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Epidemiological analysis of hospitalizations due to migraine and other headaches in the state of Amazonas

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Introduction
Migraine stands out as one of the most prevalent neurological diseases in the world, predominantly affecting individuals of working age and occurring more frequently in women, having a significant impact on quality of life, work productivity, and the use of health services. Therefore, it is important to investigate the behavior of hospitalizations for migraine and other headaches in the state of Amazonas, considering its population and regional characteristics.

Objective
To analyze the epidemiological profile of hospitalizations for migraine and other headache syndromes in the state of Amazonas, between January 2021 and March 2026.

Methods
This is an ecological, descriptive, and retrospective study based on hospital admission data collected from the Brazilian Unified Health System's Hospital Information System (SIH/SUS) via the DATASUS TABNET platform, using the parameters of sex, race/color, and age group with the ICD-10 filter of "migraine and other headache syndromes", considering the period from January 2021 to March 2026.

Results
In the state of Amazonas, 614 hospitalizations for migraine and other headache syndromes were recorded. Regarding sex, a higher prevalence was observed in females, corresponding to 408 cases (66.4%), while males accounted for 206 hospitalizations (33.6%). As for the age distribution, a higher frequency of hospitalizations was observed among young adults and middle-aged individuals. The 30-39 age group had the highest number of records, with 137 hospitalizations (22.3%), followed by the 20-29 age group, with 131 cases (21.3%), and the 40-49 age group, with 100 hospitalizations (16.3%). Regarding the variable race/color, a predominance of the mixed-race population was observed, representing 519 hospitalizations (84.5%). Indigenous people accounted for 32 cases (5.2%), while people of yellow race/color had 13 hospitalizations (2.1%), whites 12 cases (2.0%) and blacks 5 records (0.8%).

Conclusion
This study analyzed the epidemiological profile of hospitalizations for migraine and other headache syndromes in the state of Amazonas, revealing a higher prevalence in females, particularly among young adults aged 20 to 39 years. A predominance of hospitalizations was also observed in the self-declared mixed-race population, reflecting the predominant demographic profile of the state. The findings reinforce the idea that headaches, especially migraines, represent a significant public health problem due to their potential for disability and impact on quality of life and the demand for hospital services. Furthermore, the concentration of cases in economically active individuals highlights possible social and economic repercussions related to reduced productivity and increased use of healthcare services.

Keywords:
Migraine
Headache
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