

CLINICAL CHARACTERISTIC OF MIGRANE IN LATVIA

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Introduction. Migraine is a chronic neurological disease characterized by moderate to severe headaches that is typically unilateral with pulsating quality. Headaches may be preceded by an aura that consists of sensory, motor, or language symptoms. The epidemiological profile varies in the different regions of the world; therefore such studies are useful to concretize the aims of the care of the migraine patients and to plan the necessary resources.

Aim. The aim of the study is to get the epidemiological information about the migraine patients in the Latvia, analyze this information and compare it to the statistics of the world.

Results. There was taken data about 60 patients at the age from 18 to 59 years, with the most of people at the group of age 25-39 years (58,3% from all people). As in other similar researches the biggest part of respondents were women (88,3%). There was 61,7% of respondents who lives in Riga and Riga district, even if there was used data bases of Riga headache consulting rooms for the research of patients. The half of the migraine patients (51,7%) have higher education, and just 1,7 % have elementary education and others are with secondary and secondary professional education. It is turned out, that the jobs of the majority of respondents are related with communication with people (51,7%), and 18,3% are working with computer constantly. 29 people or 48,4% of respondents marked that at least one of their relatives has a migraine.

Diagnosis migraine with aura has 35 people or 58,3%, and the most frequent sign of the aura is blurred vision (35%). For the most of the patients (46,7%) the migraine begins at the typical age – 15-24 years. 70% of all respondents have attacks of the migraine 1-4 times in a month, 21,7% of all respondents have attacks more than 4 times in a month, and only 8,3 % 1 time in 2-3 months. The most common triggers for the attack are stress (68,3%), tiredness (45%) and menstrual cycle (28,3%). The length of the headache varies from 4 hours (6,7%) to more than 72 hours (10%), mostly 13-24 hours (23,3%) and 49-72 hours (23,3%). The most of the patients were well examined – for 50 % of respondents a CT scan, and for 41,7 % an MRI scan was used.

Conclusions. The epidemiological information of migraine are similar in Latvia and other Europe countries – the most of the patients are well educated and at public work working women at the reproductive age. The diagnostics and the treatment of the migraine are at the high level comparatively, but there is a lot of patients anyway with an often and long-lasting attacks. It must be thought of the efficiency of used treatment.