



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

Michael Brown



Reducing The Burden Of Headache:

Decoding **Reducing The Burden Of Headache**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Reducing The Burden Of Headache**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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