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VOLUME

VETERANS
DISABILITY
INFO GUIDE

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MIGRAINE VA CLAIMS

An Essential Guide for U.S. Veterans



GANG & ASSOCIATES LLC

VA DISABILITY RATINGS FOR MIGRAINES



**An Essential Guide
for U.S. Veterans**

SUTTON  HART PRESS

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Gang & Associates, LLC

About This Guide

Prominent former New York City litigator, author, and founding partner of one of the nation's leading veterans' disability law firms, Eric A. Gang, has litigated over 1,000 appeals at the U.S. Court of Appeals for Veterans Claims, winning some of the largest VA awards on record. With a long-standing reputation as an aggressive and tenacious veteran's advocate, Eric is renowned for his calculated approach to complex VA claims and appeals involving migraines, PTSD, and other service-related conditions. Eric's diligence, legal acumen, and understanding of the interrelationship between psychological and physical illness continues to help U.S. military veterans maximize the benefits they deserve.

If you or a family member is experiencing migraines due to service in the U.S. Army, Air Force, Marine Corps, Navy, Coast Guard, or Reserves, you have the right to collect benefits from the Department of Veterans Affairs (VA). To maximize these benefits, it is important to (1) recognize your rights as a veteran with migraines, (2) familiarize yourself with the VA migraines claims and appeals process, and (3) understand your options under the law.

A quick and easy reference for:

- VA disability ratings for migraines
- VA migraine disability claim filing process
- How to prepare a compelling migraine disability claim
- How to maximize your VA migraine disability rating

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Migraines are severe, recurrent headaches that can become debilitating. Veterans show a higher prevalence of migraines than civilians. An estimated 36% of veterans serving in Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) experience migraines compared to just 12-15% of the general population. While the exact reason for the higher rate of migraines in veterans is unknown, analysis suggests it may be due to various chemical toxin exposures and frequent exposure to explosions, gunfire, concussion, and traumatic brain injury (TBI).

Studies have shown that veterans who experience migraines report more frequent hospital visits than those without migraines. Migraines in the veteran population cause significant impairment to personal, social, and occupational life. Migraines are associated with numerous other health conditions, including psychiatric disorders, suicidal ideation, substance abuse, fibromyalgia, chronic fatigue, sleep disorders, irritable bowel syndrome [IBS], stroke, cardiovascular disease, obesity, and diabetes. In addition, certain health problems can interact with migraines and worsen symptoms, such as TBI, depression, and posttraumatic stress disorder (PTSD).

However, securing VA benefits for migraine treatment can be difficult. This user-friendly guide aims to assist veterans in successfully navigating the process of claiming VA benefits for migraines. By applying the resources and strategies described herein, you will be better equipped to prepare a compelling VA migraine disability claim or appeal a denied claim effectively.

Migraines vs. Headaches

Most individuals experience headaches throughout their lives. Sinus headaches commonly accompany upper respiratory illness and sinus infection. Tension headaches can be triggered by mental, physical, or emotional stress. Sudden jabs of head pain—called cluster headaches—are also experienced by most people.

Migraines differ from headaches in several ways. First, migraines are rarer than headaches. Most people experience just a handful of migraines in a lifetime, if any. The exact cause of migraines is unknown, but they can be triggered by stress, hunger, hormone fluctuations, dehydration, humidity fluctuations, and even temperature fluctuations.

Second, migraines generally last longer than headaches. While the windows of duration overlap, headaches can resolve within 30 minutes to a few hours, while migraines typically last at least 4 hours and up to 72 hours.

Third, migraines cover a larger area of the head than headaches. Headache pain is usually focused to a small location, such as behind the eye, forehead, face, neck, or in a band across the top of the head. Migraines usually span one or both sides of the entire head.

Both migraines and headaches can range from mild to severe pain. However, the long duration of a moderate to severe migraine can make the condition more debilitating than a moderate or severe headache.

