses: 14

What is your current hormonal stage?



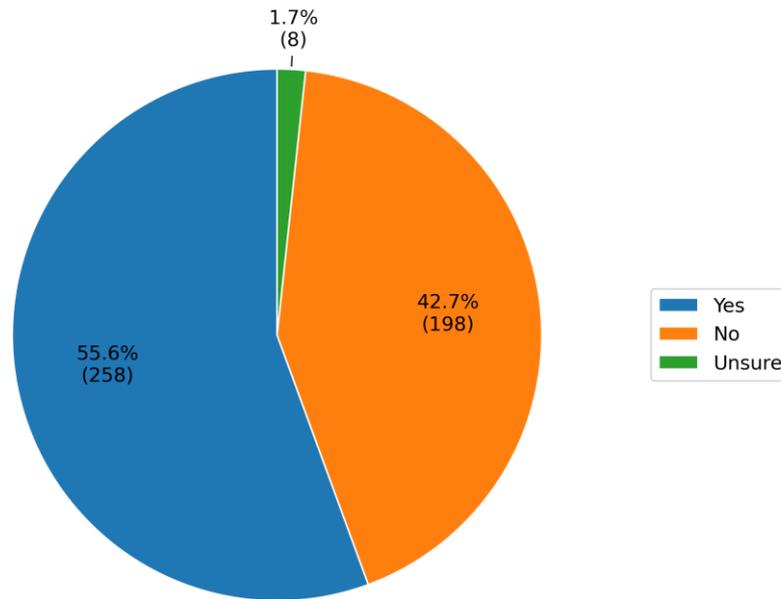
Number of responses: 464

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



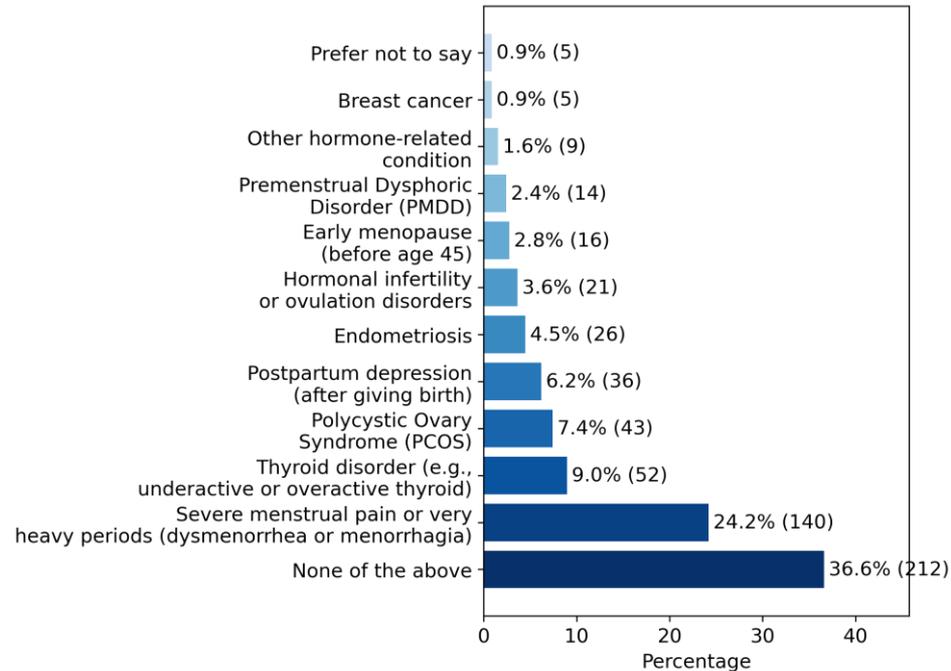
Number of responses: 464

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



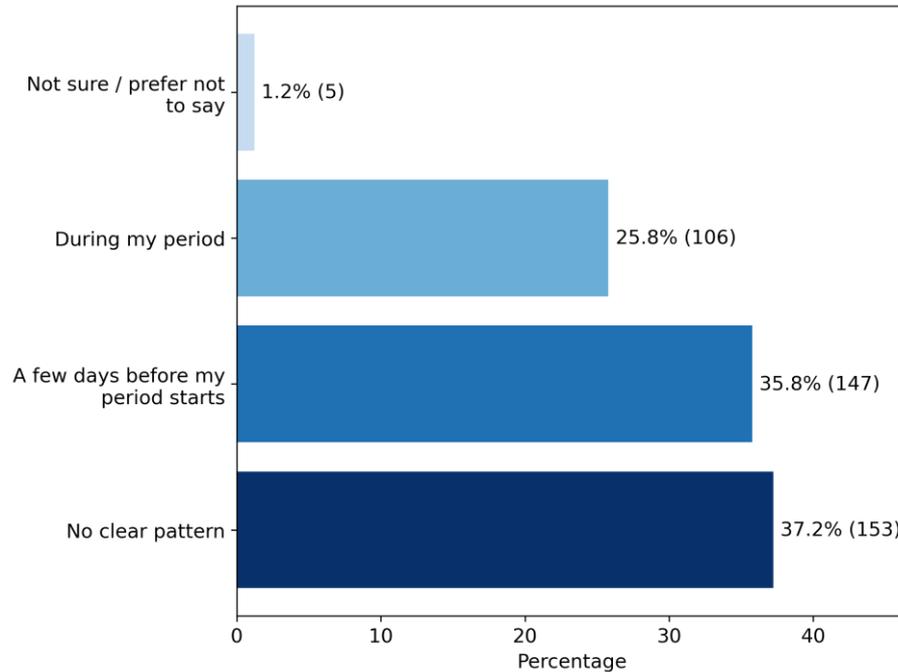
Number of responses: 464

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



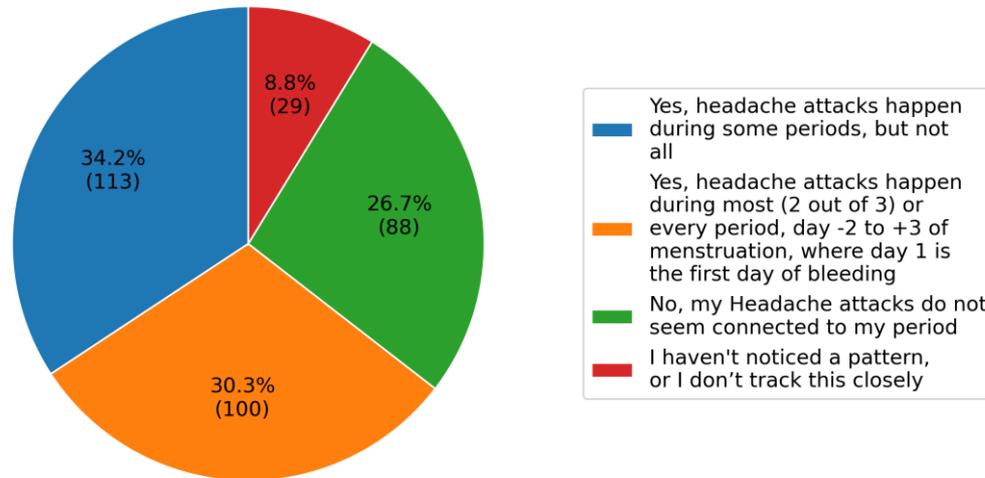
Number of responses: 579 (multiple selection)

When do you typically experience headache attacks in your cycle?



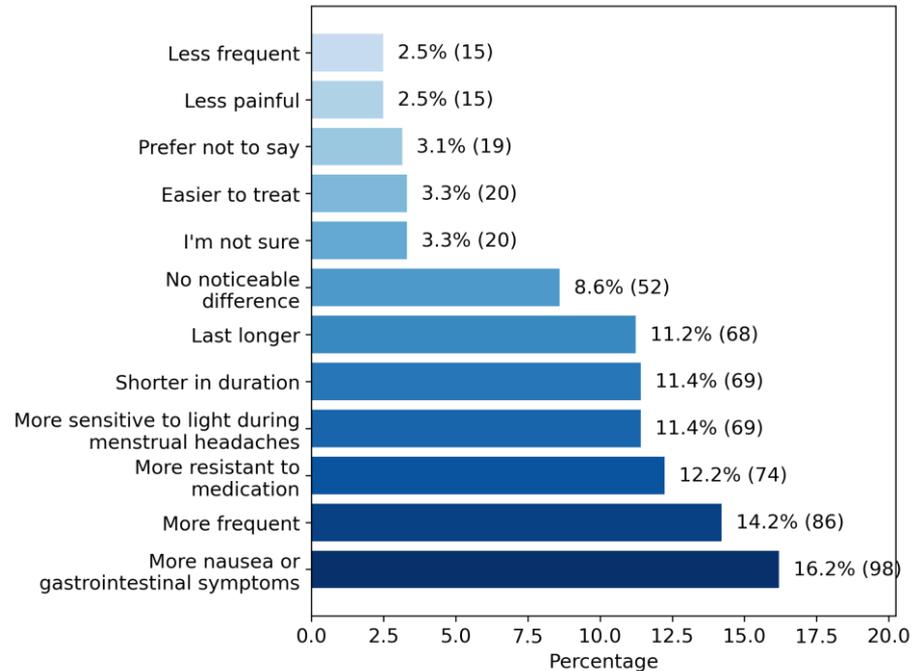
Number of responses: 411 (multiple selection)

Do your headache attacks seem linked to your period?



