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

Headache Medicine

ID: 330

Epidemiological profile of hospitalizations for migraine and other headache syndromes in women in Brazil: a national analysis from 2020 to 2025

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Introduction

Migraine and other headache syndromes represent a significant public health concern due to their high prevalence, disability, and healthcare-related costs. These conditions predominantly affect women, especially during the reproductive years, owing to hormonal influences. After puberty, migraine becomes more frequent among females and is most commonly observed between 30 and 40 years of age. The use of combined hormonal contraceptives may influence its occurrence, whereas pregnancy is often associated with symptom improvement. This scenario highlights the importance of studies investigating hospitalizations related to these conditions among women.

Objective

To analyze the epidemiological profile of hospitalizations for migraine and other headache syndromes among Brazilian women between 2020 and 2025.

Methods

This observational, retrospective, quantitative study was conducted using secondary data obtained from the Hospital Information System of the Brazilian Unified Health System (SIH/SUS), available through DATASUS. Hospitalizations for migraine and other headache syndromes (ICD-10 codes G43–G44) recorded in Brazil between January 2020 and December 2025 were analyzed. The variables evaluated included sex, age group, geographic region, and hospitalization costs. Data were subjected to descriptive statistical analysis and presented as absolute and relative frequencies.

Results

During the study period, 64,519 hospitalizations for migraine and other headache syndromes were recorded in Brazil. Of these, 43,020 (66.7%) occurred among women and 21,499 (33.3%) among men, demonstrating a marked female predominance. Among women, the age groups of 30–39 years (8,216 hospitalizations), 20–29 years (7,997), and 40–49 years (7,672) accounted for the highest numbers of hospitalizations. Regarding geographic distribution among the female population, the Southeast region recorded the highest number of hospitalizations (13,772), followed by the Northeast (12,296) and South (10,159) regions. An increasing trend in hospitalizations was observed throughout the study period, rising from 8,688 admissions in 2020 to 12,614 in 2025, corresponding to a 45.2% increase. The total hospitalization cost was BRL 36,386,585.77, of which BRL 22,556,171.07 (62.0%) were related to female hospitalizations.

Conclusion

Hospitalizations for migraine and other headache syndromes showed a marked predominance among women. In addition to the high frequency of hospital admissions, an increase in hospitalization rates over the analyzed years and a substantial economic burden on the public healthcare system were observed. These findings highlight the need for strategies focused on early diagnosis, appropriate treatment, and continuous follow-up of these conditions, with special attention to the female population, which accounted for the largest proportion of hospitalizations and healthcare costs related to these diseases.

Keywords:
Migraine disorders
Hospitalization
Epidemiology
Headache disorders
Women's health

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