

POLISH OMNIBUS ONLINE SURVEY ON MIGRAINE CONDUCTED IN A POPULATION OF 2000 ADULTS

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OBJECTIVE

The objective of the survey was to assess the prevalence of migraine in the adult population in Poland – the percentage of people who experience symptoms that may be indicative of migraine attacks, prevalence of different types of symptoms and the extent to which patients seek treatment and medical advice in connection with migraine-type headaches.

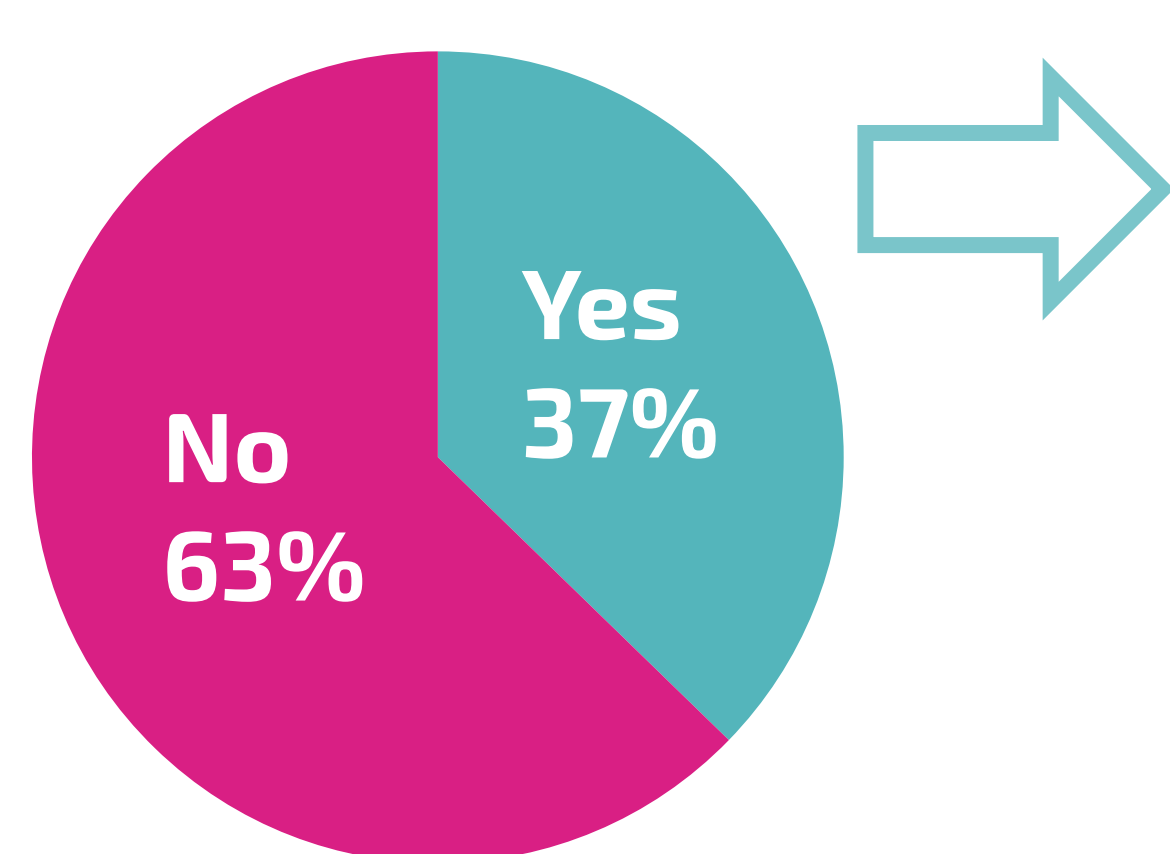
METHOD

An online, quantitative survey involving a representative sample of 2000 adults aged 18-69 years residing in Poland, conducted in January 2019. The participants completed an online questionnaire (CAWI, Computer Assisted Web Interviews) carried out on a closed online panel. The sample was representative for adults aged 18-69 years in terms of age, region of residence and the size of place of residence. The participants declared that within the past 12 months they experienced headaches lasting 4-72 hours (or shorter if treated), and that these headaches were accompanied by symptoms corresponding to diagnostic symptoms of migraine without aura and/or with aura.

