



HEADACHE ON THE HILL

SUPPORT LONG-COVID HEADACHE RESEARCH

Headache is one of the most frequent symptoms after COVID-19 infection as part of Long COVID syndrome. Long COVID headache can present in the form of a worsening of a preexisting primary headache disorder, or in the form of a new (intermittent or daily) headache disorder starting during or soon after active COVID-19 infection.[1] General understanding, specific treatment options and research around headache disorders and Long COVID is limited, and more coordinated efforts are needed to ensure these patients experiencing Long COVID headache disorder can receive the care and relief they need and deserve.

STATISTICS

- Long COVID can include a wide range of ongoing health problems and these conditions can last weeks, months, or even years.[2]
- Long COVID conditions are found more often in people who had severe COVID-19 illness, but anyone who has been infected with the virus that causes COVID-19 can experience post-COVID conditions.[3]
- Headache is one of the most common symptoms of COVID. Post-COVID headache are often described as moderate to severe, persistent, and treatment refractory. [4]
- Approximately 1 in 5 people who experience Long COVID report headache.[5]
- One study found patients with COVID-19 with pre-existing primary headache disorder had significantly more frequent COVID-19-related headache than those without.[6]



AHDA ASK:

Co-sponsor the CARE for Long COVID Act when it is reintroduced in this year's Congress and ensure the legislation specifically prioritizes research on migraine and other headache disorders caused or exacerbated by Long COVID.



Sources

- [1] Tana, C., Bentivegna, E., Cho, SJ. et al. Long COVID headache. J Headache Pain 23, 93 (2022). <https://doi.org/10.1186/s10194-022-01450-8>
- [2] <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
- [3] <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
- [4] Chhabra N, Grill MF, Singh RBH. Post-COVID Headache: A Literature Review. Curr Pain Headache Rep. 2022 Nov;26(11):835-842. doi: 10.1007/s11916-022-01086-y. Epub 2022 Oct 5. PMID: 36197571; PMCID: PMC9533267.
- [5] Id.
- [6] Id.



ALLIANCE FOR HEADACHE DISORDERS ADVOCACY



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Headache & LONG COVID



Long COVID-19 can lead to:



Onset of migraine disease or headache disorders



Worsening of existing headache disorders



About **1 in 5 people** with long COVID report headache.

It occurs most often in middle-aged women.

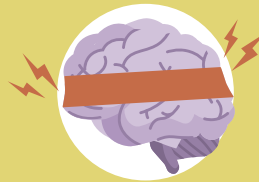
Long-COVID headache can be:



Migraine with aura



Chronic migraine



Tension headache

Long-COVID headache may accompany:



Fatigue



Cognitive dysfunction



Sleep disturbances



Ongoing loss of smell

Long COVID:

The persistence of symptoms for weeks or months after COVID-19 recovery.



Why? Headache may stem from COVID-19's persistent activation of the immune system. The exact cause of long-COVID headache is still unclear.

Treatment

Patients experiencing long COVID should be screened for headache.

Long-COVID headache requires tailored, multidisciplinary treatment. Continued research and training are also critical.



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Sources: [Practical Neurology](#), [J Headache Pain](#)