



Headaches in Veterans with TBI

Do Veterans with TBI have increased headache risk?

This study looked at Veterans who had headaches at their first annual visit and at four annual visits in a row. Researchers examined whether headaches were related to TBI, PTSD, depression or other disorders. Here are the main findings:

- ★ 14% of Veterans had headaches at their first visit and 3% had headaches all four years.
- ★ Having TBI, or TBI plus PTSD or depression increased headache risk at first visit.
- ★ Only insomnia, dizziness, and tinnitus increased the risk of having headaches all 4 years.

Take Home: TBI increases Veterans' risk of having headaches in their first year home but does not increase their risk of having chronic headaches.



For more information on CENC, visit:
<http://www.cencstudy.org>

Reference:

Jaramillo, C.A., Eapen, B.C., Mcgeary, C.A., Mcgeary, D.D., Robinson, J., Amuan, M., & Pugh, M.J. (2015). A cohort study examining headaches among veterans of Iraq and Afghanistan wars: Associations with traumatic brain injury, PTSD, and depression. *Headache: The Journal of Head and Face Pain*, 56(3), 528–539. doi: 10.1111/head.12726