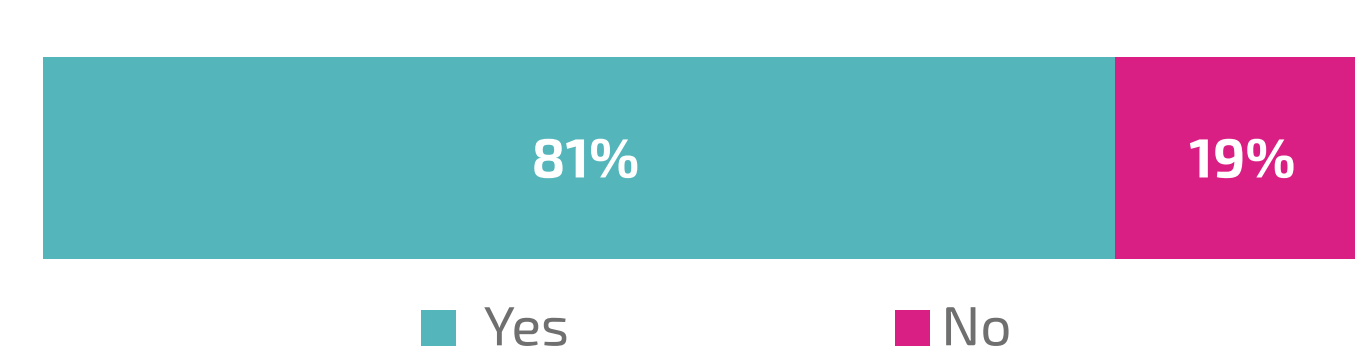
RESULTS

25% of the respondents reported the presence of symptoms indicative of migraine **within the past 12 months**, in particular: 2.5% of people experienced only migraine with aura during this period, 6.4% only migraines without aura, 16.2% experienced both. In total, 18.7% of adults experienced aura symptoms during the past year. The results obtained prove that 1% of the adult population represents people suffering from chronic migraine. 37% migraineurs declare that they had migraine diagnosed by a physician in the past. 81% of those diagnosed were treated for migraine headaches within the past 12 months, nearly half (48%) of these respondents had their migraine diagnosed within the past 5 years. Within the study group, 34% of the respondents had their migraine diagnosed by a physician relatively long ago: 23% – 6-15 years ago, 11% – more than 15 years ago.

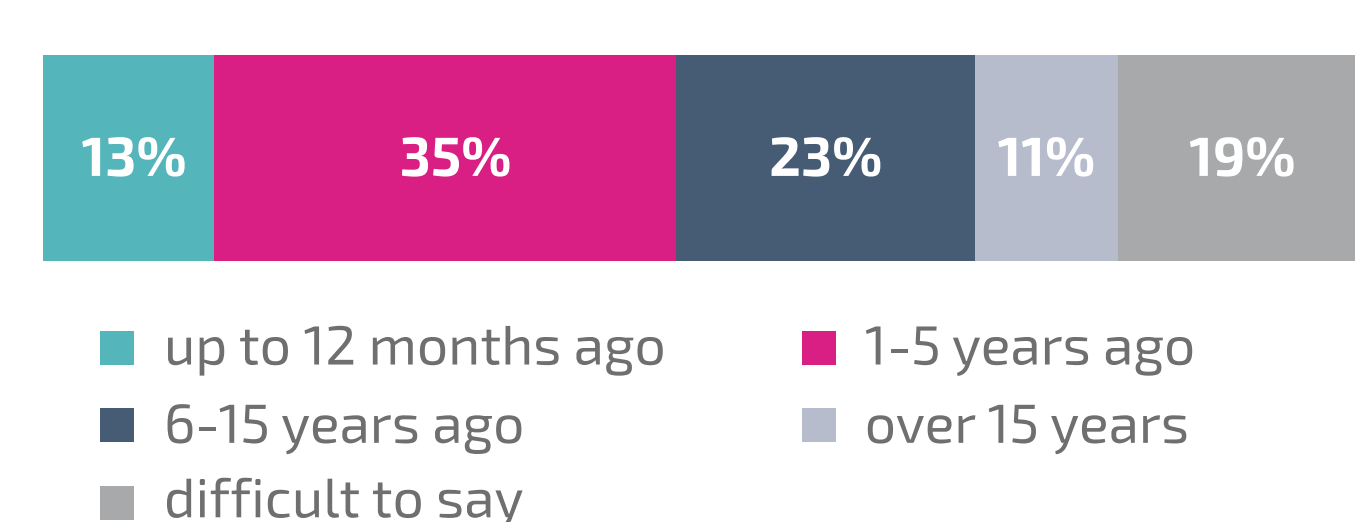
Migraine diagnosed by physician (ever)
% of respondents, n = 499, TOTAL MIGRAINE



