

Exploring Migraine understanding in the Argentine Population

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Objective:

Migraine is a common neurological disease with a high global prevalence and is the second leading cause of disability worldwide. However, in Latin America, there is a limited understanding about this disease among the general population. The objective of this study was to evaluate the Argentine population's understanding of migraine as a disease, as well as their awareness of different influencing factors and related symptoms.

Methods:

An online survey was conducted among a sample of 800 individuals from Argentina evaluating knowledge about migraine, and comparing results from participants who self-reported having a migraine diagnosis (PSRM) and those who did not (PNM).

Results:

53% of the participants were women. Age distribution **Figure 1**. 17% (136) self-reported having a migraine diagnosis **Figure 2**. 55.6% of the total did not know that migraine is a neurological disease, 42% among PSRM and 56% among PNM **Figure 3**. PSRM more frequently linked migraine with symptoms such as headache, photophobia, phonophobia, nausea, and vomiting (77.2%) compared to PNM (41.1%). Only 38% of PNM recognizes migraines as a disabling condition, whereas a significantly higher percentage of PSRM (55%) considered migraine as disabling in various area **Figure 4**.

The groups did not differ in their awareness of warning signs requiring medical consultation. 41% and 42,5% of respondents, respectively, consider seeking medical advice when analgesics are not effective or if headaches interfere with daily activities. 92% of participants consider that the general population knows little or nothing about migraine.

