



Prevalence of primary headache disorders in the Republic of Georgia

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A Collaboration between *Lifting The Burden* and the
Russian Linguistic Subcommittee of the International Headache Society

AIM: To estimate the prevalences of migraine, tension-type Headache (TTH) and chronic daily headache (CDH) in the Republic of Georgia.

BACKGROUND: The Republic of Georgia is located in the Caucasus. Its total population in 2000 was 4.4 million, 53% urban and 47% rural, with 1.5 million inhabitants in the Capital city, Tbilisi. No data currently exist on the prevalence and impact of headache disorders in the countries of the former Soviet Union.

PROJECT DESIGN

Pilot Phase:

During a small pilot we established and tested the methodology. Medical residents with a structured questionnaire visited adjacent households in Tbilisi to interview a pre-defined target of 100 biologically unrelated subjects. All respondents reporting headache in the previous year, as well as random 20 non-headache controls, were examined by a neurologist. The response rate was 70%. The questionnaire had sensitivities of 89% for migraine and 67% for TTH (overall kappa = 0.74).

Population based validation of the questionnaire:

In second step we validated a Georgian language self-administered questionnaire in a population-derived sample of 186 subjects with headache, recruited randomly during the first stage of the pilot. All subjects completed the questionnaire and then were examined by one of two headache-experienced neurologists who were blind to the questionnaires.

Sensitivities and specificities were, respectively, 0.75 and 0.96 for migraine, 0.79 and 0.86 for TTH, and 0.61 and 0.84 for migraine+TTH (kappa = 0.68).

Main study

Using similar door-to-door methodology, we surveyed two populations: one urban, in Tbilisi (n=1,136), and one rural, in the eastern region of Kakheti (n=565). These yielded 1,298 biologically unrelated adults (>16 years) of whom 722 (56%) were women. Mean age was 45±13 years.



PRINCIPAL FINDINGS

To the screening question "Have you had headache in the last year not related to a cold, flu, hangover or head injury?" 616 (48%) subjects replied "yes".

The estimated 1-year prevalence of migraine was 13% (n=169; 95% CI 12-14%), of TTH 33% (n=422; 95% CI 31-34%) and of CDH 8% (n=105; 95% CI 7-9%).

583 subjects used acute medication for their headaches. The vast majority took combination analgesics and none used triptans. 39 subjects (3% of the total sample) overused acute headache medication.

None of the respondents had seen a neurologist for headache, and none was receiving preventative drugs.

CONCLUSIONS:

This is the first population-based estimate of the prevalence of primary headache disorders in a country of the former Soviet Union. Migraine and tension-type headache have prevalences similar to those found elsewhere. Chronic daily headache is somewhat more prevalent.

The study reveals that no headache service exists in the Republic of Georgia, which may explain the high prevalence of chronic daily headache, including probable medication-overuse headache.

Reducing The Burden Of Headache

Maria



Reducing The Burden Of Headache:

Reducing the Burden of Headache Jes Olesen, Timothy J. Steiner, Richard B. Lipton, 2003 This is the first book devoted to the study of the social and economic consequences of headache Reducing the Burden of Headache analyses the financial cost of headache diseases the disability and suffering they cause and the impact they have on the quality of life of the sufferers and their families These are issues of major importance migraine appears in the top 20 list of diseases ranked according to years lived with disability Headache in general is thought to account for approximately 20% of all days lost from work Of even greater importance is the impact on everyday life studies have shown that migraine has a greater impact on the quality of life of sufferers than many other diseases generally considered to be more serious This book describes and analyses the epidemiological data accumulated in the field and suggests guidelines and interventions aimed at improving healthcare for headache Adoption of these suggestions combined with judicious use of existing resources and modern treatment options can lead to great improvements in the lives of headache sufferers world wide This book will be of interest to neurologists general practitioners epidemiologists public health specialists health service managers and all those interested in improving services and outcomes for sufferers of headache

Handbook of Headache Paolo Martelletti, Timothy J. Steiner, 2011-08-14 Headache disorders are among the most common disorders of the nervous system They are pandemic and in many cases they are recurrent and can accompany the patient for the whole life These disorders impose a substantial burden on headache sufferers on their families and on society the individual impact is measured by the frequency and severity of attacks while the societal burden is measured in terms of loss of activity at work and school as well as of costs for the health system As a matter of facts headaches are ranked in the top ten and maybe the top five causes of disability worldwide they are therefore extraordinarily common Population based studies have mostly focused on migraine which even if it is the most frequently studied headache disorder is not the most common Other types of headache such as the more prevalent TTH and sub types of the more disabling chronic daily headache have so far received less attention and need to be better investigated This book will provide a useful tool to a wide medical population who is required specific skills to diagnose and manage these frequent and often disabling disorders Furthermore it could also represents a compendium for medical students who are usually introduced to this topic through multidisciplinary university programmes

