



# Suffering from Post-traumatic Headaches?



If you experience frequent headaches each month you may be eligible to participate in a research study:

## Nutrition for Post-traumatic Headache

The purpose of this study is to learn whether dietary changes can improve symptoms and quality of life for post-traumatic headache sufferers.

As a participant, you will:

- be randomized to 1 of 2 research diets;
- meet with the study dietitian for counseling and pick up study foods every 2-3 weeks;
- be asked to include a number of foods into your diet;
- be provided with study food for 2 meals per day



*The diets are flexible, do not limit calories, and can be modified to your taste preferences within study guidelines.*

If you would like to be in this study, please call Cora Davis at 301-319-3780 or Dr. Kimbra Kenney at 301-400-0942 or email: [cora.davis.ctr@usuhs.edu](mailto:cora.davis.ctr@usuhs.edu) or [kimbra.kenney@usuhs.edu](mailto:kimbra.kenney@usuhs.edu)



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