▪ Headache Medicine 2026, Supplement ▪ p-ISSN 2178-7468, e-ISSN 2763-6178

Headache Medicine

ID: 71

Epidemiological profile of patients hospitalized for migraine and other headache syndromes by age group in Sergipe between 2015-2025

Paulo Henrique Leal Barbalho

Tiradentes University, Aracaju, Sergipe, Brazil

Paulo Henrique Leal Barbalho
paulohenriquelb.med@gmail.com

Introduction

According to the WHO, migraines and headaches are leading causes of global disability, severely affecting productivity. In Sergipe, Brazil, there is a shortage of recent studies linking clinical diagnoses to local demographics. Since these conditions peak during adulthood, identifying the age-based epidemiological profile is vital for public policy and mitigating economic costs. This study examines SIH/SUS data from the last decade to outline Sergipe's regional landscape.

Objective

To analyze the age distribution and temporal trends of migraine and other headache syndrome notifications in the state of Sergipe between 2015 and 2025.

Methods

This is an epidemiological, retrospective cross-sectional study, with a quantitative approach, based on data collection from the SIH/SUS system via DATASUS. In the Morbidity List category (ICD-10), "Migraine and other headache syndromes" was selected. The analyzed variables referred to the state of Sergipe between 2015 and 2025. The analysis correlated the age group of hospitalized patients with information from scientific articles published within the last 5 years, searched in PubMed using the descriptors "Headache" and "Hospitalizations."

Results

From 2015 to 2025, Sergipe recorded 470 hospitalizations for migraines and headaches via SIH/SUS. The historical series showed progressive growth, peaking in the 2024–2025 biennium with 154 cases—32.7% of the decade's total and a sharp increase from the 23 cases in 2015. The profile predominantly affects working-age adults: the 30–39 (19.3%) and 20–29 (18%) groups lead, and together with the 40–49 cohort, they represent 52.3% of morbidity. Clinical relevance was noted in the 10–14 age group (40 cases), while figures declined in senescence, with only 5 records among those aged 80+. The recent surge in the last biennium is linked to psychosocial factors, like anxiety and sleep disorders, alongside Long COVID. Neuroinflammation and chronic trigeminovascular activation in "post-COVID headaches" often cause resistance to conventional treatment, necessitating hospitalization for refractory cases.

Conclusion

In Sergipe, headache disorders strain the healthcare system by primarily affecting the productive population (ages 20 to 49). The surge in hospitalizations during the 2024–2025 period reflects new challenges, such as the impact of mental health and severe Long COVID sequelae, which demand specialized care. Consequently, there is an urgent need to strengthen neurology and mental health care networks within the state, focusing on early diagnosis and outpatient management to prevent hospitalizations. Furthermore, continuous monitoring of post-pandemic neurological effects is vital to guide effective preventive and therapeutic strategies.

Keywords:
Migraine
Headache
Pain
Hospitalization

© Copyright 2025