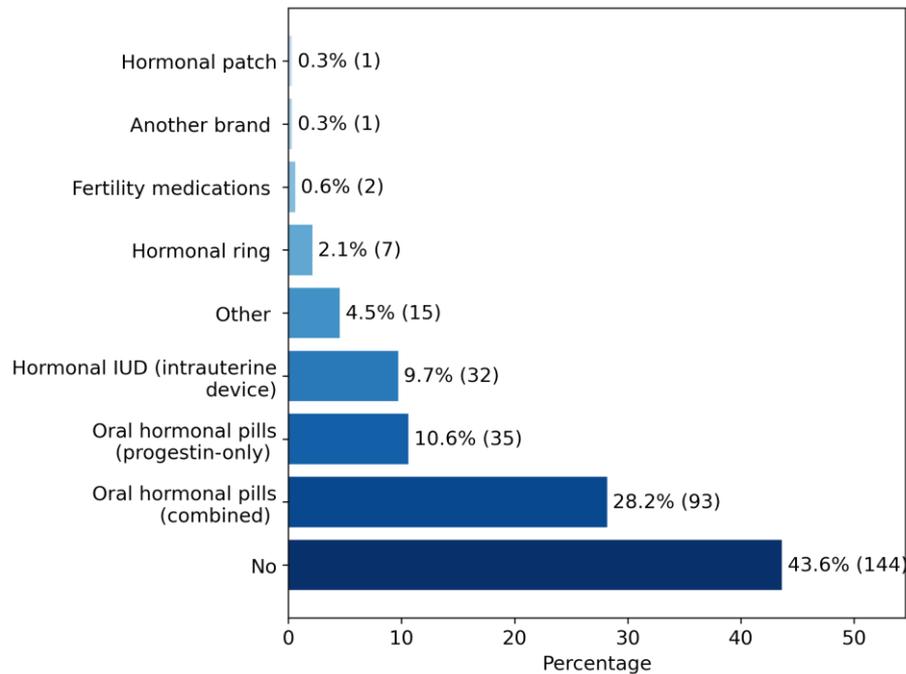
Number of responses: 330

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



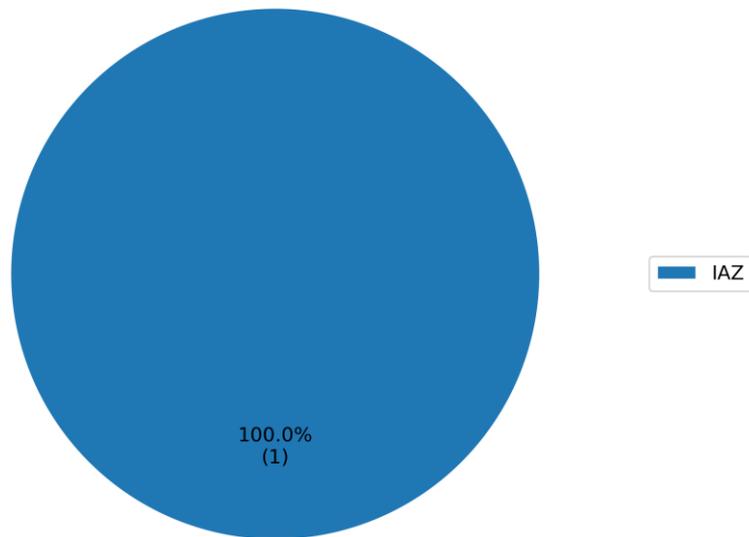
Number of responses: 605 (multiple selection)

Do you use hormonal treatment?



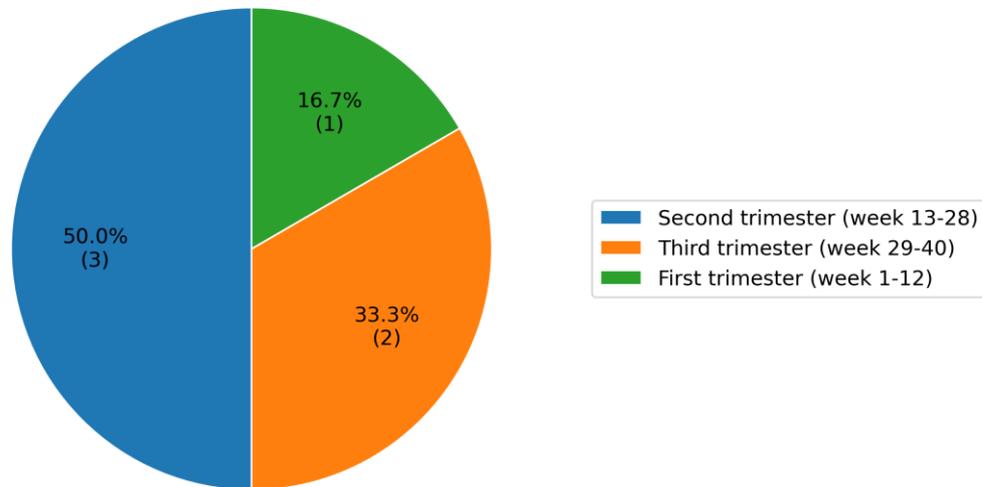
Number of responses: 330

What type of hormonal treatment do you use?



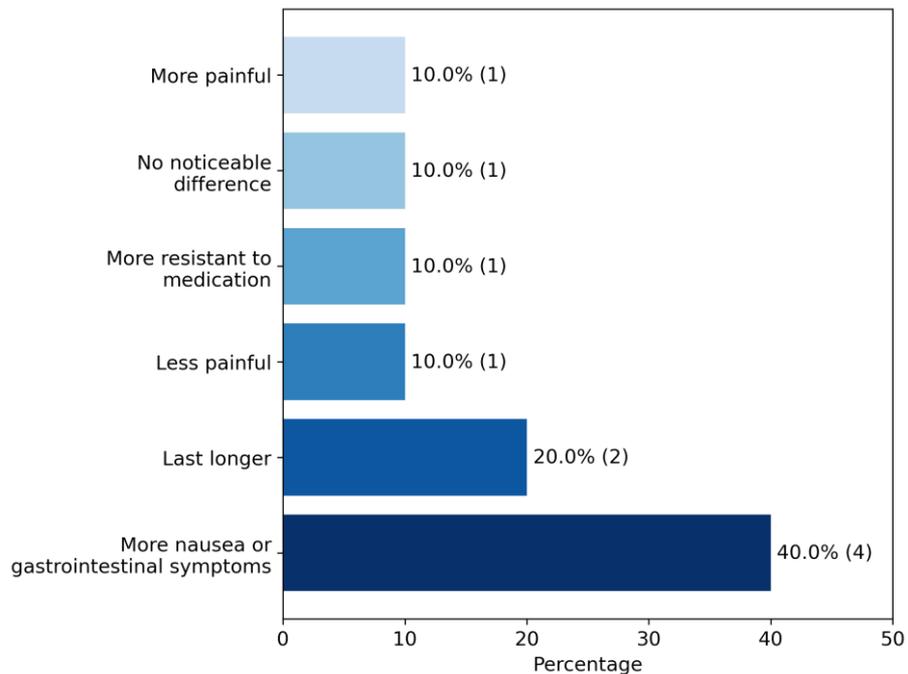
Number of responses: 1

What trimester of pregnancy are you currently in?



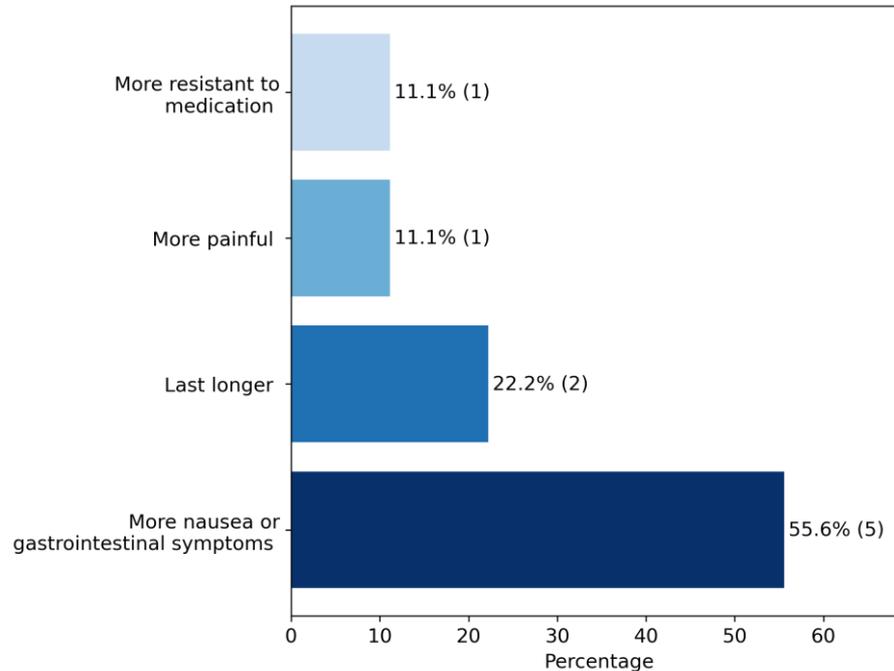
Number of responses: 6

Have headache attacks changed during this pregnancy?