Migraine Phases and Types

Unlike headaches, migraines tend to unfold in a pattern of phases:

1. **Prodrome Phase:** The first stage of a migraine starts 24 to 48 hours before the aura phase and can be characterized by light sensitivity, fatigue, neck pain or stiffness, irritability, yawning, and difficulty with speech (aphasia).
2. **Aura Phase:** The second phase lasts anywhere from 5 minutes to 1 hour and can overlap with the headache phase. About 25% of migraines have an aura phase, characterized by a change in sight, smell, hearing, touch, movement, and speech. Symptoms include blurred vision, blind spots, flashes, ringing ears, hearing loss, phantom smells, numbness, and dizziness.
3. **Headache Phase:** The third phase of a migraine can last from 4 to 72 hours and is characterized by pulsing unilateral or bilateral head pain. It is often accompanied by nausea, dizziness, insomnia, confusion, light sensitivity, and neck stiffness.
4. **Postdrome Phase:** The last stage of a migraine lasts from 1-2 days and includes relief from pain. This phase often comes with other symptoms like exhaustion, depression, intense thirst, euphoria, and trouble concentrating.

In general, there are two categories of migraines: migraines with the aura phase (classic migraine) and migraines without the aura phase (common migraine).

Other variations of migraine include:

- **Chronic migraine:** Experiencing more than 15 migraines per month
- **Hemiplegic migraine:** Migraine causing muscle weakness in one side of the body
- **Retinal / ocular migraine:** Migraine affecting the sight of only one eye
- **Silent migraine:** Migraine without the headache phase
- **Status migrainosus:** Migraine lasting longer than 72 hours

On average, people who experience migraines have one to four episodes per month, though the frequency can range from one migraine per week to one per year.

Effective Treatments for Migraines

While there is no cure for migraines, patients are able to manage symptoms effectively with proper treatment. One-time migraines are often treated with over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDs) like aspirin or ibuprofen. More frequent migraines may require an ongoing regimen of prescription medications.

Veterans who experience frequent migraines may be directed to take regular medications designed to prevent migraine episodes. Common preventative medications for migraines include the following:

- Norepinephrine and serotonin reuptake inhibitors (duloxetine, venlafaxine)
- Beta-blockers (propranolol, atenolol)
- Monoclonal antibodies (galcanezumab, fremanezumab)
- Calcium channel blockers (verapamil)
- Tricyclic antidepressants (nortriptyline, amitriptyline)
- Antiseizure medications (topiramate, valproic acid)

Veterans who experience fewer migraine episodes may be prescribed a medication to keep on hand and take only when symptoms begin. Common migraine treatment medications include the following:

- Triptans (sumatriptan, naratriptan)
- NSAIDs (aspirin, ibuprofen)
- Gepants (rimegepant)
- Ditans (lasmiditan)
- Dihydroergotamine (prochlorperazine)
- Antiemetics (metoclopramide)
- Acetaminophen

Various alternative therapies have also shown some effectiveness in helping prevent or alleviate migraine episodes, including Botox, vitamin B12, acupuncture, meditation, a healthy diet, and light exercise.

VA Disability Ratings for Migraines

If your migraines are connected to military service, you may be eligible for VA disability benefits. Monthly benefit payment amounts depend on

the veteran's assigned disability rating. The higher the rating, the higher the payments.

The VA assigns disability ratings for migraines under the VA's schedule for rating disabilities under 38 C.F.R. § 4.124a, Diagnostic Code 8100. The VA rating scale for migraines consists of four rating possibilities: 0%, 10%, 30%, and 50%.

- **0% rating:** Migraines or symptoms that do not involve prostrating episodes
- **10% rating:** Migraines with characteristic prostrating attacks averaging one migraine every 2 months over the last several months
- **30% rating:** Migraines with characteristic prostrating attacks occurring on an average once a month over the last several months
- **50% rating:** Migraines with very frequent, completely prostrating, and prolonged attacks productive of severe economic inadaptability

Prostrating Attack

In general, the more severe the symptoms, the higher the VA disability rating. The VA ranks severity of symptoms by considering the frequency of “prostrating attacks” a veteran with migraines experiences.

For the purposes of VA ratings, the term “prostrating attack” refers to a migraine episode that requires the patient to lie down during and / or after the migraine in order to control the symptoms. The VA has also used the term “prostration” to mean “utter physical exhaustion or helplessness.”

