



Prevalence of Migraine Among Headache Patient In Muzaffarabad

Shugufta Hameed¹, Ummara Qadeer², Anam Aftab³

¹ Physiotherapist at Ghulsan Poly Clinic, Pakistan.

² Lecturer at Federal Institute of Health Science, Pakistan.

³ Assistant Professor at Isra Institute of Rehabilitation Science, Pakistan.

*Corresponding author: ummaraqadeer025@gmail.com

ARTICLE INFO

Keywords:

Migraine,
Headache

Submission:

April 8th, 2021

Review:

July 27th, 2021

Publish:

January 20th,
2022

ABSTRACT

Background: Migraine is a most common, progressive and sometimes incapacitating disorder. Symptoms of migraine may include nausea, vomiting, photophobia (sensitivity to light), phonophobia (sensitivity to sound) and usually a short period of visual disruption occur.

Objective: To find the prevalence of migraine among headache patient in Muzaffarabad.

Methods: Cross-sectional study design, 700 patients with headache were recruited in the study and measured by questionnaire “International classification of headache disorder diagnostic criteria for migraine”.

Results: The Prevalence of migraine among headache patient was 40%.

Conclusion: It is concluded from the results of this study, that out of 700 study participants 40% (281) participants are suffering from migraine and they were unaware of this.

Introduction

Migraine is a disorder of headache. Headache disorders are of two types primary and secondary headache disorder, migraine is a primary headache disorder that has progression from moderate to severe and characterized by frequent headaches. It can be described as a chronic disorder with periodic attacks, which progress towards more persistent and severe pattern (Ahmed, 2012). Migraine is

a most common, progressive and sometimes incapacitating disorder (Starling and Dodick, 2015). The lives of migraineurs are commonly affected by the condition, many aspects like academic, occupational, leisure, social, family life and other activities (AlHarbi and AlAteeq, 2020; Palacios-Cena *et al.*, 2017). Migraine can be preceded by sensory cautionary signs and the pain which is caused by migraine is severe and remains

for hours or even days. These sensory warning sign which is called aura can occur before migraine attack followed by a severe headache that commonly arise from one side of the head. Its main effect on people from age 15 to 55 years. Normally, the headache affect unilateral, are pulsating in nature the headaches affect unilateral, have pulsating quality and last from 2 to 72 hours (Dhiman and Bharwaj, 2019). Other symptoms of migraine may include nausea, vomiting, photophobia (sensitivity to light), phonophobia (sensitivity to sound) and usually a short period of visual disruption occur. In U.S. almost 28 million people have migraine. Migraine headaches affects both adults and children. Boys and girls are affected equally by migraine before puberty but women are more than men have migraine headaches after puberty (Stovner *et al.*, 2016). The prevalence of migraine in various countries is an average

of 12 %. Pain anywhere in the area of head and neck is the symptom of headache. This is a symptom of migraine (sharp and throbbing pain), tension type headache and cluster headache (Lee *et al.*, 2018). According to D. et. al in 2016 the estimated worldwide prevalence of migraine was 14.4%, for men 9.8% and for women 18.9%. Prevalence of migraine in East Asia consistent with worldwide estimate in non-aged adults was ranged from 6% to 14.3% (Verma and Meena, 2019).

Methods

This study was a cross-sectional study design. This study was conducted in Muzaffarabad on 700 people with headache. Inclusion criteria was males and females with recent attacks of headache with age group from 15 to 95 years. While exclusion criteria was participant with eyesight week, trauma and neurosurgery.

Result

Table 1. Prevalence of Migraine Among Headache Patient

Total Participants	Migraine	Percentage
700	281	40%
Variable, Frequency and Percentage		
Variable	Frequency	Percentage
Age		
15 - 35	520	74.3
36 - 55	151	21.6

56 - 75	25	3.6
76 - 95	4	.6
Gender		
Male	290	41.4
Female	410	58.6
International Classification Of Headache Disorder Diagnostig Criteria Fr Migraine Variables	Frequency	Precentage
At least five attacks fullfiling criteria		
Yes	699	99.1
No	1	.1
Headache attacking lasting 4 – 72 hours		
Yes	542	77.4
No	158	22.6
Headache has unilateral location		
Yes	214	30.6
No	486	69.4
Headache has pulsating quality		
Yes	313	44.7
No	387	55.3
Headache has moderate or severe pain intensity		
Yes	562	80.3
No	138	19.7
Headache has aggra-vation by or causing by routine physical activity		
Yes	148	21.1
No	552	79.9
During headache nausea or vomiting		
Yes	216	30.9
No	484	69.1
During headache photophobia and phonopobia		
Yes	447	63.9
No	2553	36.1

