

News Release

Improved Quality of Life for Migraine Sufferers

CALGARY – Researchers have uncovered an effective treatment for migraine, according to a study recently published in *BioMed Research International* (<http://www.hindawi.com/journals/bmri/2015/630472/>). In the study, headache symptoms significantly decreased while specialized MRI testing revealed important changes in blood flow and cerebrospinal fluid flow (CSF) following treatment.

Migraine is a debilitating disorder characterized by pulsating headaches lasting from a few hours to several days, accompanied by nausea, vomiting, and/or sensitivity to light and sound. An estimated 8.3% of Canadians (2.7 million) reported that they had been diagnosed with migraine, and in the United States it is estimated one in four households has a member with migraine.

In this clinical pilot study, 11 neurologist diagnosed migraine subjects underwent dynamic MRI testing at baseline, week four, and week eight, following a NUCCA (National Upper Cervical Chiropractic Association) intervention. Researchers collected migraine-specific quality of life measures and found marked changes in neurologist monitored patient reported outcomes. This study also included the use of specialized dynamic MRI technology that measured blood flow and cerebrospinal fluid flow in and out of the head before and after the NUCCA intervention. The findings suggest an improved change in the blood flow and CSF flow following the atlas correction.

“Not only did we measure quality of life changes but we are starting to understand the physiology behind what causes migraine problems” said study co-author Dr. D. Gordon Hasick, with the Calgary based Britannia Clinic and board certified NUCCA instructor. Also measured were significant changes in posture with notable symptomatic improvement following the NUCCA intervention. Study results suggest that the atlas realignment intervention may be associated with a reduction in migraine frequency and marked improvement in quality of life yielding significant reduction in headache-related disability as observed in this cohort.

The relationship between postural alignment and function of the neurophysiology continues to be studied. The link between head and neck injury, concussion and migraines also requires further investigation as 85% of the study subjects had a previous history of concussion or neck and head injury. “While future research is needed to substantiate these initial findings, looking at the underlying physiology of migraine with cutting edge imaging while providing a low risk and effective treatment for migraine is exciting”, said co-author Dr. H. Charles Woodfield III, Director of Research for the Upper Cervical Research Foundation in Minneapolis, Minnesota.

The Upper Cervical Research Foundation (UCRF) and its Canadian branch (UCRF(C)) is devoted to developing and facilitating comprehensive research to investigate the relationship between the biomechanical and neurological balance of the upper cervical spine and its profound effect on human health and well-being. The NUCCA procedure is unique because it frees the nervous system of interference by using a precise, non-invasive, gentle touch technique.

For information about Upper Cervical Research visit <http://www.ucrf.org/> or <http://ucmonograph.org/>

For information on the NUCCA technique visit <http://www.nucca.org/what-is-nucca/>

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