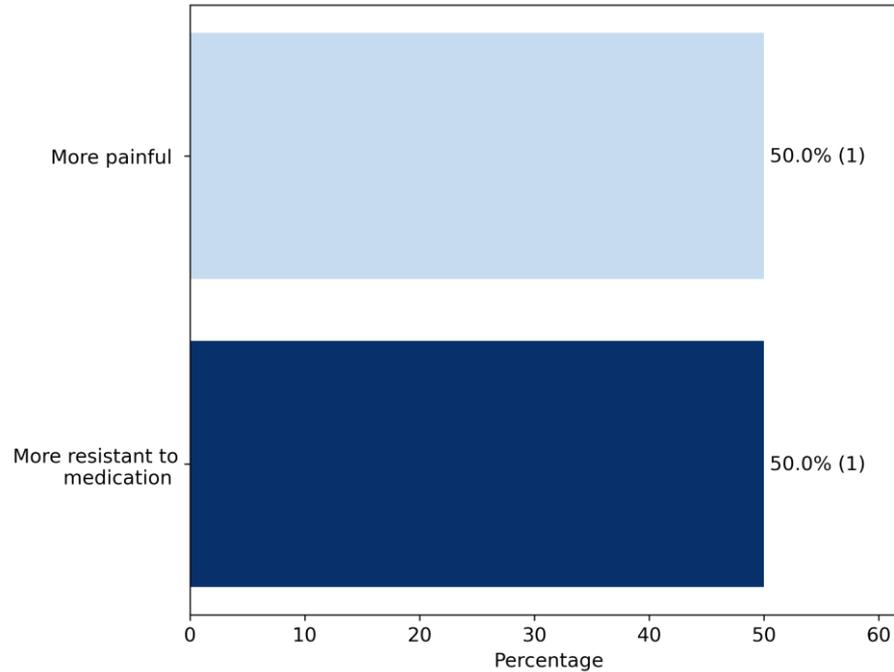
Number of responses: 10 (multiple selection)

How would you describe your headaches during the first trimester?



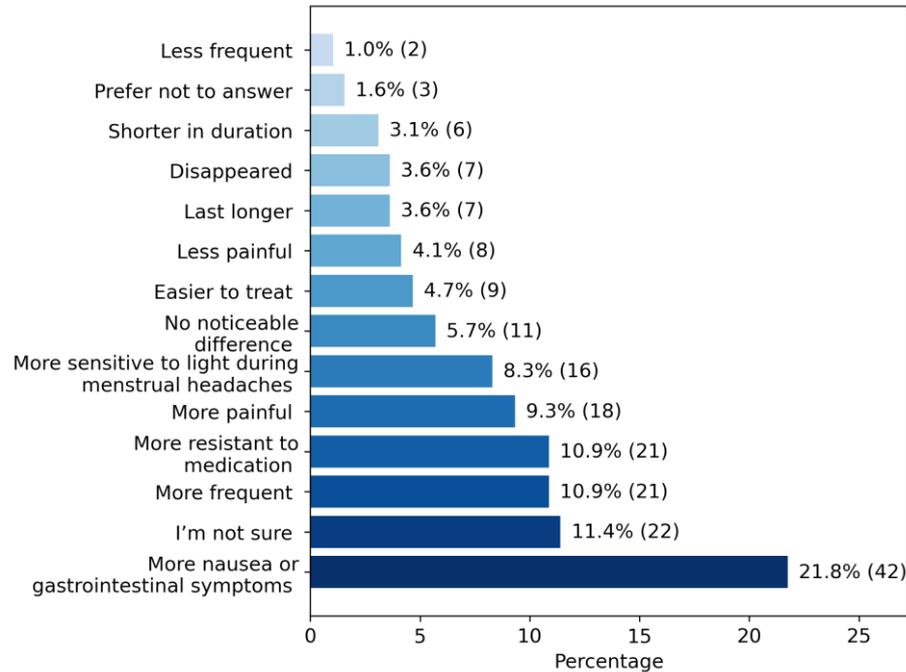
Number of responses: 9 (multiple selection)

How would you describe your headaches during the second trimester?



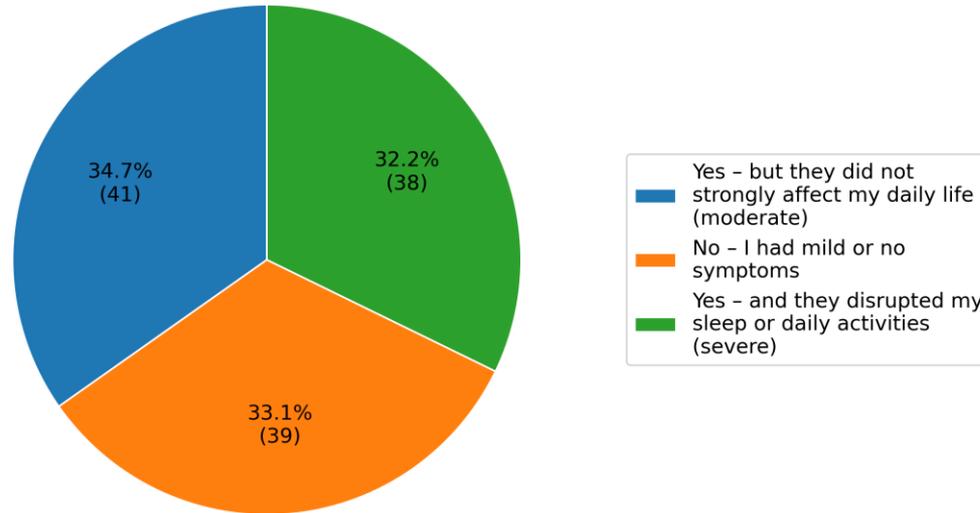
Number of responses: 2 (multiple selection)

Since your periods stopped, how have headache attacks changed?



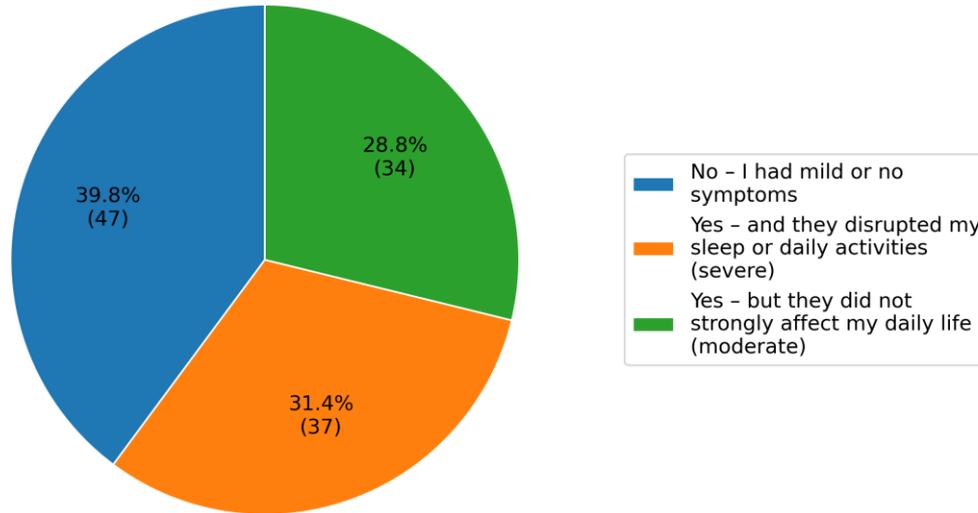
Number of responses: 193 (multiple selection)

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

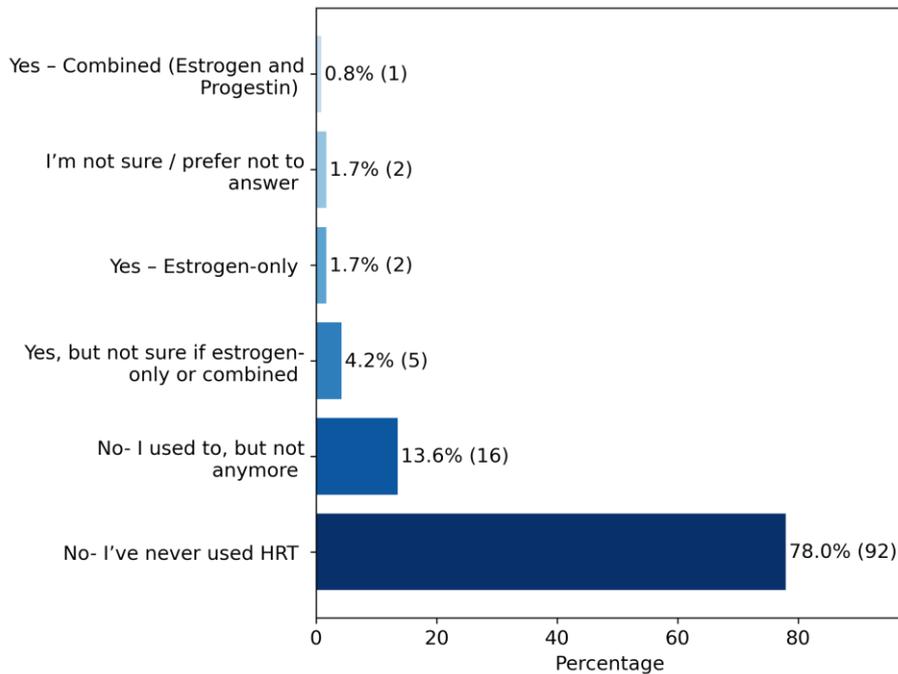
Around the time your periods were stopping (early menopause or menopause), did you have frequent night sweats that affected your daily life or sleep?



