



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

Jes Olesen, Nabih Ramadan



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

Achieving Equity in Neurological Practice
Bruce Ovbiagele, Sharon Lewis, Daniel José Correa, Reena Thomas, Larry Charleston IV, 2024-10-22

The recent high profile murders of George Floyd and other African American individuals along with the prevailing coronavirus disease COVID 19 pandemic have reinforced the notion that certain marginalized populations have worse health outcomes than other populations likely due to unequal and unjust policies and practices Neurological processes and prognoses frequently vary by sex gender race ethnicity socioeconomic status and geographic location In particular individuals of lower socioeconomic status and from minority racial and ethnic backgrounds have worse neurological health and often receive a lower standard of neurological care These inequities in neurological outcomes are attributed to wider societal social influences which impact how people live and how neurology is practiced Published evidence suggests that healthcare providers and the healthcare system contribute to inequities in neurological care for vulnerable and underserved populations However educating neurology care providers about these issues and training them to provide equitable care for these patients can potentially improve neurology care access delivery and outcomes In this book we provide the theoretical background scientific evidence and experiential knowledge warranted to properly care for vulnerable underserved patients with neurological diseases at the levels of the provider and system This book examines the root causes of neurological health inequities across a broad range of topics and offers possible solutions for achieving neurological health equity Initial chapters help to frame the overall issue of neurological health equity Subsequent chapters evaluate neurological health equity from the clinical practice standpoint with a focus on select populations and subspecialty care delivery settings Lastly we discuss the bigger picture with regard to the pipeline of practitioners and purview of policy makers This text is relevant for neurology residents and fellows multidisciplinary neurological care practitioners neurologists neurosurgeons advanced practice providers hospitalists emergency physicians critical care physicians pharmacists and allied health personnel and public health researchers and

health policy makers The book is divided into three sections Principles Neurological Conditions and Priorities The first section establishes the framework and explains various key terminologies and concepts which undergird the care of vulnerable and undeserved patient populations The second section Neurological Conditions covers key neurological diseases by sub specialty describing published evidence of care and outcome disparities gaps in knowledge practical techniques for bridging these disparities on provider and system levels The third section Priorities identifies important areas of focus and improvement targeting trainees researchers community partners stakeholder organizations and policy makers which would be crucial for implementing sustained societal level enhancements in the neurological health of these vulnerable populations

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 **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 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 Headaches Claudio Butticè,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 **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 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

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 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

Multidisciplinary Management of Migraine César Fernández-de-las-Peñas, Leon Chaitow, Jean Schoenen, 2012-01-26 The first textbook that focused on the multidisciplinary treatment of migraine including pharmacological and non pharmacological approaches This comprehensive text discusses epidemiology pathophysiology diagnosis and management of patients with migraine headache integrating clinical experience and expertise with current

evidence based best practices The authors are worldwide experts recognized in migraine and headache with experience in academic research and practice settings This book reviews the options for medical management of patients with migraine by way of pharmacological interventions musculoskeletal interventions including muscle and joint centered interventions manual therapy and dry needling and complementary and alternative medicine techniques including naturopathy acupuncture and placebo With a multimodal and multidisciplinary approach this comprehensive resource provides a variety of therapeutic tools for students and practitioners to provide excellent care and medical management of patients with migraine headache

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

Pain in America United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions, 2014

Chronic Headaches Jonathan M. Borkum, 2007-02-13 This is the first new book in many years to provide a comprehensive review of the latest theory research and treatment of chronic headaches from a biopsychological perspective It is designed to make the tools of assessment and therapy widely accessible while placing them in the context of how the disorders arise The physiology and psychology of

Current Management of Child Neurology Maria, 2007

Reducing The Burden Of Headache Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Reducing The Burden Of Headache**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

https://pinsupreme.com/About/browse/default.aspx/Sanctions_Beyond_Borders_A_Global_Philosophy.pdf

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