Emergency Headache Serena L. Orr, Benjamin W. Friedman, David W. Dodick, 2017-10-26 Understand the approach to routine and rare headaches in an emergency setting with this guide written by experts in neurology and emergency medicine

Headache Care, Research and Education Worldwide Jes Olesen, Nabih Ramadan, 2010-05-27 This book brings the theme of a global campaign to the forefront Researchers scientists and respected clinicians from around the world discuss aspects of access to care individual and societal burden

Headache Giuseppi Nappi, Michael A. Moskowitz, 2016-02-16 Handbook of Clinical Neurology Headache covers various aspects of headaches It covers up to date information about the cultural developments and the scientific

advances in the field of neurological science One of the most frequent symptoms that people encounter is migraine or other type of headaches At least 40% of neurological consultations are headache related With this significant advances in basic and applied brain sciences have emerged in the field of headache related problems Divided into six sections the book discusses the socioeconomic aspects of headaches the contribution of biological sciences to the study of the pathophysiology of headache and the management of headache and other related problems It also deals with headache related issues such as pathogenic chronobiological endocrinological and neuroimaging correlates nosographic i e migraine vertigo and headache in children and treatment related issues The book will serve as a reference for researchers clinical physicians and other readers who want additional knowledge about the clinical features of headaches A comprehensive guide to the advancements made in headache research and medicine including the role of genetics and genomics An exhaustive accounting of cultural developments and scientific advances in headache medicine Critical information on primary and secondary headaches including new therapies prevention techniques and management protocols Headache Clinics Rigmor

Jensen,Hans-Christoph Diener,Jes Olesen,2007 Headache is a huge public health problem and migraine alone cost 27 billion Euros per year in Europe It is therefore important how the health care service for headache patients is organised throughout the world Patients seen at headache clinics are more severely affected than those seen in general practice and headache clinics need to be familiar with a long list of relatively rare headache disorders Part of the Frontiers in Headache Research series this volume is the first book to focus specifically on headache clinics their classification and organization their methods of diagnosis and their approaches to multi disciplinary management The clinical features of patients seen in headache clinics are thoroughly discussed The value of a number of diagnostic laboratory techniques including when and how to use neuro imaging is discussed Also a number of more specialised methods employed only in referral headache centres are covered such as nitro glycerine challenge indomethacin test and oxygen breathing The treatment options for severely affected patients are discussed including the possibilities of combining two or more prophylactic medications the use of epidural blood patch and the different methods for discontinuation of medication overuse This volume will be an invaluable resource for neurologists physicians in headache pain clinics and interested general practitioners Headache-Free Zone: Unique

Prevention Approaches to Try Today Shu Chen Hou, Are you tired of constantly suffering from headaches Do you feel like you ve tried everything but nothing seems to work It s time to try something new Introducing Headache Free Zone Unique Prevention Approaches to Try Today the ultimate guide to preventing headaches using a variety of unique and natural approaches In this comprehensive guide you ll learn about the most effective techniques for preventing tension headaches migraines sinus headaches and more From yoga and meditation to diet and nutrition acupuncture and acupressure massage and chiropractic care essential oils and mindfulness techniques you ll discover a range of natural and holistic approaches to help you say goodbye to headaches for good Say goodbye to the reliance on over the counter medication and the frustration

of constantly dealing with headaches Headache Free Zone Unique Prevention Approaches to Try Today offers a new way to approach headache prevention using natural and effective techniques that work with your body's natural rhythms Each chapter is filled with expert advice and practical tips to help you implement these techniques into your daily routine Whether you're looking for ways to prevent headaches while reading working watching TV or spending time outdoors this guide has got you covered Don't let headaches control your life any longer Get your hands on Headache Free Zone Unique Prevention Approaches to Try Today and take the first step towards a pain free and headache free life Order now and start living life on your terms Neurology in Migrants and Refugees Mustapha El Alaoui-Faris, Antonio Federico, Wolfgang Grisold, 2021-10-22