Number of responses: 118

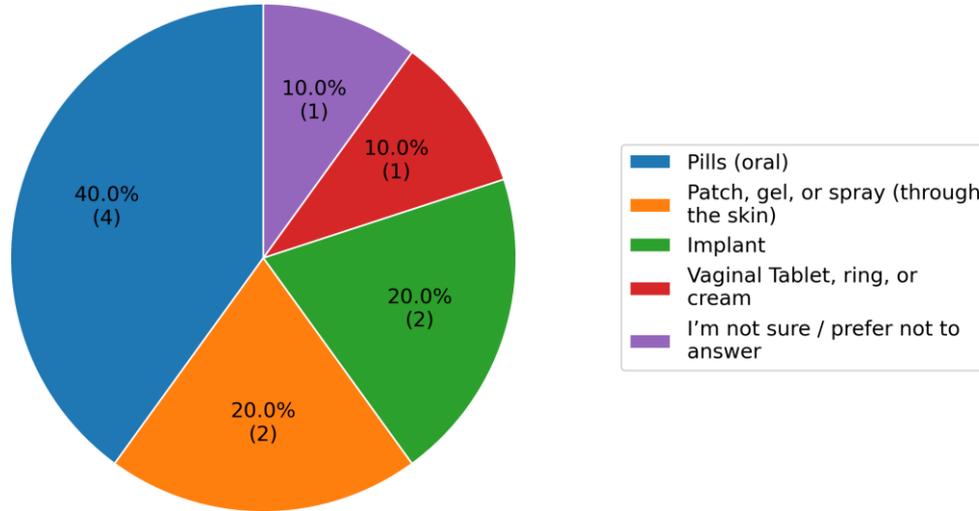
Are you on HRT?

Abbreviation: HRT (Hormone Replacement Therapy)



Number of responses: 118

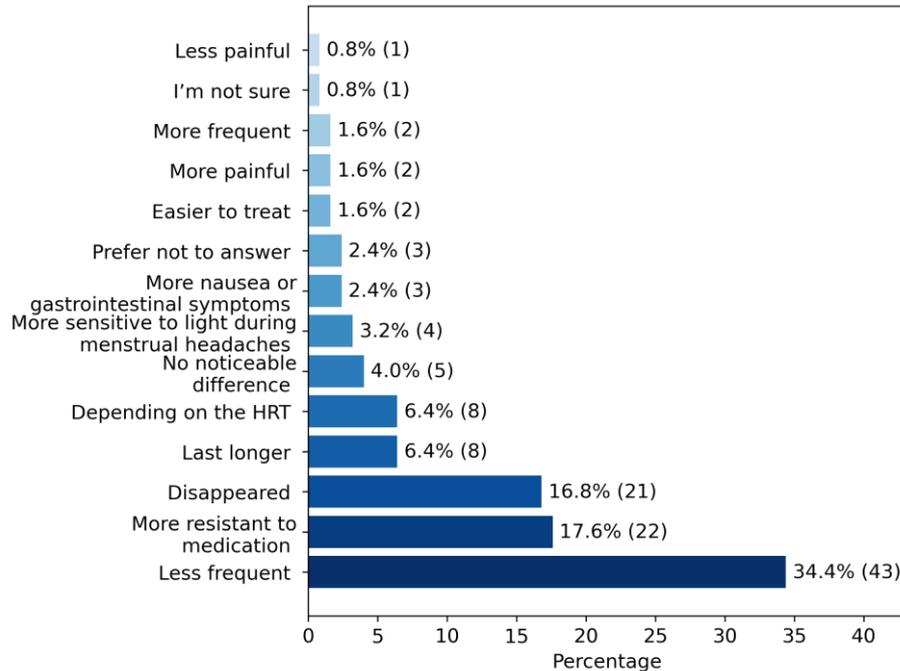
What types?



Number of responses: 10

How have headache attacks changed on HRT?

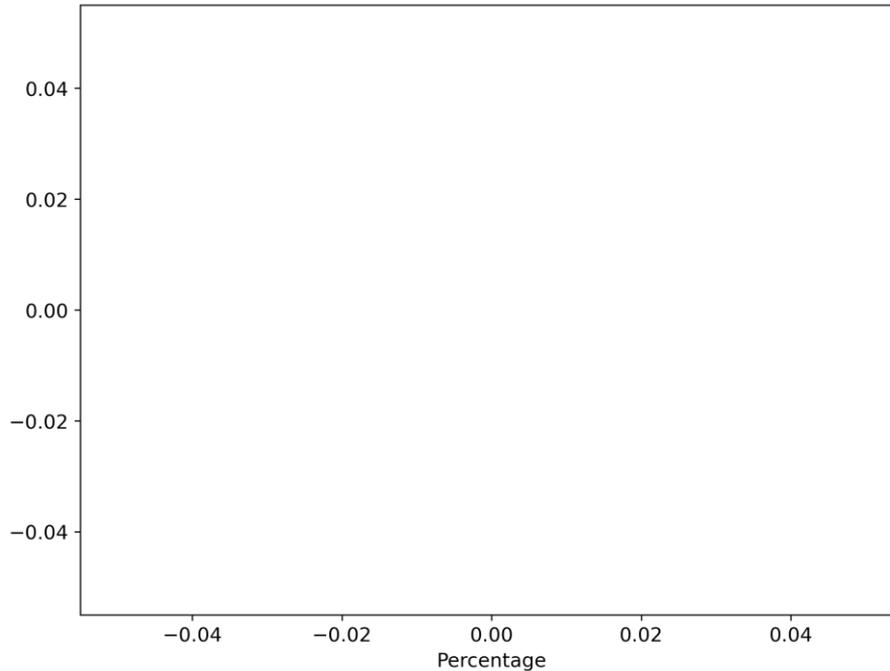
Abbreviation: HRT (Hormone Replacement Therapy)



Number of responses: 125 (multiple selection)

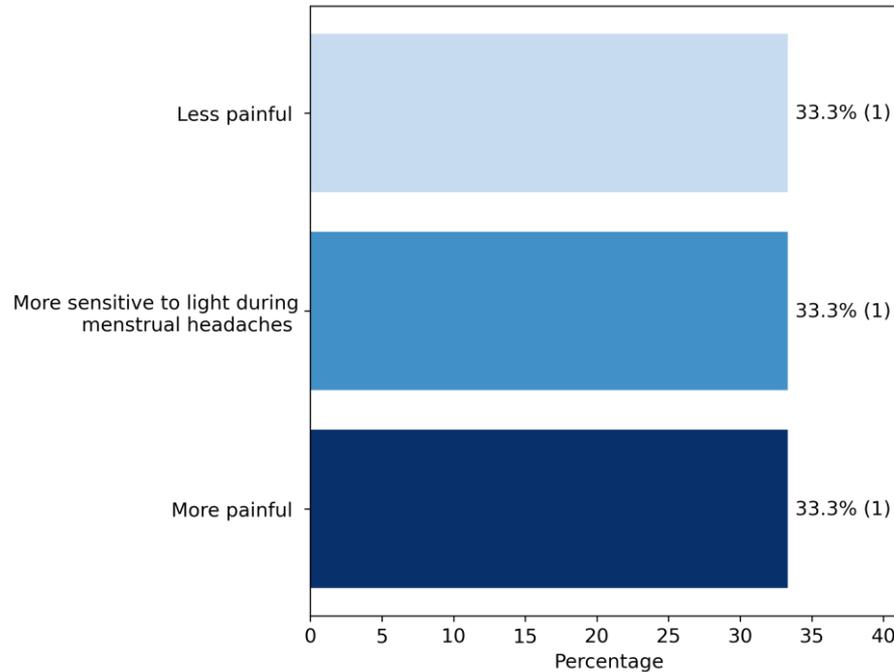
How has starting testosterone therapy affected your headache attacks?

