Analysis of the Epidemiological Profile of Patients Diagnosed With Migraine Treated at the Physiotherapy School Clinic

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Introduction
Migraine disorders is a public health concern that affects a large number of individuals, often for a lifetime, with a significant impact on the lives of its sufferers, regardless of region, culture, or socio- economic status. In this context, epidemiological monitoring is essential to understand the demographic profile and characterize the clinical patterns of this condition, allowing us to comprehend the impact of migraine on its sufferers, their families, and society. It also helps in identifying deficiencies in healthcare systems in providing care to these patients and improving therapeutic approaches and the quality of care offered to them.

Objective
To analyze the epidemiological profile of patients treated at the Headache Outpatient Clinic of the School of Physiotherapy at the State University of Paraíba (Universidade Estadual da Paraíba, UEPB), Campus I. Methodology
A cross-sectional study was conducted with patients treated at the School of Physiotherapy Clinic at State University of Paraíba from 2012 to 2018. The sample comprised 103 patients with a diagnosis of headache. Information was collected from the Headache Patient Care Protocol regarding sex, age, occupation, duration of headache, duration and frequency of attacks, medication use, presence of a genetic factor, previous diseases/surgeries, and migraine diagnosis (with aura/without aura). Descriptive statistical analysis was employed to determine the absolute and relative frequencies of the categories corresponding to each variable.

Results
The majority of patients were women (92.2%), with a mean age of 36.5 years (standard deviation: +12.9 years). Regarding occupation, 22.3% were students, 14.6% were housewives, and 8.7% were teachers. Concerning headache symptoms, most patients reported suffering from this condition for more than 10 years (59.2%), having attacks lasting over 24 hours (39.8%), and the most common frequency of these attacks was 3 days per week (22.3%) or 7 days per week (22.3%). Medication use for headache treatment was widely reported (91.3%), with 25.2% of patients using medication three days a week. Regarding previous medical history, 38.8% of patients mentioned having undergone surgery, while 36.9% reported pregnancies, and 17.5% had a diagnosis of hypertension. Regarding genetic factors, 44.7% of patients said their mothers also suffered from headaches, while 30.1% mentioned that their sisters had the same condition. Concerning the diagnosis, the majority (71.8%) were classified as having migraine without aura, 25.2% had migraine with or without aura, and 2.9% were diagnosed with migraine with aura.

Conclusion
The results indicate a predominance of women, long duration and frequency of attacks, frequent medication use, and a high prevalence of migraine without aura. A better understanding of this issue is essential to guide public policies that improve the diagnosis and clinical management of this condition. Furthermore, these data provide a solid foundation for future investigations, with the potential to direct more specific approaches in the diagnosis, prevention, and treatment of migraine, aiming to enhance the quality of life of patients and reduce their social, economic, and psychological impacts.

Palavras-chave: Migraine Disorders; Headache Disorders; Epidemiology.