

Title: Effects of Upper Cervical Chiropractic Care in Patients With Migraine Headaches

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**Abstract:**

Objectives: This study will examine the effect of the NUCCA chiropractic procedure on headache frequency, intensity, analgesic use and overall quality of life for patients who suffer from migraine headaches.

Study Design: This study is a one group pre-post study of 4 months duration. The 4 months are broken down as follows: Baseline period, (month 1), NUCCA intervention phase (month 2 & 3), and post-intervention phase (month 4). A comparison of outcome measures will then be made.

Location: Life University Research Center.

Participants: Ten patients between the ages of 18 and 70, who report having experienced two or more migraine headaches per month for at least six months, were recruited for this study. Patients were considered for acceptance into the study if their headaches could be classified as migraine (with or without aura), according to International Headache Society criteria. Omar Elsangak, M.B.B.Ch performed the initial evaluation for acceptance.

Main outcome measures: Each is evaluated five times. 1) H.Disability - Headache Disability Questionnaire 2) HF - Henry Ford Hospital Headache Disability Inventory 3) Modified Zung Index - depression index 4) Short-Form McGill Pain Questionnaire 5) Rand SF-36 - general health survey 6) Headache Diary: Analgesic usage, VAS, Frequency & Intensity

Results: Eight patients are currently enrolled and expect to have all 10 by the end of March. Data collection should be completed February. Five of the patients have fully completed the 1<sup>st</sup> two phases of this study and the results are as follows:

	<b>Pre Ave.</b>	<b>Post 1 month</b>	<b>Post 2 months</b>
<b>H. Disability</b>	31.7	25.7 *	17.8 *
<b>Henry Ford</b>	30.1	21.2	11.4 *
<b>McGill</b>	21.9	16.4	7.0 *
<b>SF-36:</b>			
PF	83.0	83.0	86.0
RP	37.5	40.0	70.0
BP	48.6	56.0 *	74.2
GH	51.5	57.0 *	55.0
V	41.5	44.0	51.0 *
SF	67.5	77.5 *	85.0 *
RE	100.0	100.0	100.0
MH	70.8	71.2	73.6
<b>Zung</b>	22.1	22.0	14.8 *

\* p<0.05 relative to pre value

A lower score is more favorable for the Headache Disability Questionnaire, Henry Ford, McGill, and the Zung Index a A higher score is more favorable for the SF-36.

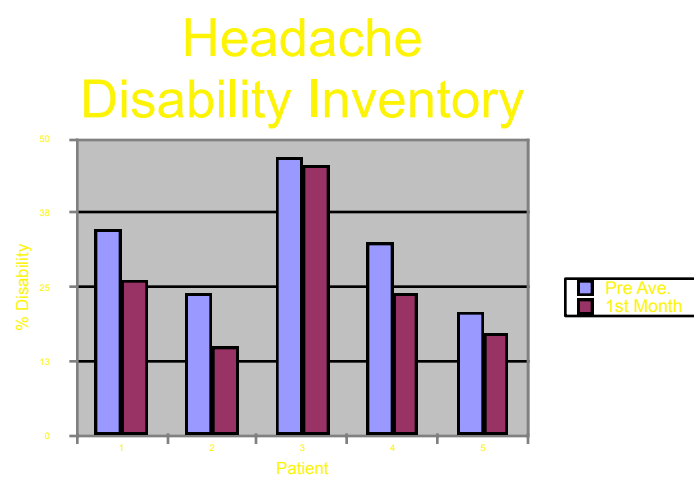
The headache diaries have yet to be evaluated.

Conclusion: Thus far this study supports that of Peter Tuchin et al who demonstrated that Chiropractic spinal manipulative treatment is an effective treatment for migraine, for some people. However, this study would be more significant with a larger number of subjects. As of yet it is hard to draw any significant conclusions

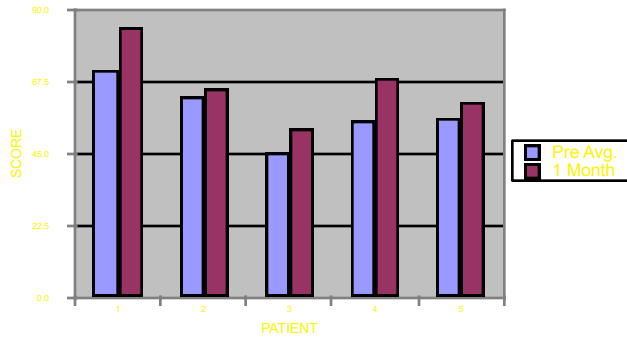
Key Indexing Terms: Migraine, Headaches, Upper Cervical Chiropractic Care

The following are graphs of each outcome measure. It is too soon in the study to draw any hard conclusions.

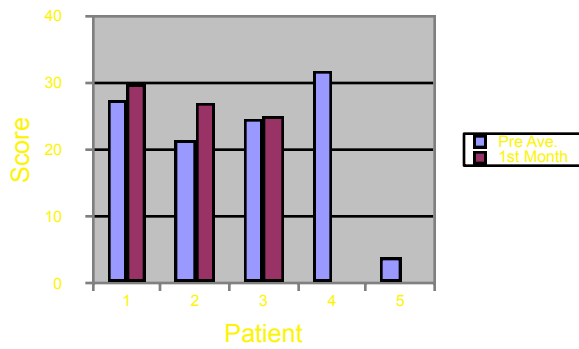
The study will be completed February 2000.



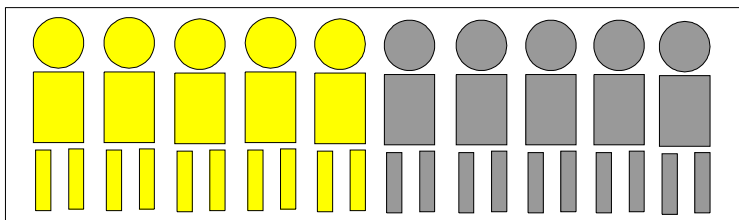
## RAND SF-36



## McGill Pain Index



5 Patients have completed 1 month of care.



Mission: Create an environment for students to become successful NUCCA doctors.