**Migraines linked to heart attacks and strokes among women in latest study**

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**Experts who looked at data on 110,000 nurses from a research project found cardiovascular risks were 50% greater in female sufferers**

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One in five women in the UK suffer migraines, says the NHS

Women who experience migraines are also more likely to suffer from major [heart problems](http://www.mirror.co.uk/all-about/heart-disease), a new study has found.

Experts examined data on more than 110,000 nurses taking part in the American Nurses' Health Study.

Of these almost 18,000 were reported to suffer migraines when they were initially examined.

Over 20 years of follow-up, experts noted 1,329 major cardiovascular disease events and 223 women died from cardiovascular disease.

The team of researchers from Germany and the US found that those who reported migraine problems had a 50% increased risk of cardiovascular diseases such as heart attacks and [strokes](http://www.mirror.co.uk/all-about/stroke) compared to those who didn't suffer from migraines.

They were also found to be more likely to die from these conditions, according to the study published in The BMJ.

PA

Women with migraines should be assessed for heart risk, say experts

Women who suffer from migraines should be assessed for their risk of heart problems, the authors said.