

We hear from scores of people who have seen health claims – advice, promises, cures – online, in the papers, in adverts. Liam W. wasn't sure about this migraine headband, so he decided to #AskforEvidence. **Here's his story...**

WHAT WAS THE CLAIM?

Cefaly offer a headband which they claim administers electrical pulses to nerves when worn and that this reduces the likelihood of future migraine attacks and can alleviate the symptoms when they do occur.

WHERE DID YOU SEE/HEAR IT? The Daily Mail

WHO DID YOU ASK? WHAT DID YOU ASK?

I wrote to the company rather than the journalist:

Dear Sir/ Madam,

I was interested to read in the Daily Mail today that your product, the Cefaly headband, has been granted NHS approval. Accompanying this article was the claim made that the Cefaly headband is able to reduce the frequency and severity of migraine attacks when used prophylactically and also alleviate the symptoms of migraines if used post-onset. It was also claimed that the headband produced fewer side effects than conventional drug therapies.

I would be grateful if you could send me the relevant scientific information that supports these claims. Please note that I am asking this as part of the Ask for Evidence campaign and will share the response I get publicly.

Best wishes, Liam W

WHAT WAS THE RESPONSE?

I received the following reply almost immediately:

Hi Liam,

*The information that you require can be found on our website:
<http://www.cefaly.co.uk/efficacy/data>. The device has been approved by NICE:
<https://www.nice.org.uk/guidance/ipg559>. Hope this helps.*

Michelle B, Warehouse Manager

Included in the email were a handful of documents; a few pages of testimonials from satisfied users, a page of product specifications and most importantly two peer reviewed journal articles detailing the safety and efficacy of the product. I conducted an additional literature review myself and found a handful of other references.

HAPPY? UNHAPPY?

My opinion is that there is some evidence base for the claims that Cefaly is effective in treating and preventing migraines and headaches although more research needs to be done to confirm the early promise of these studies. There isn't however, enough evidence to put beyond reasonable doubt that Cefaly is safe to use and does not cause serious side effects.