This book is the result of reflections and work of the Specialty group on neurology in migrants of the World Federation of Neurology The volume provides a synthesis of migrants health in relation to the sustainable development goals and the 2030 agenda and an up to date overview on neurological diseases among migrants refugees and ethnic minorities The book is composed of both general chapters dealing with the history of migration the relationship between climate change and migration flows the migration and neurosciences research and the barriers to migrant's health Other chapters deal with the migrants particularities of the common neurological diseases such as cerebrovascular diseases epilepsy dementia movement disorders multiple sclerosis headache functional and mental disorders In addition also neurological manifestation of COVID 19 in ethnic minorities and palliative care in migrants are discussed Neurology in Migrants and Refugees will be useful to neurologists worldwide who can find appropriate knowledge for diagnosis and treatment when facing migrants with neurological disorders which are sometimes difficult to assess in the absence of clinical experience with the migrant population It will also be very useful for international organizations policymakers and non governmental organizations working in the field of health and migration This book will certainly find an indispensable place in neurological departments libraries and will constitute a basic textbook for teaching neurology taking into account ethnicity culture and health inequalities in the care of neurological disorders

The Headaches Jes Olesen, 2006 Established worldwide as the one definitive encyclopedic reference on headache The Headaches is now in its thoroughly revised updated Third Edition The foremost international authorities examine the mechanisms of over 100 types of headache and provide evidence based treatment recommendations including extensive tables of controlled clinical trials This edition presents the revised International Headache Society classification of headaches and explains how to use this new classification for accurate diagnosis Many headache entities are discussed for the first time such as chronic migraines primary headache attributed to sexual activity primary stabbing cough exertional and thunderclap headaches hypnic headaches and new daily persistent headaches A new section focuses on childhood headaches Chapters that focus on headaches in elderly patients and patients with psychiatric or medical diseases are also included Coping with Headaches and Migraine Alison Frith, 2016-04-21

Headaches and migraine affect up to 10 million people in the UK and are one of the common problems seen in doctors

surgeries and emergency departments The profound effect they have on daily life means that they are now viewed by the World Health Organisation as one of the world's most disabling diseases This new edition of *Coping with Headaches and Migraine* explains how lifestyle measures can help and updates the research on causes treatments and ways to cope It explores genetic factors in migraine and the increasing use of non drug treatments such as nerve stimulation Topics include migraine and its varying symptoms cluster headache tension headache daily headaches medication overuse headache causes and triggers medical help and drugs diet exercise lifestyle non drug strategies and complementary remedies headaches affecting women at various stages of their lives research and future approaches to treatment

Modern Day Management of Headache K Ravishankar, Randolph Warren Evans, Shuu-Jiun Wang, 2017-12-31 This book is a comprehensive guide to the management of headaches Divided into five sections chapters are presented in a question and answer format The book begins with an overview of headaches explaining classification diagnostic testing and pathophysiology The following sections cover primary headaches migraine tension related and secondary headaches post trauma vascular related infections The final sections discuss headaches in specific patient groups such as children the elderly women and in pregnancy and complementary and alternative therapies Key points Comprehensive guide to management of headaches Covers both primary and secondary headaches and specific patient groups Includes section on complementary and alternative therapies Highly experienced internationally recognised editor and author team

Lifestyle Medicine, Fourth Edition James M. Rippe, 2024-09-20 The fourth edition of Dr James Rippe's classic *Lifestyle Medicine* textbook continues to lead and inform the rapidly growing field of lifestyle medicine This is the discipline that focuses on the impact of daily habits and actions on both short and long term health and quality of life The first edition of this comprehensive work named the field of lifestyle medicine in the academic medical literature The fourth edition continues to span and expand the field and offers extensive evidence based literature in virtually every aspect of lifestyle medicine This Textbook edited by cardiologist Dr James Rippe who is a leading lifestyle medicine researcher represents the combined wisdom and recommendations of over 325 experts in virtually every aspect of lifestyle medicine Chapter authors have been chosen because of their background as leaders in various aspects of lifestyle medicine *Lifestyle Medicine Fourth Edition* contains extensive sections on the treatment and prevention of coronary heart disease stroke cancer diabetes obesity substance abuse dementia and many other clinical conditions Key lifestyle modalities such as physical activity nutrition weight management sleep stress reduction and positive connections with other humans are supported by detailed discussion and state of the art evidence The expanded section on behavioral medicine provides an important framework for these discussions Every chapter has been completely revised and many new topics added such as lifestyle medicine for nursing psychiatry and preventive neurology The fourth edition of this classic text continues to serve as the leading comprehensive textbook in lifestyle medicine The original has been called the indispensable bible of lifestyle medicine and the fourth edition of this work continues to justify this designation There is no

longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health The fourth edition of Lifestyle Medicine provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide not only to lifestyle medicine practitioners but to all primary care physicians subspecialty physicians nurses and other healthcare practitioners

