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Prevalence of menstrual migraine in Latvia among women aged 20 to 35 years

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Summary slide

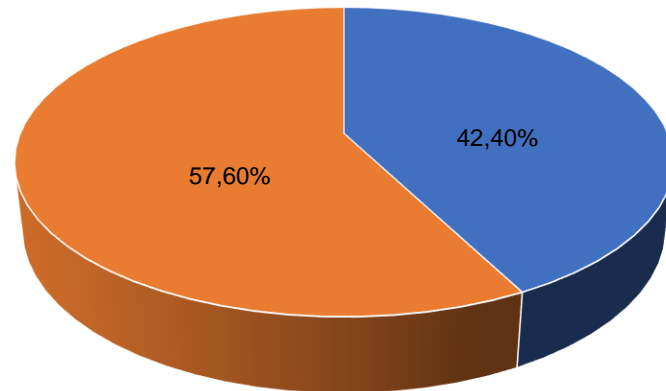
Background. Nowadays, people most frequently complain of headaches caused by migraine, which are defined as one of the most frequent neurological disorders. Migraine headaches are more common in women. Menstrual migraines are headaches that occur two days before or first three days during menstruation due to changes in oestrogen levels. Menstrual migraines can appear with (MA) or without (MO) aura.

Aim. The aim of the study is to investigate the prevalence of menstrual migraine in Latvia among women aged 20 to 35 years and the most common type of menstrual migraine (with or without aura), as well as to identify treatment chosen by women to reduce its symptoms.

Methods. The study included an electronic questionnaire with 21 questions on menstrual migraine – its type and first choice of therapy. The survey involved 144 women from different regions of Latvia aged between 20 and 35 years.

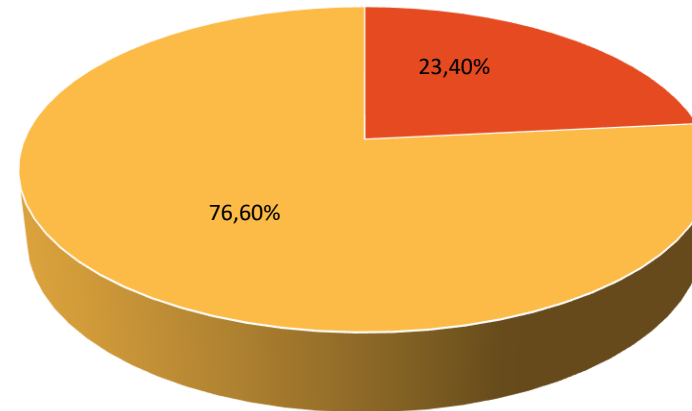
Research Results I

Women who have menstrual migraine



■ Have menstrual migraine ■ Does not have menstrual migraine

Do women experience aura during migraine?



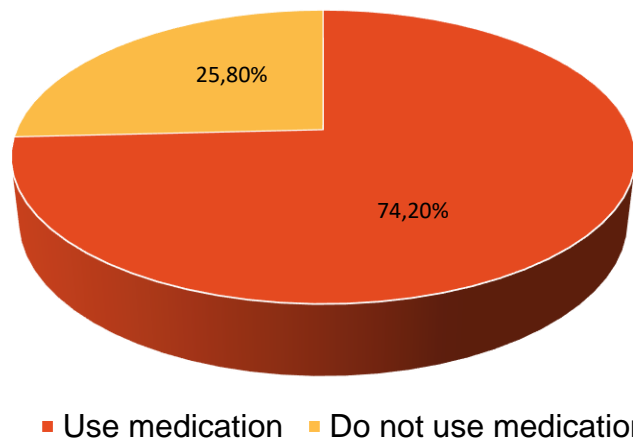
■ Migraine with aura ■ Migraine without aura

42.4% of women surveyed experience severe headaches shortly before and during menstruations.

76.6% of women experience menstrual migraines without aura, while 23.4% – with aura.

Research Results II

Medication use to reduce headaches



74.2% of women who have menstrual migraine use prescribed medications to reduce the severity of headaches

Medications, most often used by women surveyed, are non-steroidal anti-inflammatory drugs.

Only 19.5% of women, who use pharmacotherapy, use triptan group medications, which is the appropriate therapy for migraines.

Conclusions

- 1. Menstrual migraine headaches should be distinguished from other types of headaches because without adequate treatment they can become chronic and affect the quality of life of a woman.*
- 2. Menstrual migraines in women aged 20 to 35 years most often occur without an aura.*
- 3. Only 1/5 of women surveyed in the study who have been diagnosed with menstrual migraine use adequate therapy.*
- 4. Women should be informed about the specificity of menstrual migraine headaches and the need for adequate treatment.*