



## General Aspects of Secondary Headaches: a brief Literature Review

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### Introduction

Secondary headaches are caused by underlying diseases that unfolds to this condition. Thus, the origin pathology is admittedly capable to cause a headache and this symptom needs to be developed during the course of the primary disease. After the effective treatment, there must be mark remission of the pain for until 3 months or spontaneous remission of the causing disorder. The epidemiology of the secondary headaches could vary depending on the clinical setting or the population sampled. Age-related variability may also be observed, with elderly patients having a higher likelihood of secondary headaches compared to their younger counterparts. This classification of headache can be attributed to traumas to the head and/or neck, exposure or oversure of a substance, related to arterial ischemic event and many other etiologies. There are some alert "flags" to secondary headaches, and they include systemic symptoms, like fever, neoplasm of the brain, neurological deficits, papilloedema, older age after 50 years at headache presentation and change of pattern of previous headache. Objectives  
To comprehend the concept of secondary headaches and briefly discern about the underlying diseases that lead to this condition.

### Methods

The current review is a product of a bibliographic research on the databases MEDLINE and EMBASE, through the application of descriptors "headache", "secondary headache", "headache disorders, secondary", "post-traumatic headache" and their combinations. There has been included scientific publications in Spanish, Portuguese and English languages, between 2018 and 2023, with a relevant approach to the study objective. Five studies were included in this review.

### Results

From all causes, Post Traumatic Headaches (PTH) are one of the most common secondary headache disorders. Factors associated with PTH include the number of post-traumatic symptoms, young age and the female sex. It is thought that PTH is likely due to traumatic brain injury, culminating in the structural remodeling of various regions involved in pain modulation. The secondary headache caused by exposure or overuse of substance led to a challenge for the clinicians: whether this entity should remain distinct, as opposed to a complication of those with pre-existing migraine, since those who have this condition are known to be triggered by certain substances. Headaches related to arterial ischemia may occur in the setting of transient ischemic attack or cerebrovascular infarction. Some of the risk factors identified include previous history of headache disorders and being female.

### Conclusion

It is a serious syndrome that without the diagnosis, could damage the patient's lifestyle and quality of life. The causes of secondary headache syndromes can vary significantly, from trauma to vascular problems. Overall, the management of some underlying diseases is complex and requires a multifaceted approach. Red flags are a useful checklist of features to look out for regarding secondary headache syndromes. The absence of these red flags may support the notion that no further workup is necessary. A headache that has developed or significantly worsened in temporal relation to the origin condition, or led to its discovery is one of the biggest diagnosis criteria for secondary headache.

**Keywords:** Headache; Secondary headache; Underlying disease.