While one might assume that the term “prostrating” would have a clear definition within VA guidelines, this is not necessarily accurate. The Merriam-Webster dictionary describes “prostrating” as being “stretched out with face on the ground in adoration or submission.” This suggests that for your migraines to meet this definition under severe conditions, they must incapacitate you physically. However, it remains unclear whether this interpretation should be taken literally or if it can encompass extreme pain levels.

The ambiguity surrounding key terms and definitions related to VA disability ratings provides leeway for subjective interpretation by the VA when reviewing applications. If there is insufficient evidence supporting your claim of migraine-related disability, vague terms such as “prostrating” may not be adequately satisfied, resulting in the potential denial of your application. Engaging an experienced VA disability attorney can significantly enhance your chances of success by ensuring that all pertinent evidence backing your claim is presented effectively to the VA.

VA will consider any evidence the veteran has supplied with their claim to decide whether the veteran’s attacks are prostrating, how frequently they occur and the duration of the attacks.

Note that part of the criteria for the migraine rating schedule is how often per month or every two months you experience prostrating attacks. Because the VA wants to see your condition over the “last several months,” veterans filing claims for migraine ratings should submit a recent expert medical opinion with the application to provide evidence of your condition. For example, one attack each month since the time of your VA application for several months qualifies you for 30%.

Severe Economic Inadaptability

The maximum VA rating for migraine is 50%. To get the maximum VA migraine disability rating of 50%, a veteran must suffer from “severe economic inadaptability.”

While this term is not explicitly defined within the rating code, it is generally understood to refer to significant challenges in engaging in gainful employment. If your migraines are frequent and debilitating enough to prevent you from attending work more than one day per month, you may fulfill the criteria necessary to establish that your prostrating migraine headaches result in severe economic inadaptability.

A headache log (*see “Helpful Resources” below*) serves as an effective tool for documenting the onset and duration of recovery from debilitating migraine episodes. Establishing evidence that your migraines are both “prostrating” and “prolonged” can significantly enhance your eligibility for a higher maximum disability rating.

We strongly recommend that veterans also obtain supporting statements, or “buddy letters,” from friends or family members who have witnessed these prostrating headache attacks. Such letters should provide specific observations regarding the frequency of these incidents and details on how they render the veteran unable to function.

For instance, veterans aiming for a 50% disability rating should gather statements indicating that their migraines occur frequently, often necessitating them to retreat to a dark environment where they must rest. This level of incapacitation may hinder their ability to maintain economic productivity.

Payment Amounts

For disability ratings at 0%, you have a current diagnosis, and your medical bills will be covered, but you are not eligible for tax-free monthly payments. When your VA disability rating meets or exceeds 10%, the VA payment scale kicks into effect, and you may be eligible to receive up to in excess of \$3,000 each month in tax-free payments.

The highest rating a veteran can attain for migraine conditions is 50%. However, the VA may offer additional compensation through Special Monthly Compensation (SMC) if there is a demonstrated need for aid and attendance. The VA recognizes that veterans experiencing [debilitating migraine headaches can satisfy the SMC criteria](#) associated with another individual's regular aid and attendance requirement.

How To Win VA Benefits for Migraines

Succeeding in obtaining a VA migraine disability rating requires an understanding of (1) the elements you must prove to the VA, and (2) the types of evidence needed to prove those elements.

In general, there are two ways to obtain service connection for migraines: the presumptive route and the non-presumptive route. Presumptive service connection is typically faster and easier to achieve for those who qualify. Those who don't qualify can seek non-presumptive service connection, which requires closer attention to the types and quality of evidence you must include with your claim.

Presumptive Service Connection

There are certain “presumptive conditions” that the VA will automatically presume are linked to your service. When you have a qualifying presumptive condition, you do not have to prove that your military service caused the condition. Instead, you only need to prove that you meet the service requirements for the presumption.

Migraines are presumptive conditions for Gulf War illness linked to Southwest Asia service. To meet the presumptive service connection requirements for migraines as an aspect of Gulf War illness, your VA claim must prove the following criteria:

1. You served in the required location during the qualifying time period, AND
2. You did not receive a dishonorable discharge, AND
3. You have experienced migraines for at least 6 months.

