Original Research Paper

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Medicine

A CROSS-SECTIONAL STUDY ON CHARACTERISTICS OF MIGRAINE AND ITS ASSOCIATION WITH LIPID PROFILE

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KEYWORDS :

INTRODUCTION

- Migraine is a common disabling headache disorder affecting 6–7% of men and 18% of women.[1]
- It is rated as one of the top 10 most disabling diseases[2,3]
- Migraine manifests in headache attacks lasting 4–72 h characterized by throbbing, pulsating and unilateral headache, often accompanied by nausea, photophobia and phonophobia.[5]
- These attacks may be accompanied by additional neurological aura symptoms separating the disease into migraine with aura (MA) and migraine without aura (MO).[5]
- Migraine, in particular MA, has been associated with an increased risk of cardiovascular disease (CVD) including ischemic lesions of the brain, myocardial infarction, angina and cardiovascular death.[7]

OBJECTIVES

1. To study the demographic characteristics of the patients with migraine.
2. To study the precipitating factor for migraine.
3. To study the association of migraine with dyslipidemia.

METHODOLOGY:

This cross-sectional study with n= 100 was conducted at KVG Medical College & Hospital, Sullia, D.K. after fulfilling the inclusion and exclusion criteria.

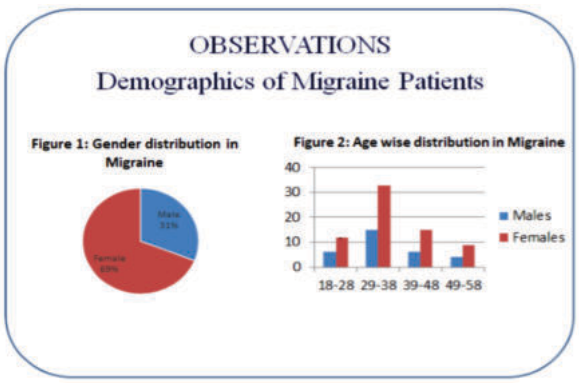
Focused history, clinical examinations and laboratory investigations were done as per structured proforma after obtaining informed consent. The data collected were analyzed using SPSS.

Inclusion Criteria:

1) Age between 18-58 Years.
2) Patients with headache who meet the ICHD criteria for migraine with aura or without aura.

Exclusion Criteria:

1) Patients with a recent history of trauma,
2) Patients with suspected secondary headache
3) Patients with epilepsy.



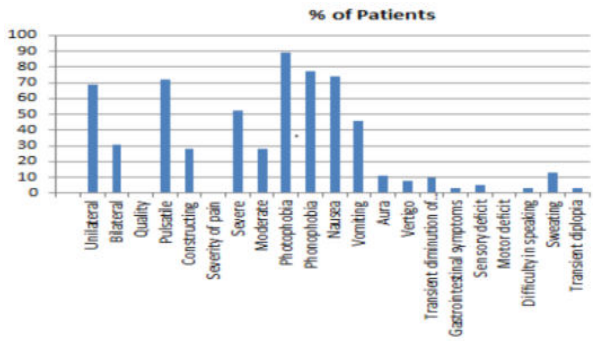


Figure 3: Characteristics of a Migraine Headache

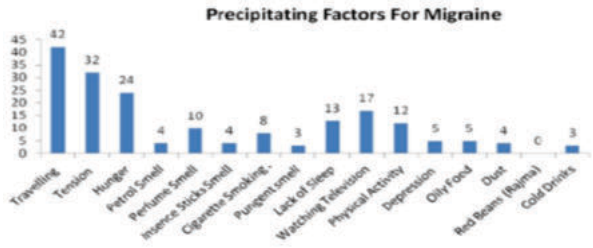
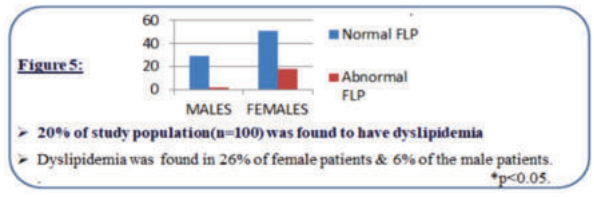
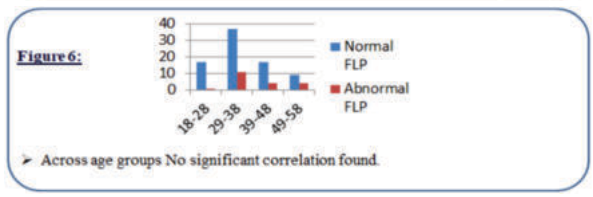
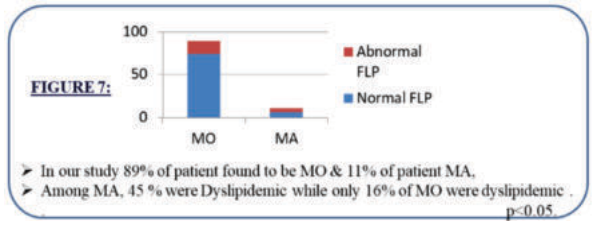


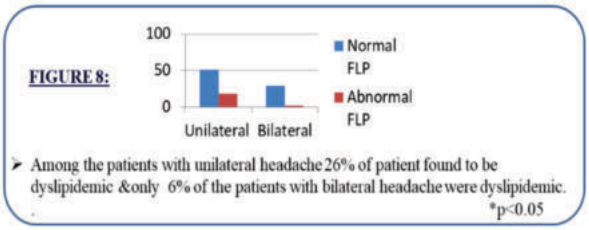
Figure 4:

Clinical And Laboratory Parameters: Results









Summary

- In the present study of 100 patients, It revealed that migraine is more common in females (69%) with a mean age of onset of 28.7 years in female and 31.2 years in the male.
- MO (89%) is more common presentation than MA(11%).
- Characteristics in our study were: Unilateral headache(69%), Pulsatile(72%), Photophobia(89%), Phonophobia (77%), nausea (74%) and vomiting (46%) .
- Most common precipitating factors were Travel (42%), tension (32%) and hunger (24%)
- 45% of MA were found to be Dyslipidemic P<0.05
- 26% of Unilateral headache were Dyslipidemic p<0.05

CONCLUSION

- On the basis of the results of this study, it seems that Dyslipidemia has an association with migraine headache.
- Further large clinical, as well as epidemiological studies, must be conducted in our country to confirm and further elaborate on our observations. Specific biochemical analyses and genomic studies have to be done to elucidate the possible genetic defect and its biochemical effects in migraineurs.

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