Treatment in last 12 months
% of respondents with medical diagnosis, n = 186



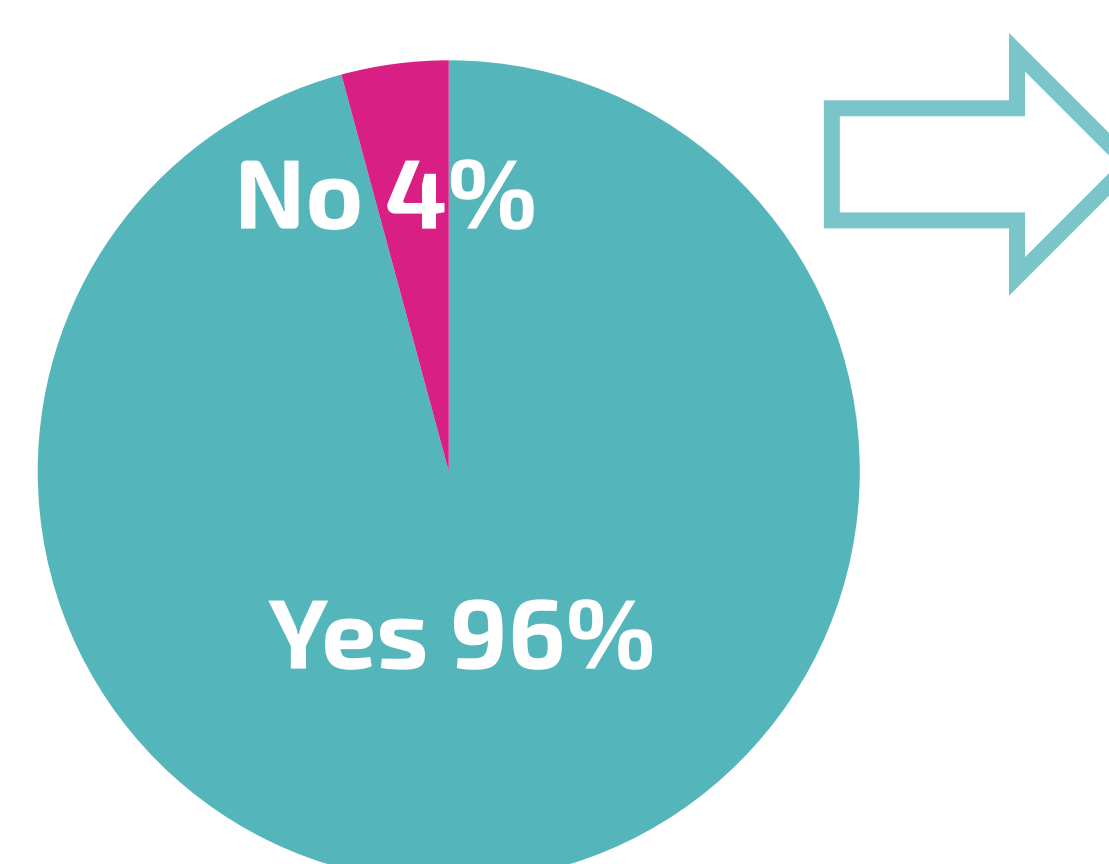
Time from migraine diagnosis
% of respondents with medical diagnosis, n = 186