If you served on or after August 2, 1990, in any of these locations, your migraines may qualify as a presumptive condition for Southwest Asia service.

- Turkey (airspace not included)
- The waters of the Arabian Sea, Gulf of Aden, Gulf of Oman, Persian Gulf, and Red Sea
- The United Arab Emirates (UAE)
- Syria (airspace not included)
- Saudi Arabia
- Qatar
- Oman

- Neutral zone between Iraq and Saudi Arabia
- Kuwait
- Jordan (airspace not included)
- Israel (airspace not included)
- Iraq
- Egypt (airspace not included)
- Bahrain
- Afghanistan (airspace not included)

Note that the airspace above each listed country and location is included unless specified.

Non-Presumptive Service Connection

If you do not qualify for presumptive service connection for migraines, you may be eligible to collect non-presumptive VA disability benefits. To qualify for non-presumptive service connection, the following requirements must apply to your situation:

1. You currently experience migraine headaches, AND
2. You served on active duty, active-duty training, or inactive duty training, AND
3. Either,
 - You were injured or became ill while you were serving in the military, and can scientifically link your migraines to that illness or injury, OR
 - You experienced migraines before you joined the military and can scientifically show that your active service made it worse, OR

- Your migraines developed after service and can be scientifically linked to your military service.

Describe your headaches in detail to your physician to obtain a migraine diagnosis. Keep regular notes on your symptoms, their duration, and how they affect your ability to stay focused and productive. Never minimize the severity of your symptoms. The more detailed you can be with symptom times, dates, and descriptions, the better.

The third element—establishing a link between service and migraine headaches—is one of the most difficult components to prove in a VA disability claim. Veterans must provide some evidence that shows a connection between their migraine disability and military service.

Strong evidence of a link between migraines and service might include:

- Military treatment records noting migraine or headache treatment
- Military records noting ongoing treatment for headaches after head injury, TBI, or concussion during service
- Military records noting exposure to gunfire, explosions, frequent loud noise, or chemical toxins like nerve gas or [Agent Orange](#).

In addition, a medical nexus letter is an essential piece of evidence required to establish a non-presumptive service connection for migraines.

Nexus Letters for VA Migraine Claims

The VA will want to see a medical expert's opinion on the link between

migraines and military service. The medical nexus letter is a report from a medical expert that provides an analysis supported by scientific literature regarding the causation of migraines.

A VA Compensation and Pension (C&P) examination report serves as a form of nexus letter, presenting information related to the potential causes of migraines experienced by veterans. However, it is imperative for veterans not to depend solely on VA physicians for nexus letters that substantiate their claims for benefits. Instead, seeking an expert medical professional who can provide a comprehensive, objective assessment outlining the connection between the veteran's service and their migraines is advisable.

When private physicians prepare nexus letters for veterans, they must ensure that they:

- Confirm the existence of a current disability (active pathology during the period of claim)
- Conduct a thorough review of the veteran's VA claims file
- Evaluate all pertinent evidence supporting service connection (including medical and personnel documents from both prior to and following military service)
- Possess qualifications relevant to assessing the disability (licensed in an appropriate medical specialty)
- Arrive at a conclusion with at least "at least as likely as not" certainty
- Present detailed rationale supporting their conclusions—providing logical connections based on factual evidence
- Address any adverse factors that may undermine the claim

Failure to clearly articulate these elements may result in denial of claims by the VA. Medical professionals who routinely serve as expert witnesses in legal contexts are well-acquainted with addressing each requirement stipulated by the VA in relation to nexus letters provided in support of veterans' claims.

One of the most effective avenues for obtaining a medical nexus opinion letter is to consult with a veterans' disability attorney. These attorneys have established connections and relationships with medical practitioners who are expert witnesses.

By collaborating with the appropriate veterans' disability law firm, you can secure the services of a medical expert to draft a compelling and professional nexus letter without any upfront costs. Certain firms may offer to cover the expenses associated with your medical expert and legal fees, contingent upon reimbursement following a successful outcome in your claim.

