



Epidemiological profile of women admitted for migraine and other headache syndromes in the southern region of Brazil, between 2018 and 2023

Maria Clara Calixto Caetano¹, Brenda Lopes Brandão², Hugo Berdejo Boreggio³, Júlia Esteca da Silva⁴, Karolina Lemos Schuch⁵, Leticia Loreta Roque Stetter⁶, Lorena Pedro de Oliveira⁷, Nicolas França Mota⁸

¹Medical student at the University of Ribeirão Preto, Ribeirão Preto, São Paulo, Brazil

²Doctor graduated from Faculdade Dinâmica do Vale do Piranga, Ponte Nova, Minas Gerais, Brazil

³Graduating from the medicine course at Centro Universitário Estácio de Ribeirão Preto, Ribeirão Preto, São Paulo, Brazil

⁴Medical student at the Faculty of Medicine of Marília, Marília, São Paulo, Brazil

⁵Medical student at the University of Southern Santa Catarina, Tubarão, Santa Catarina, Brazil

⁶Medical student at Fundación Héctor Alejandro Barceló, Buenos Aires, Argentina

⁷Medical student at Faculdade Santa Marcelina, São Paulo, São Paulo, Brazil

⁸Graduating from the medicine course at the Italian University Institute of Rosario Rosário, Argentina

Introduction

Migraine is a chronic neurological disorder that negatively influences personal, economic, and social aspects of individuals' lives, as well as reducing health-related quality of life. Its highest incidence occurs among middle-aged individuals, with women being the most affected. Regarding monthly headache days, about one-third of migraine sufferers experience four or more days, and approximately 7% have 15 or more days. Acute therapy aims to alleviate pain and restore function during attacks, while preventive treatment aims to reduce the frequency and severity of episodes. Disease progression can occur in some individuals, underscoring the importance for physicians to identify modifiable risk factors to enhance patients' quality of life. The majority of migraine sufferers seek medical care in primary healthcare settings, highlighting the critical need for these professionals to be prepared to manage the condition.

Objective

To identify the epidemiological profile of women hospitalized for migraine and other headache syndromes in the Southern region of Brazil between 2018 and 2023.

Methods

Ecological, cross-sectional, retrospective, and descriptive study conducted through data collection from the Hospital Information System of the Unified Health System (SIH/SUS), linked to DATASUS, focusing on variables such as age, race/ethnicity, type of care, and hospital service costs.

Results

A total of 16,488 women were hospitalized for migraine and other headache syndromes. The year 2019 had the highest number of admissions (4,052), while 2021 had the lowest (1,820). Of these, 17.3% (2,907) were women aged 40-49 years, 16.8% were aged 30-39 years, 15.4% were aged 20-29 years, and the least affected age group was under 1 year (0.1% - 18 cases). Regarding race/ethnicity, 81.6% (13,449) were White, 8.8% (1,450) were Mixed Race, 2.5% (418) were Black, 0.7% (117) were Yellow, 0.02% (4) were Indigenous, and 6.3% (1,050) did not have race information available. 93.5% of admissions were for urgent care, while only 6.5% were elective. The total hospital service costs during this period amounted to R\$ 7,755,801.34, with 2019 having the highest cost (R\$ 2,100,630.40) and 2021 the lowest (R\$ 762,862.42). The age group with the highest costs was 40-49 years (R\$ 1,467,777.68), while the lowest was under 1 year (R\$ 2,820.53).

Conclusion

This study reveals, through the epidemiological profile of women hospitalized for migraine and other headache syndromes in the Southern region of Brazil between 2018 and 2023, that 2019 had the highest number of admissions and highest costs. The most affected age group, and consequently the most costly, was 40-49 years old. White individuals were the most affected by race, and the majority of admissions were for urgent care. Therefore, understanding the specific epidemiological patterns of this condition in these patients is crucial for providing adequate and personalized healthcare.