Headache Medicine

Epidemiological analysis of hospitalizations for migraine and other headache syndromes in southern Brazil between 2019 - 2023

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Introduction

Migraine is a disease primarily characterized by pulsating headaches of moderate to severe intensity, often accompanied by other symptoms such as nausea, vomiting, and sensitivity to light and sound. Migraine is a common complaint, with Brazil reporting a total of 51,269 hospitalizations due to migraines and other headache syndromes. The Southern region of Brazil accounted for 25.86% of the recorded cases, totaling 13,260 hospitalizations from 2019 to December 2023.

Objective

To map the epidemiological profile of hospitalizations in the Southern region of Brazil from 2020 to 2023.

Methodology

This ecological, descriptive, retrospective study utilized data from the Department of Informatics of the Unified Health System (DATASUS) of the Ministry of Health, collected from January 2019 to December 2023.

Results

The total number of individuals hospitalized for migraine and other headache syndromes in the Southern region was 13,260, with 2019 having the highest number of hospitalizations (4,017) and 2021 the lowest (1,771). Women were the most affected, representing 65% (8,566) of cases, while men accounted for 35.4% (4,694). The predominant age group was 40 to 49 years, with 17.37% (2,303) of cases reported, and the least affected age group was under 1 year, with 0.13% (17) cases reported. The white race accounted for 81.25% of reported cases.

Conclusion

Analyzing the epidemiological profile of the population residing in the Southern region of Brazil hospitalized for migraine and other headache syndromes between 2019 and 2023 reveals that 2019 had the highest number of hospitalizations. The most affected age group was 40 to 49 years, and women were the most impacted gender. The most affected ethnicity was white. Therefore, elucidating the specific epidemiological patterns of this region is vital for implementing appropriate and individualized healthcare measures.