



A Study on Medical Conditions Associated with Primary Headaches and Their Impact on Diagnosis and Treatment

Isabela Cacau Sousa Santos; Raynrich Kevin Assis Lima; Rayndrick Kelryn Assis Lima

Universidade De Fortaleza, Fortaleza - CE - Brazil.

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Introduction

Primary headaches are a group of neurological disorders characterized by recurrent headaches, with the most common types being migraine, tension-type headache, and cluster headache. While these conditions are well-known, their diagnosis and treatment can be complex due to their association with various medical conditions. Primary headaches often share symptoms with other diseases, which can lead to misdiagnosis and delays in appropriate treatment. Moreover, certain medical conditions can worsen the frequency and intensity of headaches, making the management of these headaches even more challenging. It is understood, then, that primary headaches are a significant health issue, and their relationship with other medical conditions is crucial for proper diagnosis and treatment. This study aims to uncover the various connections and risk factors associated with the prevalence and impact they have on the clinical approach to individuals with headaches.

Objective

This study aims to investigate the risk factors associated with headaches in individuals.

Methods

A systematic literature review was conducted, focusing on investigating the risk factors associated with headaches in individuals. PubMed and Scielo databases were used as research sources. Our analysis will focus on studies published in English and Portuguese, with a publication range from 2015 to 2023.

Results

This study highlights the need for a more holistic approach to the diagnosis and treatment of primary headaches. Furthermore, understanding the connections between these headaches and other medical conditions is essential to improve the quality of life of patients, as headaches are often accompanied by other physical and/or emotional symptoms. Additionally, when analyzing the studies conducted, it was possible to observe an increasing incidence in age groups of 8 years and older, with several of these studies identifying the following risk factors for headaches: dysfunctional family situation, regular alcohol consumption, caffeine consumption, smoking, low levels of physical activity, physical or emotional abuse, bullying by peers, and lack of free time.

Conclusion

Ultimately, understanding the connections between these headaches and other medical conditions, as well as their risk factors, is essential to improve the quality of life of patients. Moreover, it is of utmost importance to identify the increasing incidence of this condition in certain groups. When considering primary headaches in a broader healthcare context, it is possible to significantly improve diagnosis and treatment, providing relief to patients suffering from these debilitating headaches, provided that healthcare teams manage and understand the various risk factors associated with this condition. Thus, it is essential for healthcare professionals to adopt a more comprehensive and personalized approach to ensure the well-being of individuals suffering from primary headaches.

Keywords: Primary headaches; Quality of life; Risk factors.