

SC107. Impact of COVID-19 pandemic lockdown on migraine patients in Latin America

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Introduction

The coronavirus (COVID-19) pandemic, home confinement, fear of COVID, lifestyle changes, and worldwide health care impacted almost all diseases. Reports from countries outside Latin America found differences in their migraine patients. The present study describes and compares the immediate changes in migraine symptoms associated with COVID-19 quarantine in patients from three Latin American countries with different restrictions (Argentina, Mexico, and Peru).

Objectives

Identify and analyze similarities and differences of Pandemic Confinement in three Latin American countries

Methods

An online survey was conducted from May to July 2020. The survey was answered by 243 migraine patients (85.2% women), with questions related to sociodemographic data, quarantine conditions, changes in working conditions, physical activity and coffee intake, changes in healthcare access and acute migraine medication use, and symptoms of anxiety and depression and fear of COVID-19.

Results

The results showed that 48.6% of migraine patients worsened their symptoms, 15.6% improved their symptoms, and 35.8% remained unchanged. Worsening migraine symptoms were associated with staying at home during the lockdown. Intake of analgesics was associated with an 18 times increase for worsening migraine symptoms than those that did not increase their intake. Migraine improved when sleep hours increased, and we found an improvement when patients decreased analgesic intake.

Questions regarding COVID-19 news and social media, symptoms caused by COVID-19, and the uncertainty about when the pandemic will stop, were the three items that contributed to the worsening of migraine in the patients in the three countries.

Conclusions

Confinement during the first pandemic wave in Latin America harmed migraine patients who stayed at home during lockdown and increased symptoms if overused medication. On the other hand, a good sleep hygiene and less drug intake, improved migraine symptoms. Negative impact of Social Media, awareness of COVID symptoms and uncertainty of when the pandemic will stop, negatively impacted migraine symptoms.