Disclaimer: No data available for this question



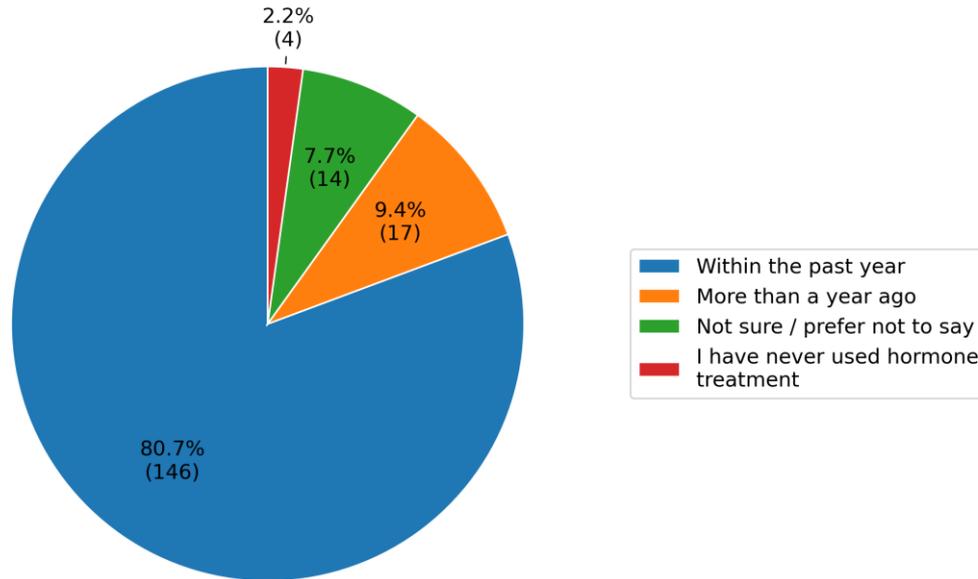
Number of responses: 0 (multiple selection)

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



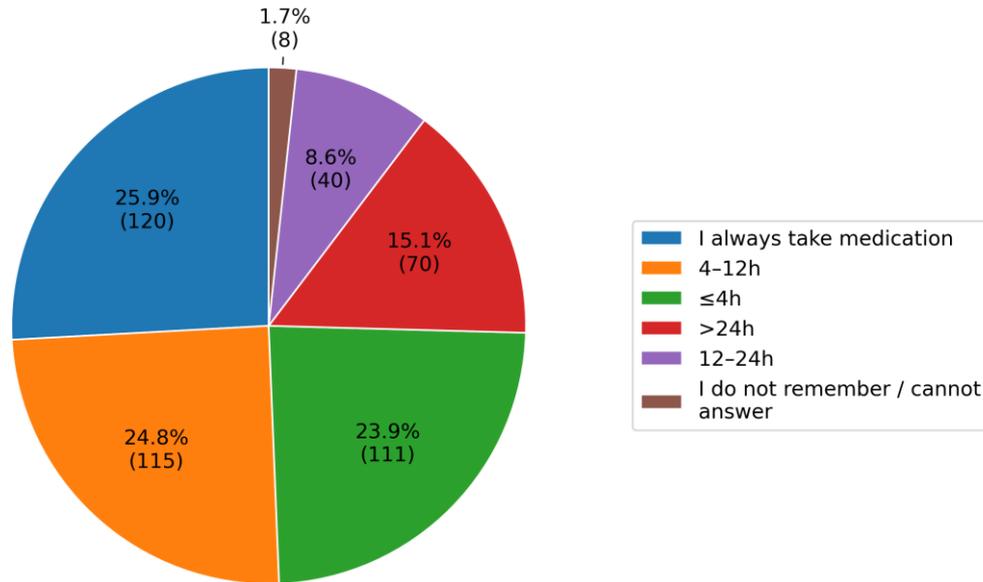
Number of responses: 3 (multiple selection)

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



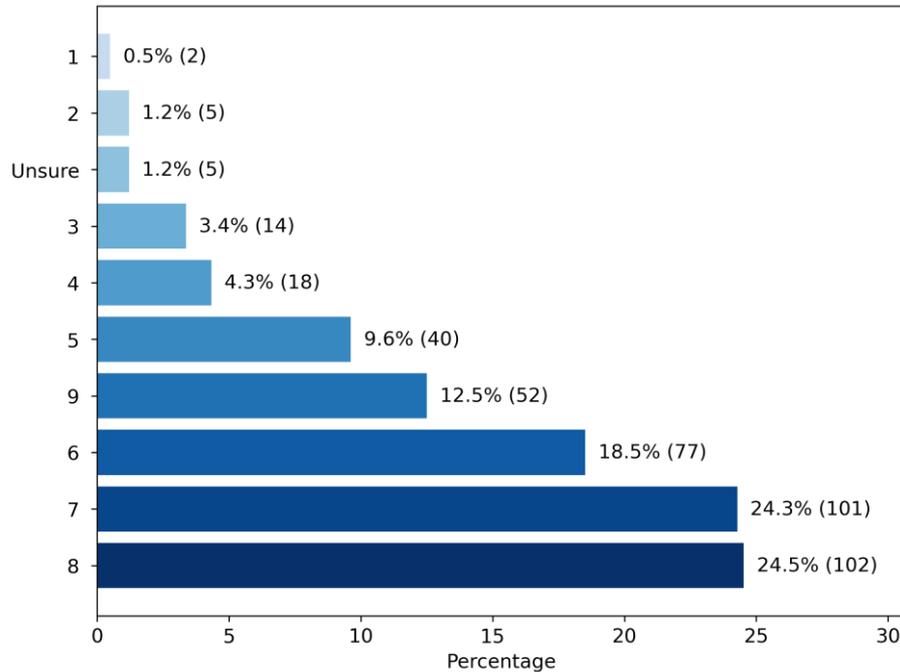
Number of responses: 181

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



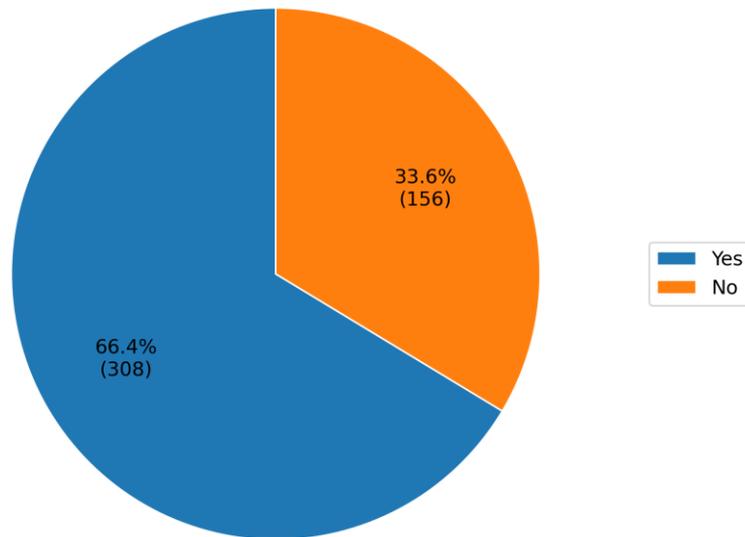
Number of responses: 464

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



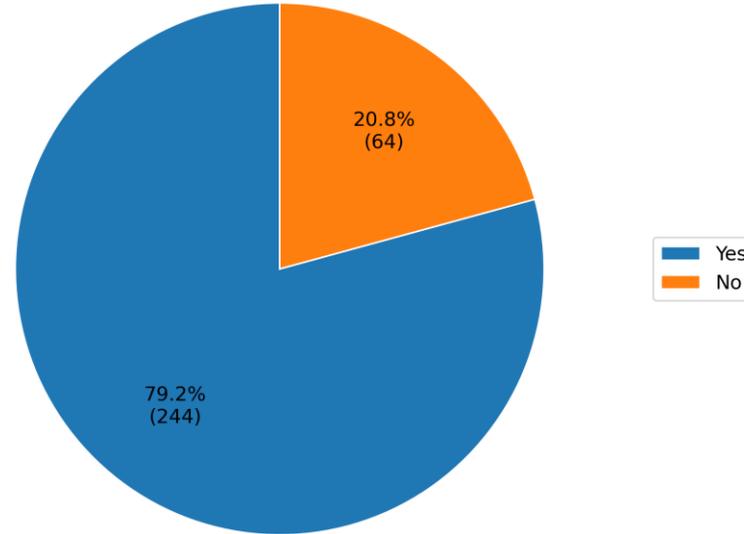
Number of responses: 416

Has your burden driven you to visit a doctor?



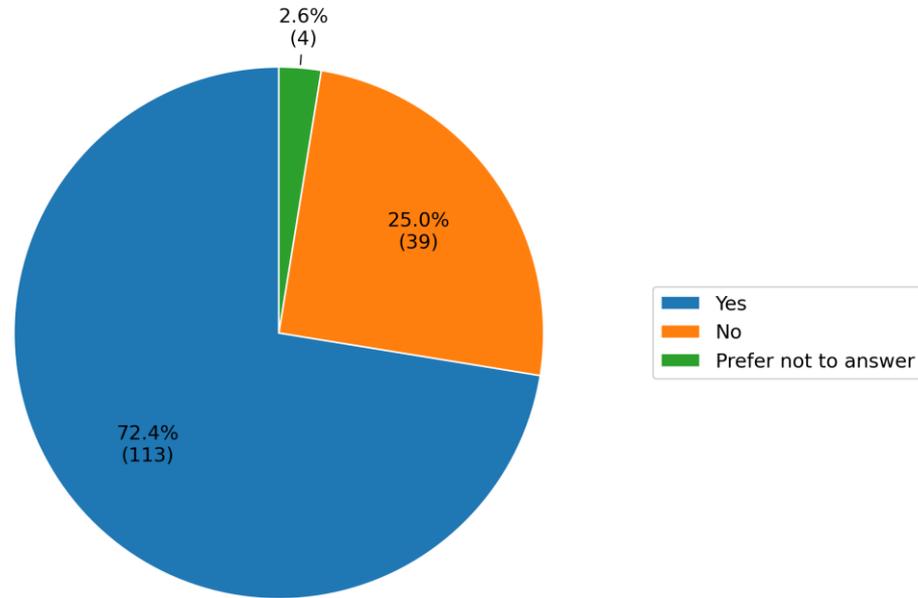
Number of responses: 464

Did you receive specific treatment for your headache?



