



Analysis of hospitalizations of individuals aged 20 to 59 years for migraines and other headache syndromes in the southeastern region of Brazil from 2019 to 2023

Hugo Berdejo Boreggio¹, Karolina Lemos Schuch², Maria Clara Calixto Caetano³, Leticia Loreta Roque Stetter⁴, Lorena Pedro de Oliveira⁵, Brenda Lopes Brandão⁶, Nicolas França Mota⁷, Celijane Almeida Silva⁸, Júlia Esteca da Silva⁹

¹Graduating from the medicine course at Centro Universitário Estácio de Ribeirão Preto, Ribeirão Preto, São Paulo, Brazil

²Medical student at the University of Southern Santa Catarina, Tubarão, Santa Catarina, Brazil

³Medical student at the University of Ribeirão Preto, Ribeirão Preto, São Paulo, Brazil

⁴Medical student at Fundación Héctor Alejandro Barceló, Buenos Aires, Argentina

⁵Medical student at Faculdade Santa Marcelina, São Paulo, São Paulo, Brazil

⁶Doctor graduated from Faculdade Dinâmica do Vale do Piranga, Ponte Nova, Minas Gerais, Brazil

⁷Graduating from the medicine course at the Italian University Institute of Rosario Rosário, Argentina

⁸Student of the medicine course at Centro Universitário Unifacisa, Campina Grande, Paraíba, Brazil

⁹Medical student at the Faculty of Medicine of Marília, Marília, São Paulo, Brazil

Introduction

Migraines and headaches are neurological conditions that impact quality of life and can require hospitalizations. This study analyzes hospitalizations for these conditions in individuals aged 20 to 59 years in the southeastern region of Brazil from 2019 to 2023, using data from the SIH/SUS of DATASUS.

Objective

To analyze the profile of hospitalizations for migraines and other headache syndromes in the southeastern region of Brazil, among individuals aged 20 to 59 years, from 2019 to 2023.

Method

This is an ecological, descriptive study with a quantitative approach. It was conducted using data from the Hospital Information System of SUS (SIH/SUS) from DATASUS, focusing on the panel "Migraines and Other Headache Syndromes" (ICD G43 and G44). The variables used were sex, race/color, and age group (20 to 59 years), specifically in the southeastern region of Brazil, from January 2019 to December 2023.

Results

During the analyzed period, it was found that hospitalizations of individuals aged 20 to 59 years for migraines and other headache syndromes totaled 33,656 cases. In the southeastern region, 30.18% of this total (N=10,159) were concentrated. Within the southeastern region, the year 2023 had the highest percentage, with 22.63% (N=2,299), and 2021 had the lowest, with 16.39% (N=1,665). There was a predominance among females, white individuals, and those aged 35 to 39 years, accounting for 72.04% (N=7,319), 46.96% (N=4,771), and 14.47% (N=1,470), respectively.

Conclusion

Hospitalizations for migraines and headaches in southeastern Brazil show a higher incidence among women, white individuals, and those aged 35 to 39 years. These results highlight the need for targeted health policies for the prevention and proper treatment of these conditions.