



The Prevalence of Headache Among the Main Symptoms in the Diagnosis of Lung Diseases: an Integrative Review

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Introduction

Headache is characterized by pain in any part of the head, which also includes the scalp, upper neck, face and the inside of the head and brings many patients to the doctor's office every day. Nowadays, it is observed that headache is a symptom present in most existing lung diseases, such as asthma, chronic obstructive pulmonary disease (COPD), bronchitis, etc. Although it is a very present symptom in these diseases, in most cases this headache ends up being associated with any other type of pathology, which ends up making it difficult to understand lung diseases and which factors trigger the headache symptom in them. In this sense, this work is justified by the need to investigate the frequency of headaches among the main symptoms in the diagnosis of diseases that affect the lung.

Objectives

To analyze the prevalence of headache among the main symptoms in the diagnosis of lung diseases. Methods: This is an integrative review, therefore a search was carried out in the LILACS, CAPES, MEDLINE, SCIELO databases using the following descriptors: " Headache ", " Lung Diseases ", " Pulmonary Disease , Chronic Obstructive ", " Asthma ", " Symptoms " "Main", combined through the Boolean operator "AND". Articles available in their full version, published in Portuguese, Spanish and English, in the last 5 years, were chosen. Furthermore, articles that talked about the direct relationship between headache and a symptom of lung disease were selected and articles that did not directly address the presentation of headache as a symptom of lung disease were discarded.

Results

According to the data extracted from the articles, it is possible to understand that headache is one of the symptoms that are very present in the diagnosis of various lung diseases. Some research has highlighted that headaches in lung diseases, such as asthma, are caused by the pathophysiology of these lung diseases, which for the most part affect breathing and end up impairing the circulation of oxygen throughout the body, including the brain. In one of the articles that dealt with the presence of headache in bronchitis, approximately 30% of patients presented this symptom. This fact, according to the articles, makes headaches so common in lung diseases, since these diseases cause impaired oxygenation in the brain and end up triggering headaches as a response to this low oxygenation.

Conclusion

Therefore, it is possible to conclude that despite few studies related to this topic, it appears to be quite pertinent and it was observed in the articles that headache is one of the most common symptoms in lung diseases and that the physiology of a lung disease favors the appearance of this symptom in affected patients, as it directly affects the oxygenation of nervous tissue. In this sense, there is a need for more research to further validate this association between the symptom of headache and lung diseases, so that this symptom is taken with more consideration when concluding a diagnosis of the most diverse diseases that affect the lungs.

Keywords: Headache; Symptoms; Lung Diseases.