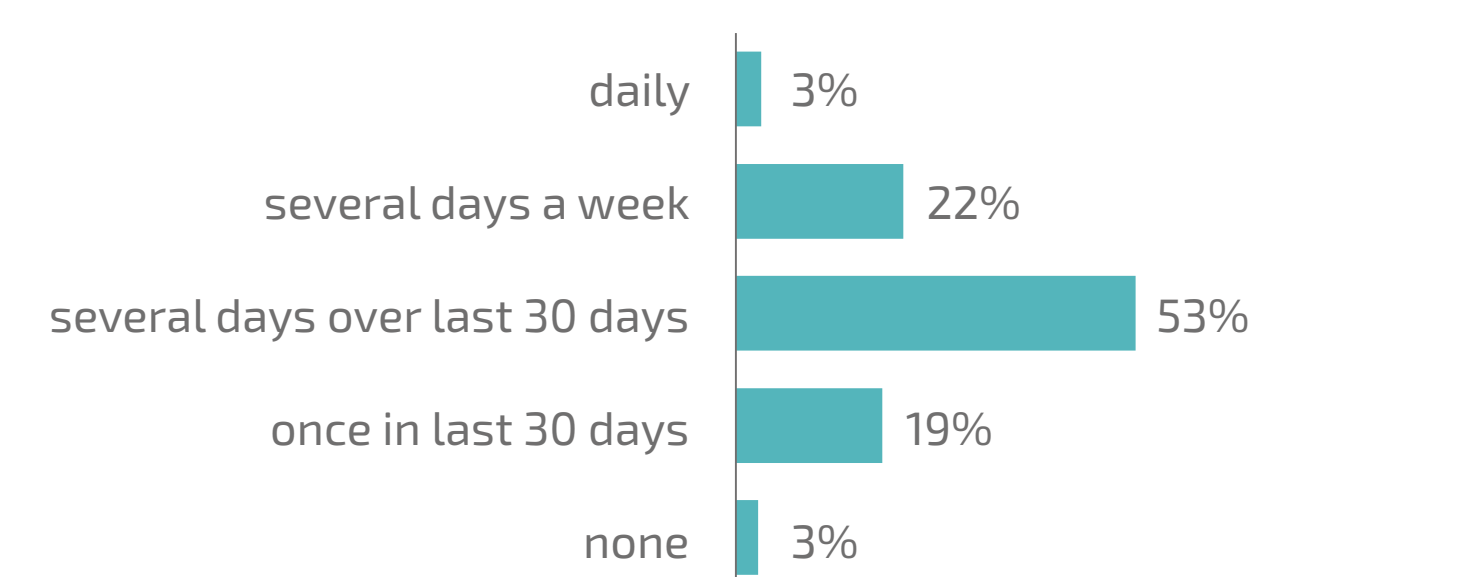
The following symptoms are reported most frequently: pulsating headaches – 85% of migraineurs, photophobia and phonophobia – 82%, headaches that are aggravated by routine physical activity – 80%.

43% of people suffering from migraine attacks received medical advice for their condition, in the majority of cases they referred to a primary care physician/general practitioner (71%), or slightly less frequently, to a neurologist (48%). 96% of people with migraine headache over the past 12 months declare taking acute analgesics. Considering the past 30 days, half of these people took analgesics for a total of several days, 22% – several days per week, and 3% – everyday. 24% of people with migraine headaches take medications for migraine prophylaxis.

Use of painkillers to treat headache
% of respondents, n = 499, TOTAL MIGRAINE



Use of painkillers over last 30 days
% of respondents with migraine, who used painkillers due to headache, n = 478



CONCLUSIONS

The omnibus study conducted in such a large group of adults in Poland indicates the need to improve disease awareness and modern methods of treatment especially prophylactic treatment.

Migraine definitions used in this survey:

Migraine without aura:

- At least five attacks fulfilling criteria B-D
- Headache attacks lasting 4-72 hours (when untreated or unsuccessfully treated)
- Headache has at least two of the following four characteristics:
 - unilateral location
 - pulsating quality
 - moderate or severe pain intensity
 - aggravation by or causing avoidance of routine physical activity (e.g. walking or climbing stairs)
- During headache at least one of the following:
 - nausea and/or vomiting
 - photophobia
 - phonophobia

Chronic migraine: Headache occurring on 15 or more days/month, which, on at least eight days/month, has the features of migraine headache.

Definition of aura used in the study:

At least 2 attacks, fulfilling at least 1 of the following criteria:

- visual symptoms partially limiting or even completely obscuring the field of view
- visual symptoms – light spots, scotoma, light flashes, spots, bright zigzagging lines
- double vision
- vertigo
- impairment of body coordination
- sensory symptoms – unilateral numbness of the arms, legs or face
- sensory symptoms – bilateral tingling, numbness of the arms, legs or face
- hemiparesis, i.e. muscle weakness of one half of the body
- muscle paresis on both sides of the body
- speech difficulties
- tinnitus or hearing impairment
- decreased level of consciousness

This survey was conducted in cooperation with Teva Pharmaceuticals Poland and PEX PharmaSequence.