

The Global Campaign to Reduce the Burden of Headache Worldwide

A partnership in action between the World Health Organization,
I Headache Alliance, International Headache Society and European Headache Federation

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 selfadministered 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

Claudio Butticè

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

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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

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