Pain Medicine Updates 2025 Guilherme Ferreira Dos Santos, MD, CIPS, Prof. Admir Hadzic, MD, PhD, Pain Medicine Updates 2025 Essential Insights for Pain Clinicians In the rapidly developing and busy world of pain medicine staying ahead of emerging research evolving guidelines and clinical innovations can feel overwhelming Pain Medicine Updates 2025 is designed to cut through the noise providing concise expertly curated insights that are immediately applicable to clinical practice Created by Dr Guilherme Ferreira Dos Santos and Prof Admir Hadzic NYSORA's educational team and an international Pain Medicine Educational Board this book distills key advancements from 2023 2024 into easy to read chapters making it an indispensable resource for busy pain clinicians This book cuts through the overwhelming amount of information in journals and online resources providing clear and concise updates that save time without compromising quality With space for personal notes readers can adapt the insights to their specific needs making it an invaluable resource for ongoing professional growth Whether you're refreshing your knowledge or seeking practical solutions for your practice Pain Medicine Updates 2025 is an effective way to stay informed

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Expanding the Paradigm of the Management of Headaches: Integrated Multidisciplinary Perspectives from Bench to Bedside Ge Tan, Kaiming Liu, Wensheng Qu, Caroline Ran, 2025-08-21 Headaches a ubiquitous medical issue profoundly impact individual health and quality of life Despite being a common ailment many aspects of headache disorders remain understudied and incompletely understood Indeed headache research is a vast field encompassing phenomenological investigations in animal models genetic predispositions and pharmacogenetic interplays molecular biomarkers epidemiological studies as well as associated comorbidities and psychological variables A closer examination reveals a multidisciplinary paradigm necessitating cooperation and contribution from not only medical professionals but also psychologists and neuroscientists The complexity of headaches their varied etiologies and the array of potential treatment modalities including neuromodulation non pharmacological therapies and medications all underscore the need for a comprehensive and transdisciplinary approach

Headaches Claudio Buttice, 2024-08-08 More than 95% of people will experience a headache at least once in their lives Discover the answers to common questions about this nearly universal human experience Part of the Q A Health Guides

series this book offers a broad introduction to headaches using an engaging question and answer format The book s questions explore the different types of headaches including tension type headaches migraines and less common but more severe headache disorders such as cluster headaches Readers will discover the causes and triggers of headaches how headache disorders are diagnosed and managed and the warning signs that a headache may be an indication of a serious underlying health issue such as a brain tumor The book also examines the often unacknowledged toll that severe headache disorders can have on individuals relationships and even the economy Augmenting the main text a collection of 5 case studies illustrate key concepts and issues through relatable stories and insightful recommendations The Common Misconceptions section at the beginning of the volume dispels 5 long standing myths about headaches directing readers to additional information in the text The glossary defines terms that may be unfamiliar to readers while the directory of resources curates a list of the most useful books websites and other materials Finally whether they re looking for more information about this subject or any other health related topic readers can turn to the Guide to Health Literacy section for practical tools and strategies for finding evaluating and using credible sources of health information both on and off the internet Bonica's Management of Pain Scott M. Fishman,2012-03-29 Now in its Fourth Edition with a brand new editorial team Bonica s Management of Pain will be the leading textbook and clinical reference in the field of pain medicine An international group of the foremost experts provides comprehensive current clinically oriented coverage of the entire field The contributors describe contemporary clinical practice and summarize the evidence that guides clinical practice Major sections cover basic considerations economic political legal and ethical considerations evaluation of the patient with pain specific painful conditions methods for symptomatic control and provision of pain treatment in a variety of clinical settings **Current Management of Child Neurology** Maria,2007 **Psychological Approaches to Pain Management** Dennis C. Turk,Robert J. Gatchel,2018-05-07 This authoritative handbook now significantly revised with more than 50% new material introduces practitioners and students to the state of the art in psychological interventions for managing pain Leading experts review the most effective treatment approaches for enhancing patients coping and self efficacy and reducing pain related disability including cognitive behavioral therapy biofeedback clinical hypnosis group therapy and more Strategies for integrating psychosocial and medical treatments for specific populations are described with chapters on back pain headache cancer and other prevalent chronic pain disorders Attention is given to customizing intervention for individual patients maximizing treatment adherence and preventing overuse of opioids and other medications New to This Edition Chapter on resilience focusing on mindfulness and acceptance based approaches Chapters on managing pain with comorbid psychological disorders posttraumatic stress disorder and substance use disorder Chapter on emerging uses of technology Even more practitioner friendly every chapter concludes with bulleted Clinical Highlights Many new authors extensively revised with over 15 years of research and clinical advances Current Management in Child Neurology Bernard L.