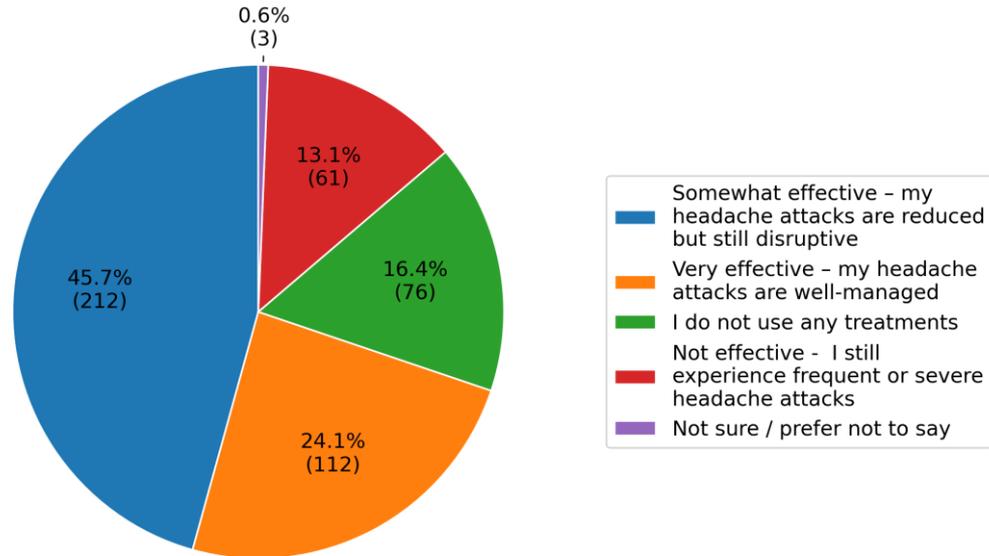
Number of responses: 308

Are you self-treating your headaches?



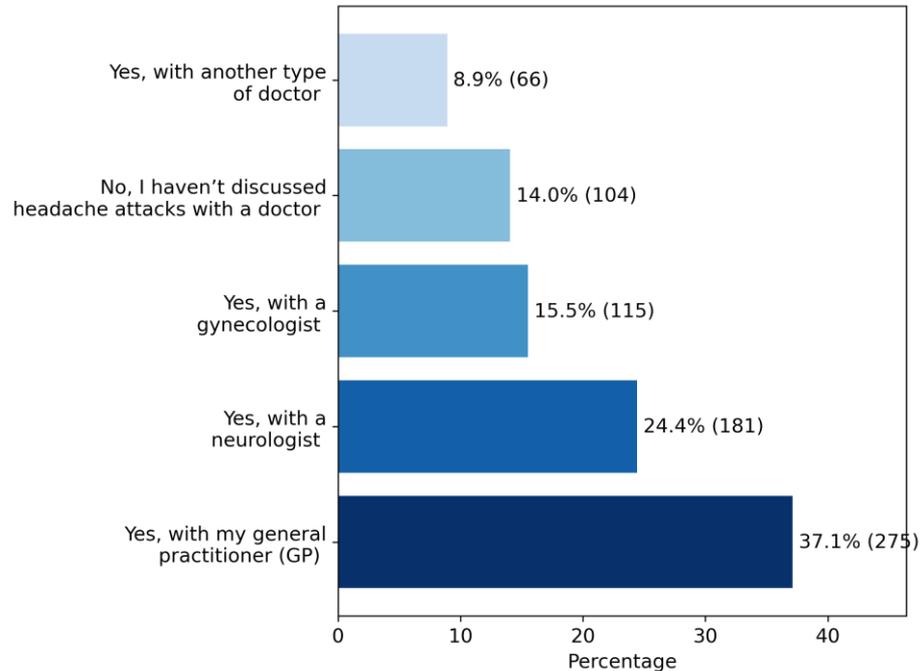
Number of responses: 156

How effective are treatments?



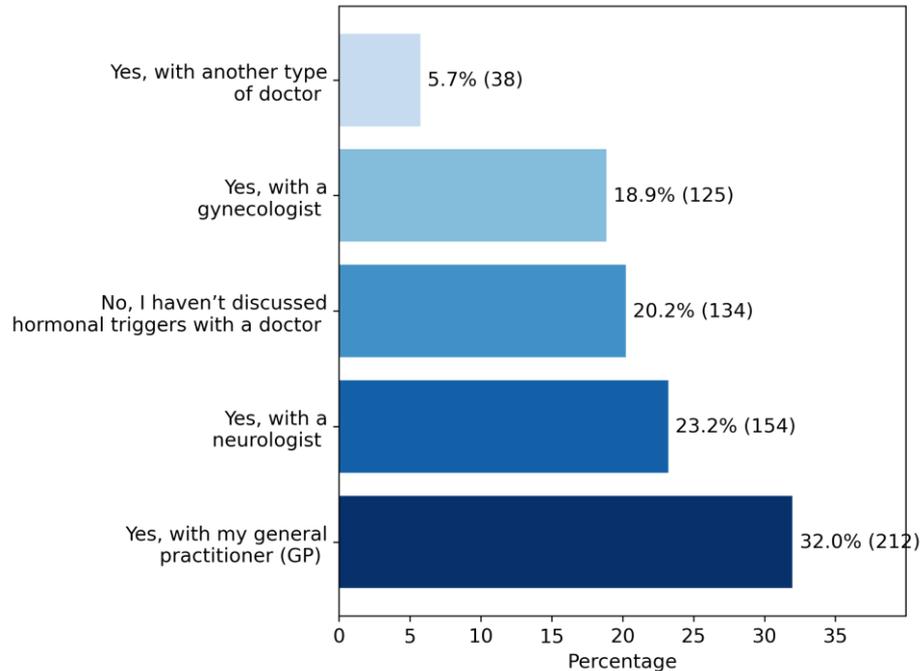
Number of responses: 464

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



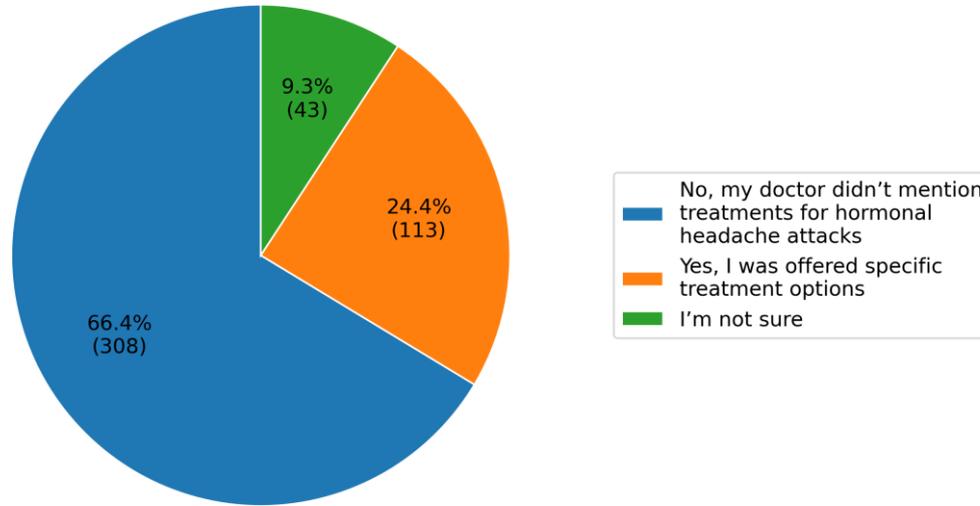
Number of responses: 741 (multiple selection)

