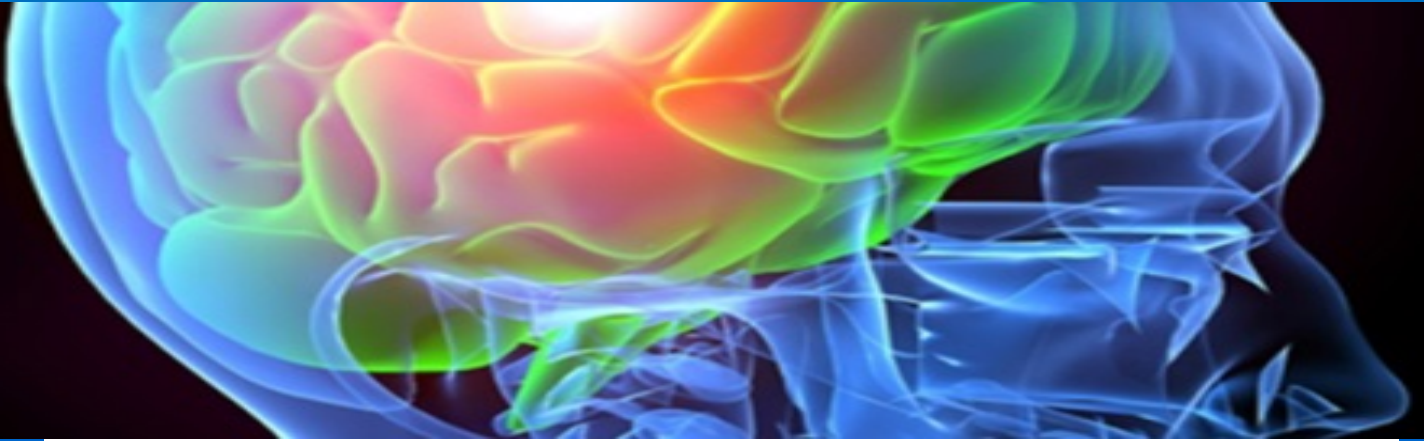




Suffering from Headaches?



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

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.

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

To participate at [WRNMMC](#) 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.civ@mail.mil; (301) 400-0942

