



# Headaches in individuals in the city of Goiania: analysis of the epidemiological profile, clinical and diagnostic approaches

PREHL, A. B. <sup>1</sup>; DE MARIA, I. X. P. <sup>2</sup>; KNORST, G. R. S., MD <sup>3</sup>

<sup>1,2</sup> Centro Universitário de Mineiros; <sup>3</sup> Hospital das Clínicas da Universidade Federal de Goiás

<sup>1</sup> andrezza.prehl@academico.unifimes.edu.br

## INTRODUCTION

Headaches are one of the most common neurological complaints; it is estimated that half of the people in the world experience this problem at some point in their lives. However, many cases are underdiagnosed or poorly managed.

## OBJECTIVE

Identify the clinical and epidemiological profile of headaches in Goiania and investigate the quality of diagnosis and treatment received.

## METHOD

A cross-sectional observational study was conducted during "Maio Bordo", an educational event, in Goiania. A questionnaire containing 25 questions that cover characteristics of pain, functional impact, seeking medical care, and therapeutic conduct was administered. The responses of participants who consented and presented at least one episode of headache were included, totaling n = 24, and analyzed using descriptive statistics.

## RESULTS

Most participants reported significant impairment in their daily lives. Among the cases with established diagnosis, the number of primary headaches was surprisingly low, indicating a potential for improved diagnosis rates. None reported use of adequate prophylactic medication, suggesting a need for better preventive treatments. The treatments described were limited to abortive analgesics; however, this study opens the door for exploring more effective management strategies.

## Impacts of Headache on Daily Life

Professional/Academic Interference

54%

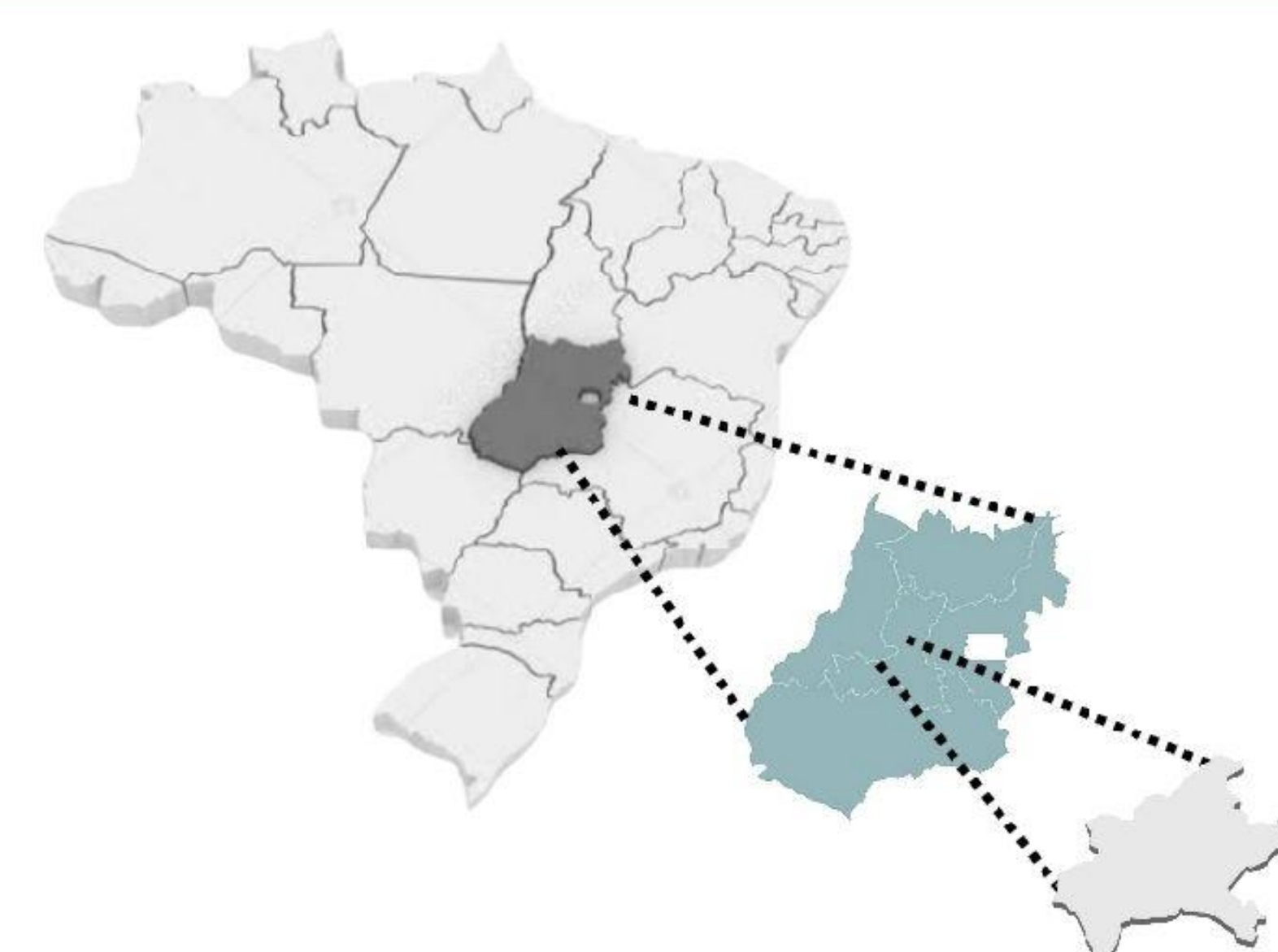
Avoiding Social Events

50%

Impact on Basic Daily Activities

58%

Location of Goiania, Goias, Brazil



## Seeking Medical Help and Diagnosis

Seeking Diagnosis

54,2%

**A very low number of primary headaches are diagnosed.**

## Treatments Approaches (Critical Findings)

Exclusive Treatment with Abortive Analgesics

100%

Reported Prophylactic Treatment

0%

## CONCLUSION

The results reveal gaps in diagnosis, therapeutic failures, and a negative impact on patients' functional outcomes. This underscores the pressing need for comprehensive training and education in healthcare to enhance the management of headaches in primary care, emphasizing the urgency and importance of the issue.

## REFERENCES

- GIACOMOZZI, A. R. *et al.* Latin American Consensus on Guidelines for the Treatment of Chronic Migraine. *Headache Medicine*; 150-61, 2012.
- KOWACS, F. *et al.* International Classification of Headaches. 3 ed. São Paulo: Omnifarma, 2018.