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



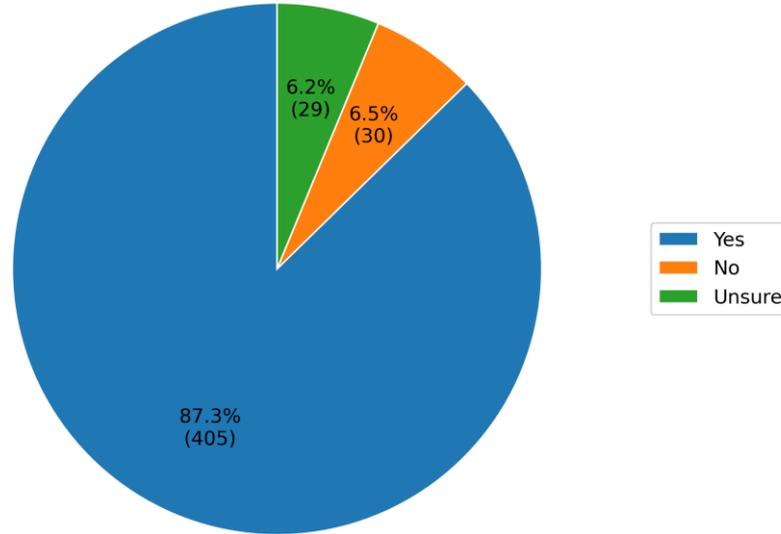
Number of responses: 663 (multiple selection)

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



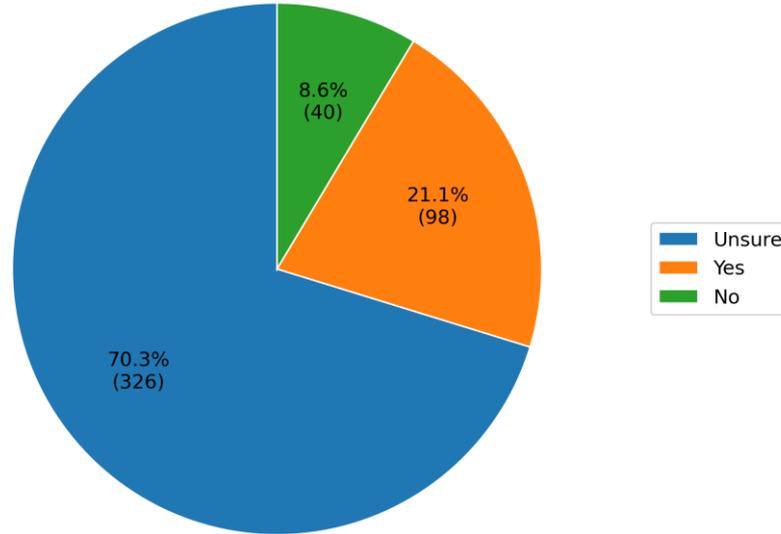
Number of responses: 464

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



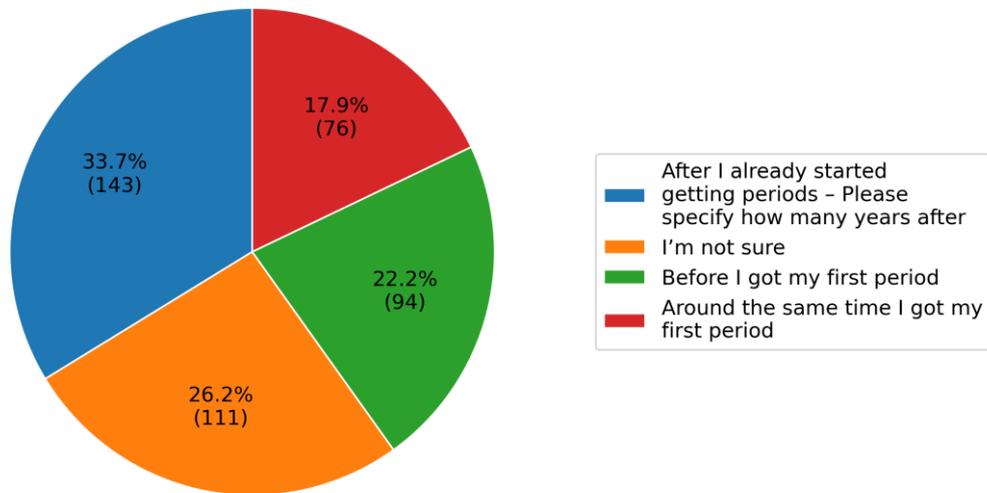
Number of responses: 464

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



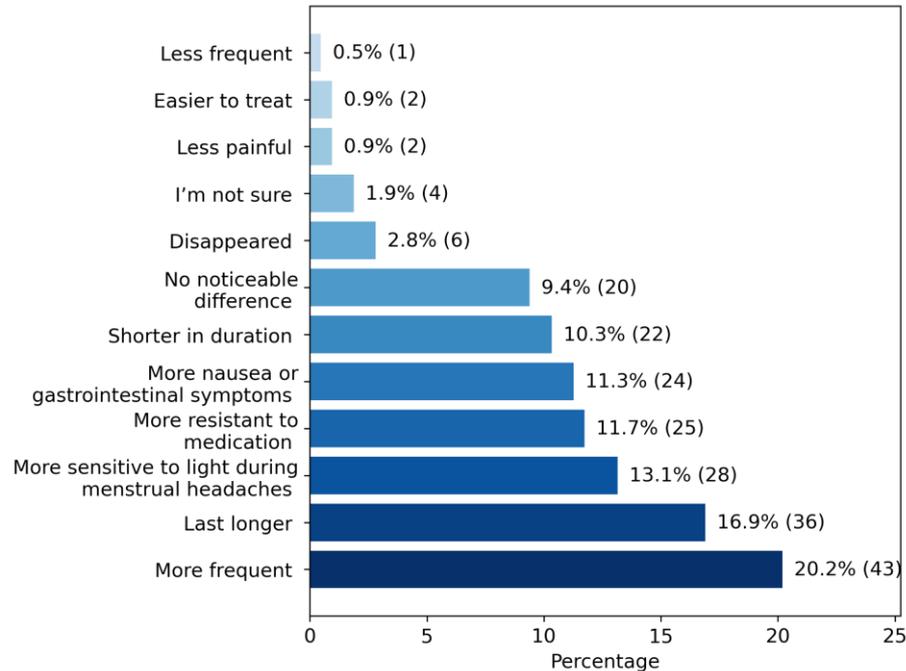
Number of responses: 464

When did your headaches first begin?



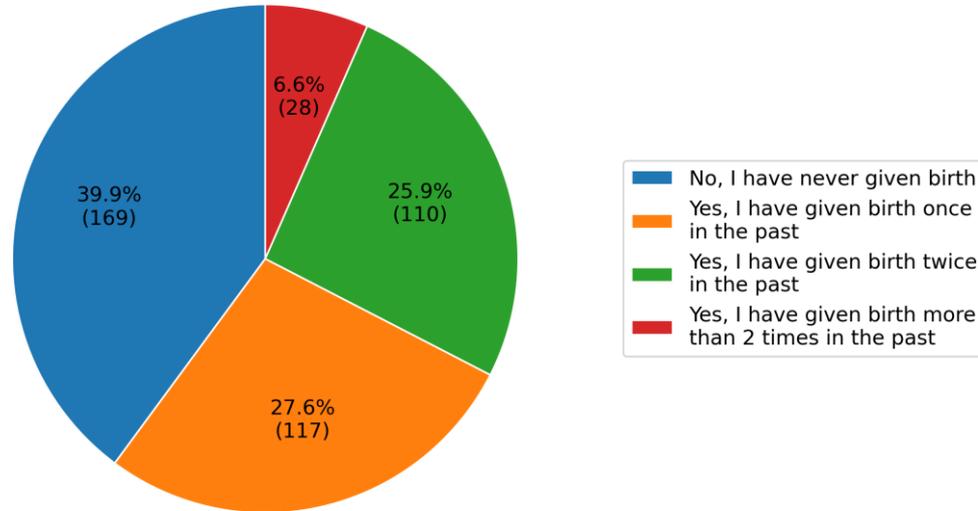
Number of responses: 424

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



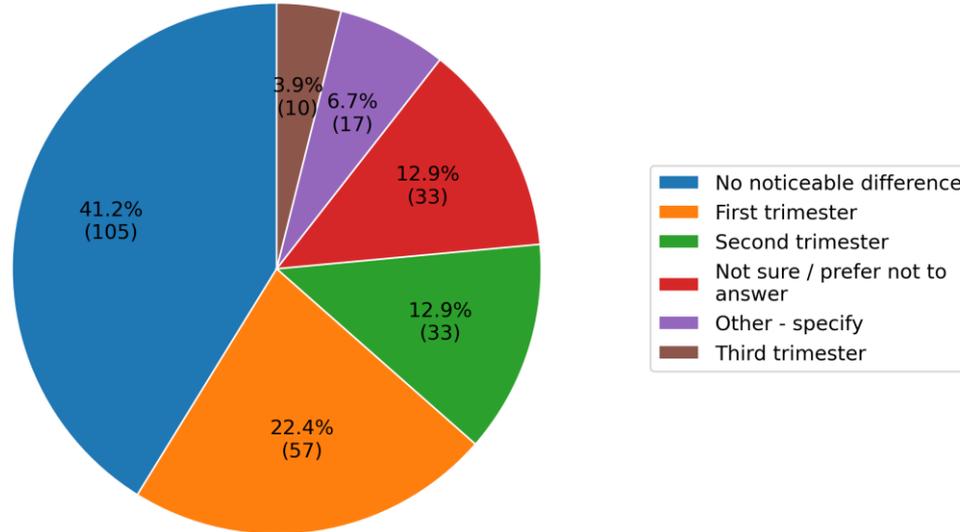
Number of responses: 213 (multiple selection)

Have you given birth in the past?



