

# IMPACT OF COVID-19 PANDEMIC LOCKDOWN ON MIGRAINE PATIENTS IN LATIN AMERICA



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## Introduction:

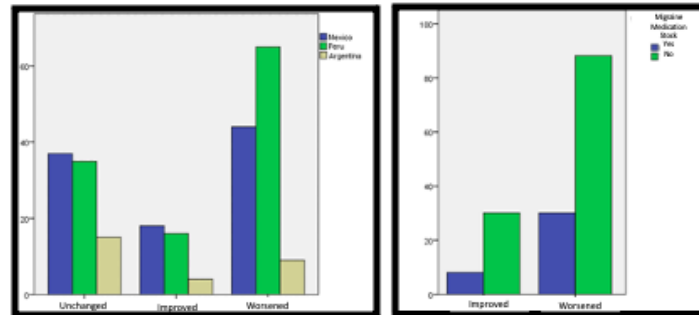
During the coronavirus (COVID-19) pandemic, home confinement, fear of COVID, lifestyle changes, and worldwide health care impacted almost all diseases. Reports from countries outside Latin America found differences in their migraine patients.

## Objective:

Describe and compare the immediate changes in migraine associated with COVID-19 lockdown in patients from three Latin American countries with different restrictions (Argentina, México, and Perú).

## 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, lockdown conditions, changes in working conditions, physical activity and coffee intake, changes in healthcare access and acute migraine medication use, symptoms of anxiety and depression, and the questionnaire 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 OR 18.07 (8.606 - 37.956).

Migraine improved when sleep hours increased, and we found an improvement when patients decreased analgesic intake.

|                |  | Migraine    |                  |             |            |          |                        |                       |
|----------------|--|-------------|------------------|-------------|------------|----------|------------------------|-----------------------|
|                |  | Total       | Remain unchanged | Improvement | Worsening  | p-value  | Worsening Migraine     | Improvement Migraine  |
| Sleep patterns | Unchanged                              | 29 (11.9%)  | 19 (21.8%)       | 3 (7.9%)    | 7 (5.9%)   | 0.00003* | OR                     | OR                    |
|                | Change in sleep schedule/time (better) | 70 (28.8%)  | 27 (31.0%)       | 24 (83.2%)  | 19 (16.1%) |          | 1.930 (0.671 - 5.44)   | 5.089 (1.48 - 21.415) |
|                | Worse sleep                            | 144 (58.3%) | 41 (47.3%)       | 11 (28.9%)  | 92 (78.0%) |          | 6.090 (2.376 - 15.615) | 1.089 (0.424 - 6.896) |

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

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