Discussion

Headache is a public problem among all age groups and persistent headaches create a significant burden on the person and society. It affects the student's social and academic life. According to Menon et al in India in 2013 a population based study showed that adult population had active headaches 46% with 11% being migraine (Menon and Kinnera, 2013). My study showed that out of 700 people with headache 40% people have migraine. According to study of Pryse phillips et al in 2009 prevalence of migraine was 10.6% estimated by international headache society criteria, prevalence of tension headache was 0.9%, 0.7% for migraine like headache and for non-specific headache 1.3% (Verma and Meena, 2019). According to Johnson et al in 2018 in United State, this study showed that almost 12% of the population had migraine, estimated 39 million individuals (Christiansen *et al.*, 2015). According to Karsarava et al in 2007 in Germany prevalence of migrain assumed 16,6% in population based study detected by interviews and headache questionnaires (Mengistu and Alemayehu, 2013). According to Katsavara in 2009 in Georgia in door to door survey between 1145 individuals, 0.09% prevalence rate (Jameson, 2018). Above mentioned studies do not match with my study, in my study

the prevalence rate is 40% and above mentioned previous studies conducted in other countries have less prevalence than my study.

According to D.et al. in worldwide in 2016, the prevalence of migraine was 14.4%; 9.8% for men 18.9% for women. In East Asia Population based study's results showed that the prevalence of migraine in non-aged adults ranged from 6.0% to 14.3%. Prevalence of migraine (Verma and Kinnera, 2013). According to Wober et al in East Asia the highest prevalence of migraine between adult women 30 to 49 years old (Wober-Bingol, 2013). According to Menon B et. Al. in india in 20013 42% of the students complaining of headache and confirmed to the diagnosis of migraine (Menon and Kinnera, 2013).

Conclusion

It is determined from the results of this study that, out of 700 participants presenting with headache 281 (40%) were actually suffering from migraine and they were unaware of this.

References

- Ahmed, Fayyaz. 2012. Headache Disorder: Differentiating and Managing The Common Subtypes. *British Jurnal of Pain* Vol.6(3): 124-132.
- AlHarbi, Fatima G., and Al.Ateeq, Mohammed A. 2020. Quality of Life of Migraine Patients Followed in Neurology Clinics in Riyadh, Saudi

- Arabia. *Journal of Family and Community Medicine* Vol. 27: 37-45.
- Christiansen, S., Jürgens, T.P. and Klinger, R., 2015. Outpatient combined group and individual cognitive-behavioral treatment for patients with migraine and tension-type headache in a routine clinical setting. *Headache: The Journal of Head and Face Pain*, 55(8), pp.1072-1091.
- Dhiman, Damit and Bhardwaj, Shubham. 2019. A Review on Migraine: Beyond Headache. *International Educational Applied Research Journal (IEARJ)* Vol.3(7)
- Jameson, J.L., 2018. *Harrison's principles of internal medicine*. McGraw-Hill Education.
- Lee, Vivien, M. E., Ang, Lai L., Soon, Derek, T. L., Ong, Jonathan J. Y., Loh, Victor W. K. 2018. The Adult Patient With Headache. *Singapore Med J* Vol.59(8): 399-406.
- Mengistu, Getahun and Alemayehu, Samson. 2013. Prevalence and Burden of Primary Headache Disorders Among a Local Community in Addis Ababa, Ethiopia. *The Journal of Headache and Pain a Springer Open Journal* Vol. 14(30).
- Menon, B. and Kinnera, N., 2013. Prevalence and characteristics of migraine in medical students and its impact on their daily activities. *Annals of Indian Academy of Neurology*, 16(2), p.221.
- Palacios-Cena, D., Neira-Martin, B., Silva-Hernandez, L. 2017. Living With Chronic Migraine: A Qualitative Study on Female Patients' Perspective from A Specialised Headache Clinic in Spain. *BMJ Open*.
Doi:10.1136/bmjopen-2017-017851
- Starling, A.J., Dodick D. W. 2015. Best Practice for Patients With Chronic Migraine: Burden, Diagnosis, and Management in Primary Care. *Mayo Clinic Proceedings* Vol.90(3): 408-414.
- Stovner, L.J., Nichols, E., Steiner, T.J., Abd-Allah, F., Abdelalim, A., Al-Raddadi, R.M., Ansha, M.G., Barac, A., Bensenor, I.M., Doan, L.P. and Edessa, D., 2018. Global, regional, and national burden of migraine and tension-type headache, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. *The Lancet Neurology*, 17(11), pp.954-976.
- Verma, R. and Meena, P., 2019. A Prospective Randomized Study To Compare The Effect Of Bacillus Morgan (Bach) And Natrum Muriaticum In Cases Of Migraine.
- Wöber-Bingöl, Ç., 2013. Epidemiology of migraine and headache in children and adolescents. *Current pain and headache reports*, 17(6), pp.1-1.