Suffering from Headaches?

NUTRITION FOR POST-TRAUMATIC HEADACHE

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

You may be eligible to participate in the study if you:

- Have at least 8 headache days per month for at least 6 months
- Have a history of TBI or concussion
- Are able to travel to Walter Reed National Military Medical Center over a 16 week period
- Are not taking, or are willing to discontinue, any oil supplements (i.e. fish oil)
- Are covered by TRICARE

As a Participant, You Will:

- Be randomized to 1 of 2 study diets
- Meet with a study dietitian for counseling and pick up study foods every 2-3 weeks
- Complete a daily online headache diary
- Receive enough study food for 2 meals per day

Being in the study may reduce your headache frequency and severity, although cannot be guaranteed.

To participate at WRNMHC please contact our study personnel:

Research Coordinator: dha.bethesda.j-11.mbx.nicoe-research-studies@mail.mil; (301) 319-3780

Principal Investigator: Kimbra.L.Kenney.cty@mail.mil; (301) 400-0942