Buddy Letters for VA Migraine Claims

"Buddy letters" serve as a valuable form of evidence that can significantly aid veterans in securing benefits for migraines. These statements, authored by friends, family members, or fellow service members, are essential in bridging gaps within a veteran's service records. They provide support through corroboration of events, injuries, illnesses, and stressors while illustrating how migraines impact the veteran's daily life and professional responsibilities.

Buddy letters need to focus on objective observations regarding specific events and symptoms rather than speculation about diagnoses or their po-

tential causes. Each letter should include the author's identifying information and their relationship to the veteran. Furthermore, all witness statements must be signed and dated to meet VA submission requirements. The signature acts as a certification affirming that the information provided reflects the author's knowledge and belief to the best of their ability.

Secondary Service Connection

Veterans who are having difficulty achieving service connection for migraines should consider linking their condition to another service-connected impairment. If you can show that your migraines are caused or aggravated by another service-connected condition, the VA may grant a secondary service connection for migraine. Health conditions that are common among veterans and have been linked to migraines include tinnitus and post-traumatic stress disorder (PTSD).

Migraines Secondary to Tinnitus

Many veterans are recognized as having a service-connected condition for tinnitus, characterized by persistent ringing or buzzing in the ears. This condition frequently arises from exposure to loud noises encountered during combat situations or military training exercises. Additionally, service-related tinnitus may result from head injuries, traumatic brain injury (TBI), or infections stemming from exposure to pathogens during military service.

For certain veterans, tinnitus can also be associated with migraines. Research indicates that the coexistence of tinnitus and chronic migraines is not merely incidental but likely linked through shared pathophysiological

mechanisms. Although the precise relationship between these two conditions remains unclear, factors such as increased sensitivity to sound, nerve damage, abnormalities in cerebral blood flow, and the stress induced by tinnitus may contribute to triggering these debilitating headaches.

In 2021, the VA determined that veterans experiencing migraines as a secondary condition to tinnitus are eligible for VA disability benefits. The standard rating for tinnitus is set at 10%. However, if it can be established that migraines are secondary to tinnitus, the rating for migraines may increase to 30% or 50%, contingent upon the severity and frequency of the migraine episodes.

Additionally, if your overall disability rating surpasses 70% due to the combined percentages of two conditions—one of which must be rated at 40% or higher—you may qualify for Total Disability based on Individual Unemployability (TDIU). This designation effectively equates to a total VA disability rating of 100% based on your qualifying disabilities rated at 70% or greater. TDIU grants eligibility for the maximum tax-free monthly compensation from the VA.

Demonstrating that migraines are secondary to tinnitus for VA disability can be a complex endeavor. In addition to providing service records documenting injuries or combat-related events, robust medical evidence is essential to establish the connection between these two conditions. Such evidence may include comprehensive medical records reflecting the diagnosis and treatment of both tinnitus and migraines.

Moreover, obtaining a nexus letter from a qualified medical professional can significantly bolster your case by clarifying the relationship between

tinnitus and migraines. A nexus letter is an expert's statement articulating how the veteran's tinnitus contributes to or exacerbates their migraine condition. It is grounded in clinical judgment, relevant scientific literature, and understanding the veteran's circumstances.

Migraines Secondary to PTSD

Another effective method for securing VA benefits for migraine headaches is to establish a connection between migraine and service-connected PTSD. There exists a significant overlap between PTSD and migraines, with a considerable number of veterans experiencing both chronic migraines and coexisting PTSD.

The relationship between PTSD and migraines is well-supported by research. Studies indicate that the physiological and psychological effects of PTSD can trigger or exacerbate migraine episodes. Elevated stress levels associated with PTSD may lead to muscle tension and increased pain sensitivity, contributing to the onset and severity of migraines. Furthermore, sleep disturbances and anxiety related to PTSD can intensify both the frequency and intensity of migraine attacks in affected individuals.

When evaluating a veteran's disability rating for migraines secondary to PTSD, the severity of symptoms plays a critical role. The VA assesses how these conditions impact the veteran's daily functioning and their ability to obtain and retain substantially gainful employment. For veterans suffering from migraines secondary to PTSD, common disability ratings are 30% or 50%.

Establishing that migraines are a secondary condition to PTSD for VA disability claims may require a nexus letter. This letter should articulate

the relationship between these two conditions and provide supporting documentation, such as medical records, research findings, and diagnostic evaluations.

