

Health News Digest

Friday, September 12, 2014

Almost half of those affected suffer migraine disability – Ideal Digital

Migraine is, according to the World Health Organization, one of the 20 most disabling diseases in the world-the 42.5% of patients experience moderate to severely disabled, but despite that, a 20-25% of patients with migraine had never consulted their ailment to the doctor and 50% drop out after the first follow-up consultations.

60% of patients with chronic headache improves with appropriate monitoring of disease

"Migraine, particularly its chronic form, has a great impact on the quality of life of patients. These people are twice as likely to suffer depression, anxiety and chronic pain and respiratory disorders and cardiovascular risk factors, so they need more care. However, many cases expected to be diagnosed and treated," says Dr. David Ezpeleta, coordinator Headache Study Group of the Spanish Society of Neurology (SEN).

By gender

More women affected

In Spain, the prevalence of migraine is 12-13%, which in women rises to 17-18%. 80% of patients have their first attack before age 30. Although primarily affects young adult, also experienced by children and adolescents and to a lesser degree, the rest of etarias stripes.

It causes a high percentage of absenteeism and lost productivity in our country represents an annual cost of \$ 2,000 million.

However, 60% of patients with headache chronic improvement with appropriate monitoring of disease. "That is, a greater involvement by both the physician and the patient, the greater the likelihood of getting the main therapeutic targets: reduce the frequency of seizures, associated disability and improve the quality of life of those affected," adds expert.

Pain 15 days

According to the Spanish Society of Neurology (SEN), more than 3.5 million adults suffer from the Spanish migraine, and of those, nearly one million suffer headaches more than 15 days per month.

The problem is that self-medication, excessive consumption of analgesics and lack of proper diagnosis and treatment are, with overweight and obesity, sleep-disordered breathing, insomnia, depression, anxiety and stress, well-established factors that can facilitate the chronicity of migraine.

The typical patient is between 1 and 4 monthly crises, lasting between 4 and 72 hours

Each year, the incidence of transformation of episodic migraine (less than 15 days of pain per month) to a chronic (from 15 days per month for at least 3 months) is 3%, while 6% of patients passing of a migraine low frequency to a high frequency of chronic migraine anteroom.

The Most

"The frequency of migraine attacks is very variable. The patient usually has between 1 and 4 month crisis, with a duration of between 4 and 72 hours. However, there is a high percentage of patients, approximately 2% of the population who suffer from chronic migraine," explains Dr. Patricia Pozo, secretary Headache Study Group of SEN.

Therefore, "the goal is to optimize the identification, diagnosis and specific treatment of these patients, thus reversing his chronic migraine to episodic disease and that this control is maintained over time "qualifies.

Lack of disease

Today, September 12, on the day of migraine, experts warn people want. The reason is that in Spain 4% of patients presenting to a neurology service do so as a result of chronic migraine. However, according to estimates of SEN, only half of patients who suffer know who suffer.

Only half of patients with chronic migraine sufferers know that

In addition, adherence to treatment is still low. "Patients suffering from migraine are people who need to make frequent visits to the doctor to make adjustments to your treatment, especially those who need drug preventive treatment. This is crucial to control the frequency, intensity and duration of migraine attacks, allowing patients less use of triptans and other symptomatic drugs

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and, ultimately, reduce the risk of chronicity of the disease," says Dr. Well adding, "However, more than 30% of patients discontinue preventive treatment. Improving knowledge about the reasons for continuing or stopping treatment and advance research for more effective and better tolerated treatments will increase adherence of patients. "

Two websites help patients to understand their disease

Despite being a very common disease, their identification does not seem simple, with a mean time from onset to diagnosis of 28.7 months, which experts advocate strengthen consultation of headache in neurology, improve collaboration with primary care, but above all, promote information dissemination and knowledge of migraine.

To know the enemy

In this regard, They have launched two projects: the website midolordecabeza.org driven Pozo doctor whose scientific committee consists of prominent members of Headache Study Group of SEN, and Community on the Thematic neurodidacta.es Headache, coordinated by two vowels, Dr. Carmen Jurado and Dr. Francisco Jose Molina.

Both pages pursue common objectives and provide information and training resources on quality diagnostic, therapeutic, social and employment aspects of the disease and to be a meeting point for patients, families and physicians.



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