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Analysis of sexual disparities in hospitalizations for migraine in the elderly in Brazil in the last 5 years

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Introduction
Migraine is a common and disabling neurological disorder with well-defined diagnostic criteria that changes in pattern throughout life. In older adults, it is less frequent, may present with "atypical" symptoms, and is often associated with other diseases. Currently, international studies have consistently demonstrated a predominance of women with migraine; however, there are still no conclusive studies regarding this sex disparity in the disease, especially among the elderly population in Brazil.

Objective
To evaluate sex disparities in migraine-related hospitalizations among older adults across the regions of Brazil over the last five years.

Methods
This is an epidemiological, cross-sectional, retrospective study with a quantitative approach, conducted through data collection from the Brazilian Unified Health System Hospital Information System (SIH/SUS), linked to DATASUS. In the ICD-10 Morbidity List category, "Migraine and other cephalic pain syndromes" was selected, and the variables analyzed were mortality, region, sex, and age groups from 60 to 80 years and older. The data analyzed were restricted to the period from March 2021 to March 2026.

Results
During the evaluated period, 10,264 hospitalizations due to migraine among older adults were recorded in Brazil, of which 9,750 (94.99%) were emergency admissions, along with 280 deaths and a mortality rate of 2.73. Regarding females, there were 6,184 (60.25%) occurrences. The region with the highest number of hospitalizations was the Northeast, with 1,808 (29.24%) cases, while the Midwest had the lowest number, with 303 (4.90%). The number of deaths was 159, with a mortality rate of 2.57. Among males, there were 4,080 (39.75%) hospitalizations. The region with the highest number of cases was also the Northeast, with 1,240 (30.39%), while the Midwest had the lowest number, with 187 (4.58%). Regarding deaths, there were 121, with a mortality rate of 2.97.

Conclusion
It can be concluded that females accounted for more than 60% of migraine cases among older adults over the last five years. In the evaluated regions, both females and males had the Northeast as the region with the highest number of cases and the Midwest as the region with the lowest number of hospitalizations. Regarding deaths and mortality rates, females had the highest absolute number of deaths, whereas males had the highest mortality rate.

Keywords:
Migraine
Elderly
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