

TABLE 2. Age-Specific Prevalence and Prevalence Ratios of Self-Reported Recurring Headaches or Migraines, by “Heavy and/or Irregular Menstrual Cycles/Pain or Premenstrual Syndrome,” Annual Periodic Health Assessment, Female U.S. Navy and Marine Corps Service Members, 2021

Age Group	“Heavy or Irregular Menstrual Cycles, Pain, or PMS?” ^a	Total (n)	Recurring Headache or Migraine Cases (n)	Prevalence (%)	Prevalence Ratio ^b	95% CI
18–29	No	7,592	1,071	14.1	1.0	Reference
	Yes, but in treatment and no issues	629	145	23.1	1.6	1.4–1.9
	Yes, but having ongoing issues	2,208	733	33.2	2.4	2.2–2.6
30–39	No	3,635	787	21.7	1.0	Reference
	Yes, but in treatment and no issues	320	120	37.5	1.7	1.5–2.0
	Yes, but having ongoing issues	943	467	49.5	2.3	2.1–2.5
40–49	No	1,003	283	28.2	1.0	Reference
	Yes, but in treatment and no issues	117	45	38.5	1.4	1.1–1.7
	Yes, but having ongoing issues	308	151	49.0	1.7	1.5–2.0
50–64	No	67	9	13.4	1.0	Reference
	Yes, but in treatment and no issues	13	3	23.1	1.7	0.5–5.5
	Yes, but having ongoing issues	19	8	42.1	3.1	1.4–7.0

Abbreviations: n, number; PMS, pre-menstrual syndrome; CI, confidence interval.

^aService members with missing responses to “heavy and/or irregular menstrual cycles/pain or premenstrual syndrome” are excluded from table totals.

^bPrevalence ratios and 95% CIs are from age group stratified log-binomial regression of the probability of recurring headache.