An experienced veterans' disability attorney who is well-versed in both PTSD and migraine disorders can connect you with a VA-qualified medical expert who prepares nexus letters for VA claims and appeals. These experts may include psychiatrists, neurologists, or other healthcare professionals with relevant expertise. Once the healthcare provider has gained a thorough understanding of your condition, they will be able to formulate a nexus letter that explicitly delineates the connection between PTSD and your migraines.

Filing A VA Claim for Migraines

After compiling adequate evidence to show your current condition and its connection to military service, the next step is to submit your VA disability application. You will be required to complete VA Form 21-526EZ to begin the process of applying for VA disability compensation.

For veterans whose migraine disability rating is below 30 percent, VHA coverage will typically remain accessible for necessary medical treatments and associated costs. Your general disability application should deliver a comprehensive overview of your medical conditions, outline the proposed disability coverage, and include supporting documentation as evidence.

You may want to submit the [Headaches \(Including Migraine Headaches\) Disability Benefits Questionnaire](#). A qualified healthcare professional will review your medical records, including those from the Department of Veterans Affairs (VA), service treatment records, and private treatment documents. Subsequently, they will diagnose your condition to determine whether you are experiencing a headache disorder and, if so, which type—such as migraine with or without aura, tension-type headaches, cluster headaches, or other variants.

In the Headaches Disability Benefits Questionnaire, the medical professional will document your medical history along with an individualized treatment plan that may include relevant medications. Additionally, they will assess and quantify the level of pain experienced. While diagnostic testing is permitted within this context, it is not mandatory.

As part of your application process, your healthcare professional will evaluate how migraines affect your daily functioning and ability to maintain employment. To strengthen your VA disability claim significantly, we highly encourage obtaining an assessment from a medical examiner who thoroughly understands VA requirements for such evaluations.

When veterans seek to apply for benefits, they can pursue independent medical examinations and submit a Statement in Support of Claim. This process enables them to present a thoroughly developed claim incorporating substantial evidence supporting their case. It is essential to submit VA Form 21-4138 along with the accompanying documentation, including buddy letters and nexus letters to enhance the credibility of your application and optimize your migraine VA rating

Appealing A Denied Claim

There are several avenues for appealing the VA decision that veterans seeking a VA rating for migraines can pursue to ensure that the case is properly reviewed and considered.

In general, the VA offers three pathways for appeal:

1. Higher-Level Review Pathway

The first option is the Higher-Level Review pathway. This pathway allows you to bring attention to information that might have been overlooked or disregarded in your initial claim. By submitting VA Form 20-0996, you can request a higher-level VA official to review your case and hopefully make a more favorable decision.

2. Supplemental Claim Appeal

The second option is a Supplemental Claim Appeal. If you have new and relevant evidence that was not considered in your initial claim, this pathway allows you to submit this evidence for review. By filing VA Form 20-0995, you can request that this new evidence be added to your file and considered during the review process.

3. Board Appeal

If you are still unsatisfied with the outcome of your claim after going through the first two pathways, you can choose a Board Appeal. This pathway involves having an expert Veterans Law Judge at the Board of

Veterans' Appeals review your case. You can choose to have an in-person hearing in Washington, DC, or have the hearing conducted via video-conference at home or the nearest VA office by submitting the Decision Review Request: Board Appeal (VA Form 10182).

Be sure to speak with an experienced VA disability lawyer specializing in VA disability appeals. These professionals help veterans evaluate denied claims, gather additional supporting evidence, and construct a compelling appeal.

What to Do After Winning Your VA Claim Appeal

Once you win your appeal for a VA migraine rating and disability benefits, you can take several important steps to optimize your benefits and payments.

Set Up Direct Deposit

Set up direct deposit by completing the necessary form included in your award packet or calling the VA at 800-827-1000. Direct deposit allows your payments to be deposited directly into your bank account and may speed up the payment process.

Wait for Payment

Wait for payment. The Regional Office must assign a rating and effective date for your benefits and determine the payment amount. While veterans should receive back pay within 15 days of a decision granting retroactive benefits, it is not uncommon for the process to take up to three months or longer if the lump sum retroactive payment is a substantial amount. Stay in contact with your VA disability lawyer to ensure you are informed of your payment status.

