

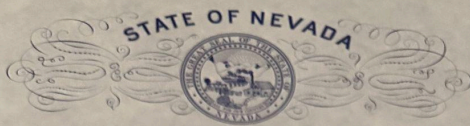
New Daily Persistent Headache (a constant headache that never leaves) has been the defining factor of my life since the day it started on July 24, 2016. It's very similar to the feeling of a migraine except it doesn't end. With 70,000 hours straight of debilitating pain I can say it changed every aspect of the way I live. I have had to adjust my entire lifestyle around what I can and cannot do with this condition. From wearing sunglasses inside, to missing family gatherings and events, to not being able to finish highschool in person, and having my life revolve around doctors appointments. The journey has been a difficult one filled with potholes, stop signs, and road blocks. It's hard for people to really understand what I'm going through when they look at me and see someone that looks completely healthy. They can't wrap their head around what's going on especially when I'm often smiling through the pain. But my facial expression is just a mask, because it's easier to pretend to be okay than to try and explain my situation. Not even certain medical professionals like doctors, nurses, technicians etc. take it as serious as it really is. Most of them haven't even heard of NDPH. Despite 39 million people in the United States suffering from migraines there isn't much funding put towards these types of headaches. Often looked at as an "incurable disease" but something is only impossible until it's accomplished. History has proven this time and time again. I personally have felt the need to talk about this issue primarily for two reasons. The first being that since it's an invisible disease, we have to raise awareness so others can see the effects it's having on people's lives. Unless it's affecting you or a loved one it's often turned a blind eye to. Secondly, not many men talk about this issue or any health issues they have because it's shamed upon in our society. There is a stigma that men should be strong and not talk about their physical or mental health. But one of the strongest things a person can do is have to battle through a war with their own body. I can't tell you how many times I've heard from people that it's just a headache. It's not a headache, it's a debilitating disease that we suffer in literal darkness, often confined to our rooms.

Music has been my medicine throughout the years, it's something I can do by myself and without any lights. It can also be extremely quiet when you're playing an electric guitar unplugged. This has been the way I have had some identity throughout the years other than being a "sick person", I am a musician. It's given me the strength to occasionally go up on stage and perform. Even if that means laying in bed for the next three days from the aftermath of putting on a show and pushing my body to its limit. Hopefully by making this proclamation I can prove to other migraine sufferers that they're capable of more than they know and that I, along with several others, see them for the warriors they are. Until recently I was very confidential about my illness. I want to make them feel less alone, showing them that I'm willing to walk side by side with them. Even if I have to come out and put myself in the public eye and show my struggle, so be it.

I want to say a special thanks to Nevada State Senator Julie Pazina. Without her none of this would've happened and I wouldn't have the opportunity to share this with the public. We need more government officials who are willing to recognize invisible illnesses.







PROCLAMATION

WHEREAS, There are more than 300 medically recognized headache disorders, including cluster headaches and migraines; and

WHEREAS, Headache diseases impact one in six households in the United States—with more than 40 million Americans living with headache diseases—including approximately 4 million who suffer from chronic migraines and experience 15 or more migraine attacks each month; and

WHEREAS, Headache disorders are three to four times more prevalent in women, and Native and Indigenous communities have the highest prevalence of disabling headaches in the U.S.; and

WHEREAS, Veterans who have returned from Iraq and Afghanistan have two to four times the incidence of migraines compared to the general population, likely due to traumatic brain injuries, and post-traumatic headaches occurs in up to 92 percent of military personnel who have sustained a mild traumatic brain injury; and

WHEREAS, Migraine disease impacts all systems of the body with symptoms which can include anomic aphasia (difficulty finding words); chills; fatigue; impaired cognitive function; intense pain; nausea and vomiting; numbness and weakness lasting for 4 to 72 hours on average; sensitivity to light, sound, smell and touch; tinnitus; and visual disturbances; and

WHEREAS, While every person who suffers from headache disorders has unique triggers, research has shown that weather patterns such as excessive heat, humidity, and sudden drops in atmospheric pressure can produce substantial headache responses, leading many doctors to suggest that increased temperatures and erratic weather conditions in the Southwest U.S. may trigger more frequent and intense headaches and migraine episodes; and

WHEREAS, Raising awareness about migraine and headache disorders is essential for promoting understanding, empathizing with, and supporting communities; now, therefore, be it

PROCLAIMED, That citizens, educators, health care professionals, and policymakers in Nevada are encouraged to collaborate in raising awareness, promoting education, and advocating for improved access to care and support services for individuals living with migraines and headache disorders during this Migraine and Headache Awareness Month of June.

DATED this 19th day of June, 2024.

Nicole Cannizzaro
Majority Leader
Nevada State Senate

Pat Spearman, D.B.A.
President Pro Tempore
Nevada State Senate

Julie Pazina
Nevada State Senator

Richard (Skip) Daly
Nevada State Senator

Marilyn Dondero Loop
Nevada State Senator

Edgar Flores
Nevada State Senator

Roberta Lange
Nevada State Senator

Dina Neal
Nevada State Senator

Rochelle T. Nguyen
Nevada State Senator

