



## Clinical Aspects and General Manifestations of Migraines in the General Population - Literature Review

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### Introduction

Headache, or head pain, is a chronic condition with a significant impact on public health, negatively affecting various aspects of life including social interactions, personal well-being, and work performance. It is the most common neurological complaint and a frequent reason for medical consultations at primary healthcare levels in Brazil, accounting for approximately 9% of these consultations. Headaches can originate from various sources, including structural problems, systemic or functional issues, some of which may have serious potential. In 1988, the International Headache Society categorized headaches into 6 different etiological categories: primary, originating from dysfunction in the head region itself and not resulting from other pathological conditions, and secondary, merely a symptom resulting from some other structural problem. Among the primary types, tension-type headache, migraine, and cluster headache are prominent. Understanding this scenario, it is known that migraine is one of the primary headache types worldwide, occurring in intermittent or prolonged episodes, with signs and symptoms typically lasting from 4 to 72 hours and often being debilitating. The pain usually affects one side of the head, has a pulsating character, worsens with physical activity, and is accompanied by symptoms such as nausea and increased sensitivity to light, sound, or odors. The diagnosis of this condition primarily relies on clinical evaluation, representing a frequent and evidently recurrent reality in various medical consultation scenarios.

### Objective

This work aims to explore new therapies and innovations in the management of complications associated with migraines.

### Methods

This study employs a systematic literature review method to address the topic of exploring new therapies and innovations in the management of complications associated with migraines, using the PubMed and Scielo databases. The evaluation parameters include English and Portuguese languages, with publication dates from 2000 to 2023.

### Results

The significant worldwide diversity in migraine occurrence rates is a matter of curiosity. Geographical factors may be responsible for this variation, but after analyzing existing studies, it can be concluded that there is no consistent pattern indicating that a specific region consistently has higher rates of migraines compared to others. Furthermore, the observed characteristics of migraines, such as throbbing or pulsating pain and difficulties in daily activities, in the studied sample align with documented literature. Finally, it is noteworthy that women have a higher risk of developing migraines compared to men, a result widely accepted in the literature and attributed to hormonal fluctuations women experience throughout their menstrual cycle.

### Conclusion

Migraines are complex and debilitating symptoms that significantly impact the quality of life for many individuals. This study revealed the absence of consistent geographical incidence patterns, emphasizing the importance of innovative therapeutic approaches. Additionally, the influence of hormones in women and the presence of various associated disorders, such as insomnia, should be considered regarding the incidence of this condition.

**Keywords:** Migraine; Public health; Primary headache.