Intersections of Headache Project Summary

Headache disease has no boundaries. Intersections of Headache aims to share the unique and diverse journeys of people of diverse backgrounds who share a common thread - living with diverse headache diseases.

Some Helpful Information

Recording Steps

- We recommend recording this on a cell phone.
- Set your phone vertically. (Think Reels and TikTok)
- Set the camera at eye level or above.
- Try to record in a quiet area without bright light behind you in the shot.
- Start your recording with – “I’m [insert first name only], I’m [insert demographic you are comfortable sharing] AND I have [migraine, headache, other].” EXAMPLE: I’m Amy. I am a queer woman. AND I have migraine.”
- Pause after this intro. Then share a short story about what your experience with headache has been like. EXAMPLE: “Often because I am a woman my pain is not taken seriously. Being queer means I am further stigmatized by our healthcare system. It took me years to get the treatment I needed. Years lost to pain.”

Extra Tips

- Do not share sensitive information that you would not want others to know.
- Keep your submission to UNDER 60 seconds. Short is best!
- The questions are here to serve as a guide to get the conversation started. Look over the questions and create an outline of what you want to say.
- Make sure to watch the video before you upload it.
What do I do with my video once I am done?

- It is as easy as uploading it to this folder.
- If you have any issues please reach out to Director of Advocacy Amy Graham here.

QUESTIONS TO HELP GET YOU STARTED

General Questions

- What is your name?
- What headache disorder were you diagnosed with?
- How long did it take for you to receive a diagnosis?
- How long have you lived with your headache disorder?
- What, if any, barriers have you faced while seeking care for your headache disorder?
- How does mental health play a role in managing your headache disorder?
- What do you want people to know about your headache disorder?

Questions about Intersectionality

- How do you self-identify? (race/ethnicity, religion, gender identity/sexual orientation, etc.)
- Have you experienced unconscious or implicit bias from a healthcare provider due to any of the ways you identify?
- Have you ever felt dismissed or silenced when talking about your headache disorder?
- Were you ever medically gaslighted?
  - How, if so, has it impacted your ability to navigate the healthcare system successfully?
- Does your headache disorder intersect with who you are in a challenging or positive way?
Questions for the LGBTQIA2S+ Community

- Has a healthcare provider ever neglected or refused to recognize one or more family members (children, spouse, etc.) due to your gender identity or sexual orientation?
- Has a healthcare provider accidentally or intentionally misgendered or deadnamed you before, during, or after an appointment?
- Do you feel that healthcare providers first approach your care from a cisnormative and/or heteronormative perspective?
  - If so, does this perspective create an additional barrier to accessing healthcare?

Questions for Active Military, First Responders, and Veterans

- Did you sustain a traumatic brain injury or were involved in an accident that resulted in severe headaches?
- How long did it take to get a headache diagnosis?
- How has your headache disorder impacted your ability to perform your duties?
- Have you encountered bias in the workplace or while accessing treatment for your headache?

Questions for Male or Male Identifying Community

- Given many see migraine as a “women’s issue” how has this impacted your own experience? If you have another headache disorder like cluster, how has your experience been impacted?
- What challenges or roadblocks have you experienced because you are a man?
- Given society it can be expected for men to not show weakness, what challenges have you faced in expressing your pain?
- Have you experienced stigma about your migraine/headache disease because you are a man?