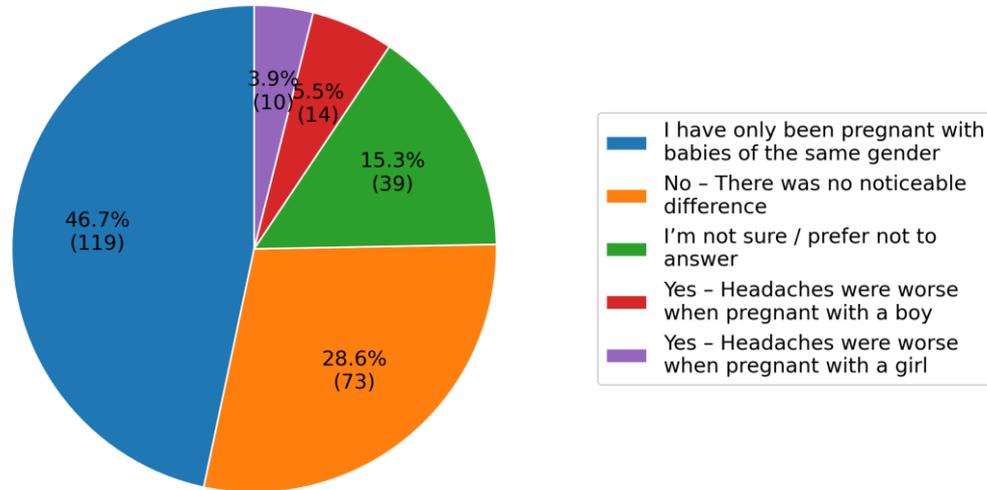
Number of responses: 424

Which pregnancy has been the most difficult for headache attacks?



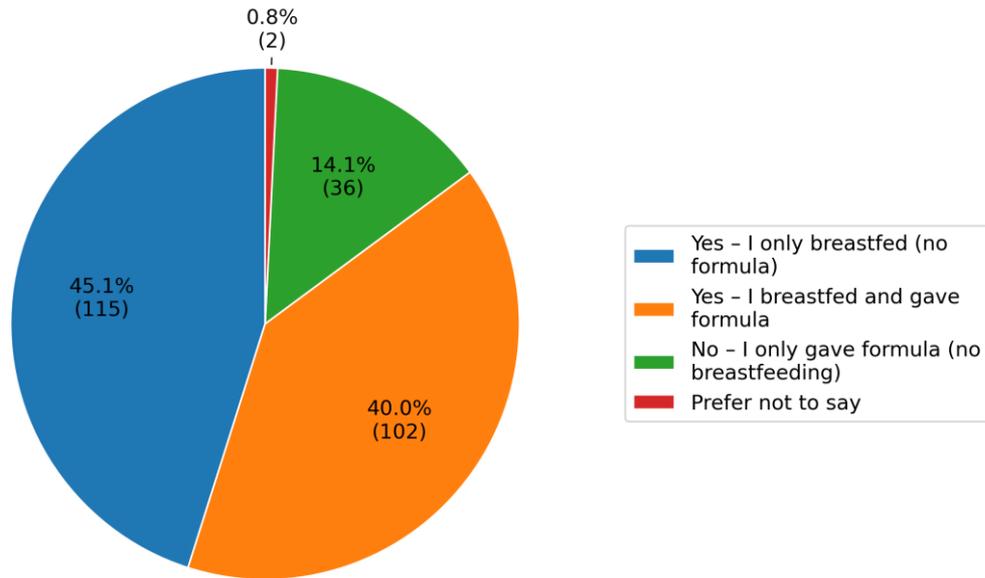
Number of responses: 255

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?



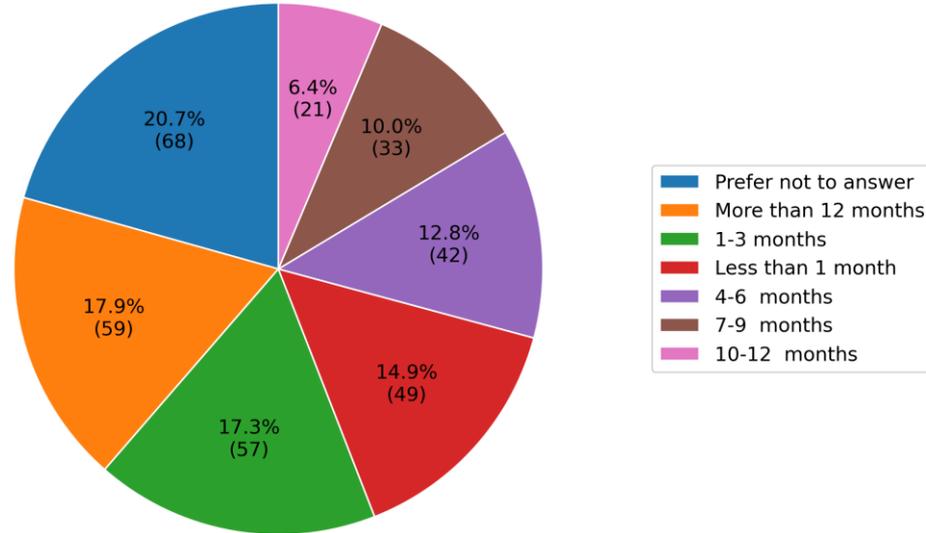
Number of responses: 255

For your most recent pregnancy, did you breastfeed?



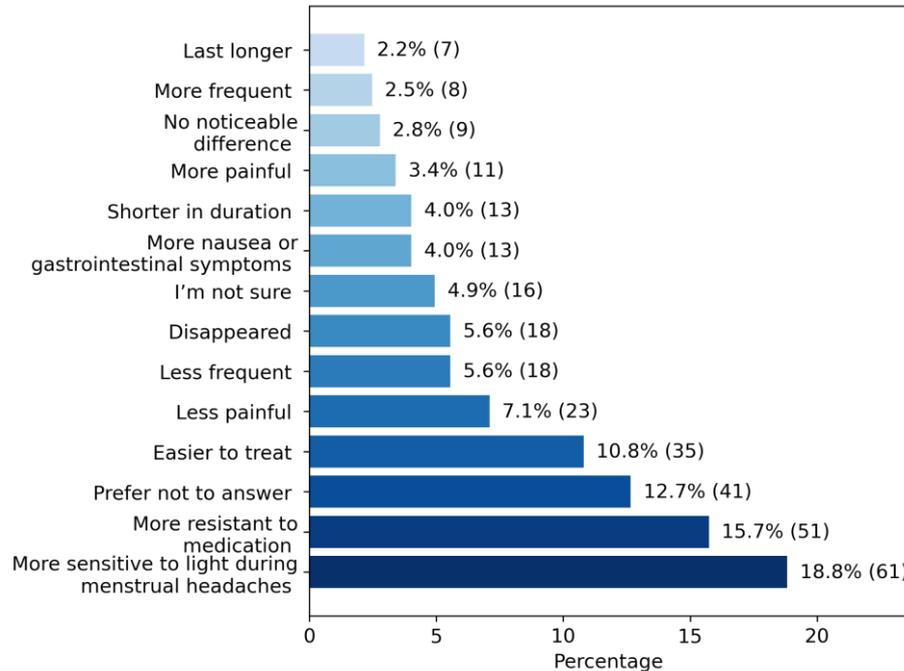
Number of responses: 255

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



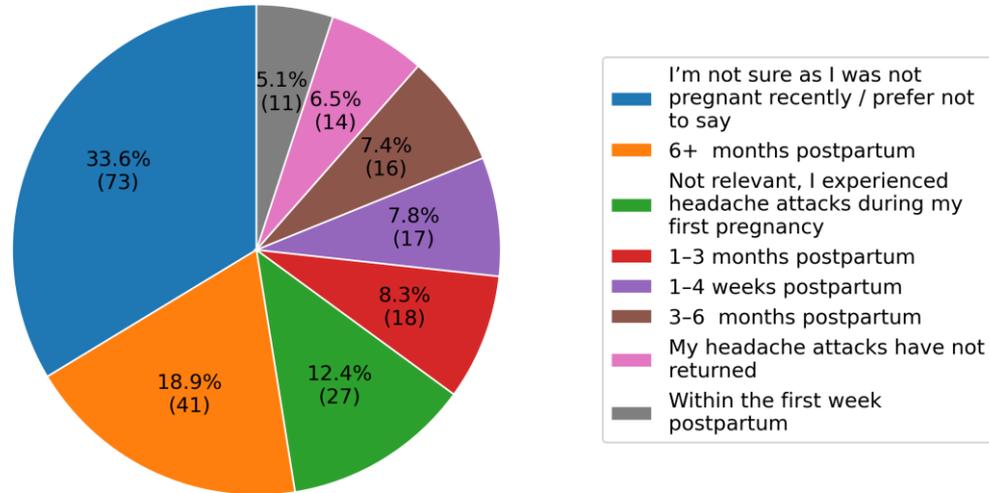
Number of responses: 329

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



Number of responses: 324 (multiple selection)

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



Number of responses: 217