Maria, 2005 Current Management in Child Neurology Third Edition aims to provide busy practitioners with standard of care reviews on the evaluation and treatment of the most common complaints or conditions that relate to nervous system disorders and dysfunction. The book is designed to supplement standard textbooks that provide detailed information on etiology, pathogenesis, and therapeutic controversies in pediatric clinical neuroscience. This edition contains three sections and 98 chapters written by highly respected leaders in the field. It builds upon the success of previous editions by offering succinct, updated reviews of the superb second edition chapters by 46 senior authors, 37 reviews by new authors, and 15 reviews by new authors on new topics. In the first section, Clinical Practice Trends, the reader will find data on the most common outpatient and inpatient conditions, insights into educational trends, pearls on conducting a meaningful neurologic examination, information on key Web sites, and advice on excelling at the art of medicine. In The Office Visit section, subheadings are organized according to the frequency of conditions in the office or clinic setting. The section offers management reviews in headache, seizures, epilepsy, neurobehavioral disorders, school readiness, developmental delay, and a range of other conditions. The final section, The Hospitalized Child, features 22 chapters addressing current therapy issues for trauma, meningitis, and encephalitis, injury to the preterm and term brains, status epilepticus, and a host of other conditions associated with hospital care. Several chapters were added to this new edition, including selections on current pharmacotherapy for migraine, epilepsy, and ADHD, each with practitioner-friendly tables on drugs; one chapter was added on home management of breakthrough seizures. In addition, the Suggested Readings and Physician and Patient Resources sections of each chapter help trainees and caregivers do their homework about relevant conditions.

Non-Migraine Primary Headaches in Medicine Paolo Martelletti, 2023-03-11. This book on tension type headache is the second machine-generated scientific book in medicine published by Springer and reflects a new publication format which focuses on literature reviews. State-of-the-art computer algorithms were applied to select relevant sources from Springer Nature journal, rearrange them in a topical order, and provide short summaries of these articles. The result is the auto-summarization of current texts organized by means of a similarity-based clustering routine in coherent chapters and sections. The human intervention of a world-renowned expert in this field grants the scientific soundness and appropriate organization of the contents identified. The AI-based approach seemed especially suitable to provide an innovative perspective as the topics are indeed both complex, interdisciplinary, and multidisciplinary, as is tension type headache, the most diffuse among the chronic non-communicable diseases. The result of this innovative process will be of help especially for readers with limited time interested in migraine and wishing to learn more about the subject quickly, and if they are new to the topic. Springer seeks to support anyone who needs a fast and effective start in their content discovery journey, from the undergraduate student exploring interdisciplinary content to Master or PhD thesis developing research questions to the practitioner seeking support materials. This book can serve as an inspiration to name a few examples.

This book delves into Reducing The Burden Of Headache. Reducing The Burden Of Headache is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Reducing The Burden Of Headache, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 1: Introduction to Reducing The Burden Of Headache
 - Chapter 2: Essential Elements of Reducing The Burden Of Headache
 - Chapter 3: Reducing The Burden Of Headache in Everyday Life
 - Chapter 4: Reducing The Burden Of Headache in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Reducing The Burden Of Headache. This chapter will explore what Reducing The Burden Of Headache is, why Reducing The Burden Of Headache is vital, and how to effectively learn about Reducing The Burden Of Headache.
 3. In chapter 2, this book will delve into the foundational concepts of Reducing The Burden Of Headache. The second chapter will elucidate the essential principles that must be understood to grasp Reducing The Burden Of Headache in its entirety.
 4. In chapter 3, this book will examine the practical applications of Reducing The Burden Of Headache in daily life. This chapter will showcase real-world examples of how Reducing The Burden Of Headache can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Reducing The Burden Of Headache in specific contexts. The fourth chapter will explore how Reducing The Burden Of Headache is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Reducing The Burden Of Headache. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Reducing The Burden Of Headache.

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