Learn About VA Healthcare Options

Explore your VA healthcare options. Even if you continue to see a private doctor, signing up for VA healthcare can provide additional options if your migraine disorder worsens or if you need specialized migraine treatment. By enrolling in VA care when you first receive benefits, you will have one less thing to worry about in the future.

Seek VA Migraine Rating Increase

File for a VA rating increase. If your migraines or associated conditions worsen, you may need to seek a higher rating or increase in benefits. It's crucial to stay proactive in monitoring your condition and advocating for yourself to ensure you receive the benefits you deserve.

Consider Additional Benefits

Beyond disability payments, veterans with migraines may qualify for various other benefits, including vocational rehabilitation, education, and VA loan programs. It is also important to consider the benefits that your spouse or children may be eligible for.

If the VA has denied your migraine claim, don't give up. By understanding the appeal pathways available to you and taking the necessary steps to present additional evidence, you can increase your chances of receiving the benefits you deserve. Remember to stay proactive, persistent, and informed throughout the appeals process. Be sure to reach out to a VA disability lawyer for assistance if needed.

Helpful Resources for Veterans with Migraines

Veterans Crisis Line

A 24/7, 365-day-a-year free service that connects veterans in crisis with VA responders through a confidential online chat, text, or toll-free hotline.

- Call **1-800-273-8255**, then **Press 1**
- Online chat
- Text **838255**

Migraine Episode Logs

Printable forms for tracking migraine activity

- VA / DoD 7-Day Headache Log
- VA / DoD 3-Month Headache Log

National Headache Foundation

Non-profit organization dedicated to educating headache sufferers and healthcare professionals about headache causes and treatments.

Veterans Disability Info Attorneys

If you have further questions about filing a migraine disability benefits claim, your rights as a veteran, medical nexus letters, or other concerns, please call Eric Gang and his team at 888.878.9350 or visit www.VeteransDisabilityInfo.com. We are happy to help and work diligently to protect your privacy.

About Gang & Associates, LLC

Maximizing VA Disability Benefits for
U.S. Military Veterans Nationwide

Gang & Associates is a leading U.S. veterans’ disability law firm specializing in highly complex VA disability claims and appeals. Founded by prominent former New York City litigator and author Eric Gang, the firm has litigated over 1,000 appeals at the U.S. Court of Appeals for Veterans Claims, achieving some of the largest VA awards on record.

Where most disability law firms assign paralegals or legal assistants to handle veterans’ cases, our veteran clients receive one-on-one guidance from dedicated, highly qualified veterans’ benefits attorneys, optimizing VA benefits for a broad spectrum of claims and appeals. Our team of experienced professionals includes skilled veterans, world-class medical experts, trained mental health professionals, a former chief judge of the Board of Veterans Appeals, an in-house medical doctor, and attorneys hand-picked from the nation’s premiere VA benefits firms.

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| Traumatic Brain Injury (TBI) | Skin Conditions |
| Toxin Exposure (Agent Orange, Camp Lejeune, Burn Pits, Red Hill) | Post-Traumatic Stress Disorder (PTSD) |
| Total Disability Individual Unemployability (TDIU) | Military Sexual Trauma (MST) |
| Substance Abuse Disorder | Medical Nexus Letters |
| Sleep Disorders and Migraines | Heart Disease and Cardiovascular |
| | Hearing Loss and Meniere’s Disease |
| | Gastrointestinal and Digestive |

| | |
|------------------------------------|-----------------------------------|
| Diabetes, Endocrine, and Metabolic | Cause Of Death and Dependency and |
| Chronic Pain | Indemnity Compensation (DIC) |
| | Cancers |

If you or a loved one has been denied VA disability benefits or is seeking to file a claim, our team of veterans disability attorneys will work diligently to achieve the best possible outcome for your case.

Attorney Eric Gang's veterans' disability law firm represents veterans and family members located across the United States. If you are filing a claim or appeal for VA disability benefits, call us now for a free, confidential, no-obligation discussion of your case.

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