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Epidemiological profile of hospitalizations due to migraine and other headache syndromes in northeastern Brazil between 2021 and 2026

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Introduction
Migraine and other headache syndromes are among the most prevalent neurological disorders worldwide and are associated with significant disability and reduced quality of life. Despite their high prevalence, regional epidemiological studies addressing hospitalizations related to these conditions remain limited in Brazil.

Objective
To describe the epidemiological profile of hospitalizations due to migraine and other headache syndromes in Northeastern Brazil between January 2021 and March 2026.

Methods
This was a retrospective, cross-sectional, quantitative epidemiological study based on secondary data obtained from the Hospital Information System of the Brazilian Unified Health System (SIH/SUS), available through DATASUS. The category "Migraine and Other Headache Syndromes" from the ICD-10 Morbidity List was selected. The analyzed variables included hospitalizations, deaths, mortality rate, sex, and age group. Data were restricted to residents of Northeastern Brazil between January 2021 and March 2026 and were analyzed using descriptive statistics.

Results
A total of 17,387 hospitalizations due to migraine and other headache syndromes were recorded during the study period. Females accounted for most hospitalizations, with 11,254 cases (64.7%), while males represented 6,133 cases (35.3%). The highest frequency of hospitalizations occurred among individuals aged 30–39 years (3,084 cases; 17.7%), followed by those aged 20–29 years (2,887 cases; 16.6%) and 40–49 years (2,863 cases; 16.5%). A total of 317 deaths were reported, including 177 among females (55.8%) and 140 among males (44.2%). The overall mortality rate was 1.82, with a higher rate among males (2.28) compared with females (1.57). Although hospitalizations predominated among young adults, deaths were more frequent in older age groups, particularly among individuals aged 80 years and older (60 deaths) and those aged 60–69 years (57 deaths).

Conclusion
Hospitalizations due to migraine and other headache syndromes in Northeastern Brazil predominantly affected women and young adults, especially those aged 30–39 years. However, deaths were concentrated among older adults, suggesting increased vulnerability and severity in this population. Furthermore, mortality rates were higher among men despite their lower hospitalization rates. These findings highlight the importance of strengthening preventive strategies, early diagnosis, and appropriate management of headache disorders, particularly among high-risk populations.

Keywords:
Migraine
Hospitalization
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