Age of participants

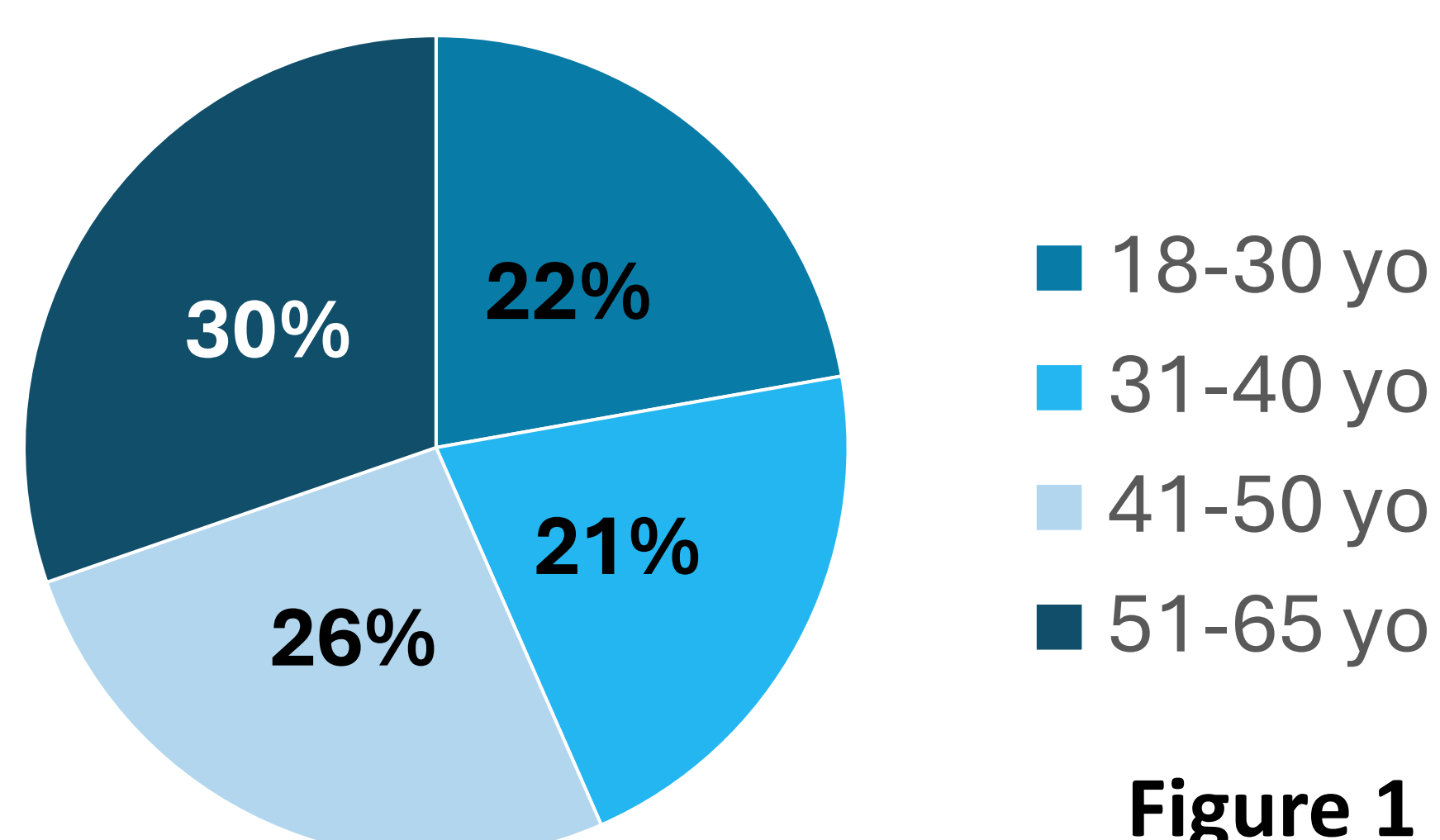


Figure 1

Reported migraine diagnosis

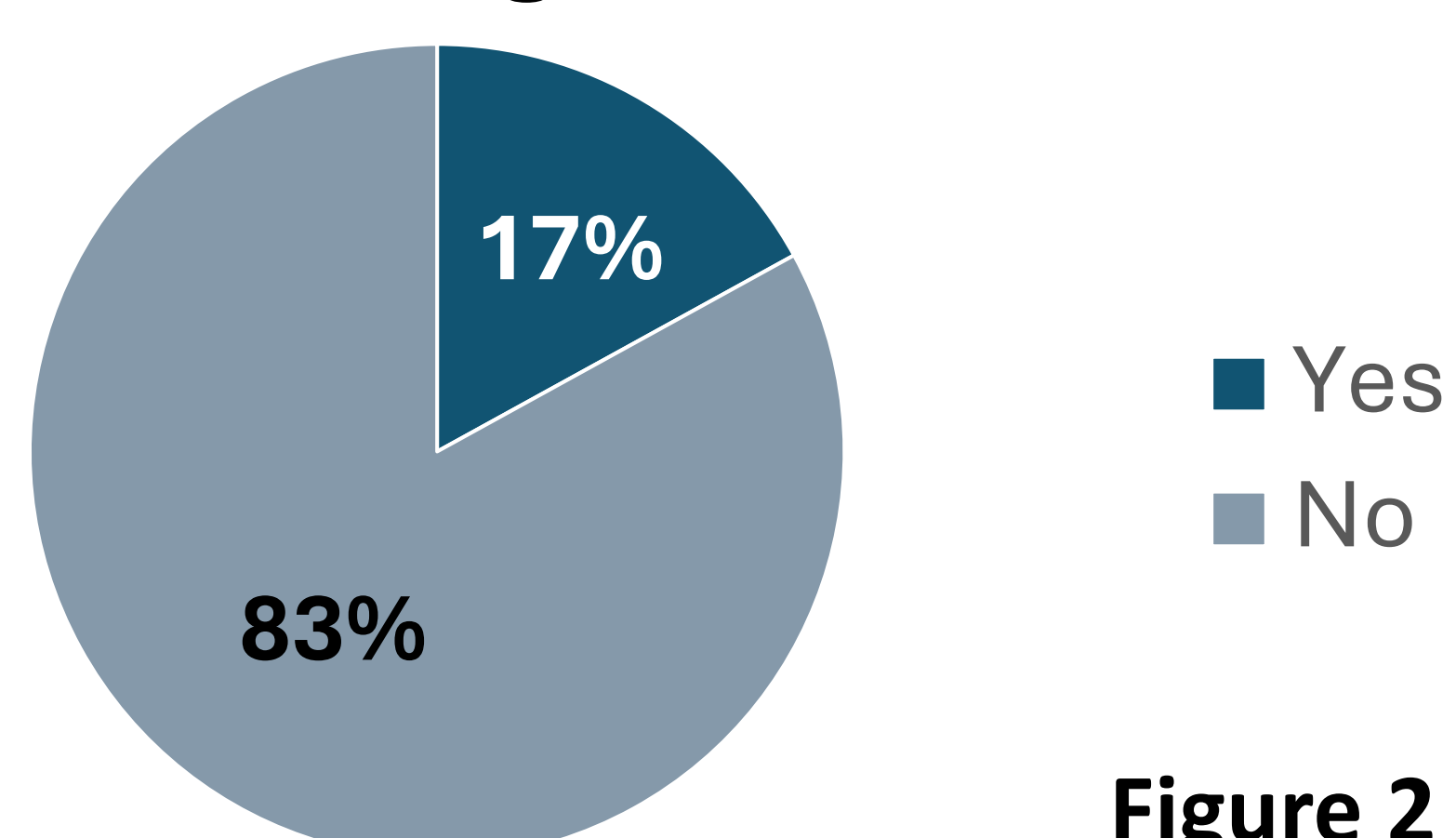
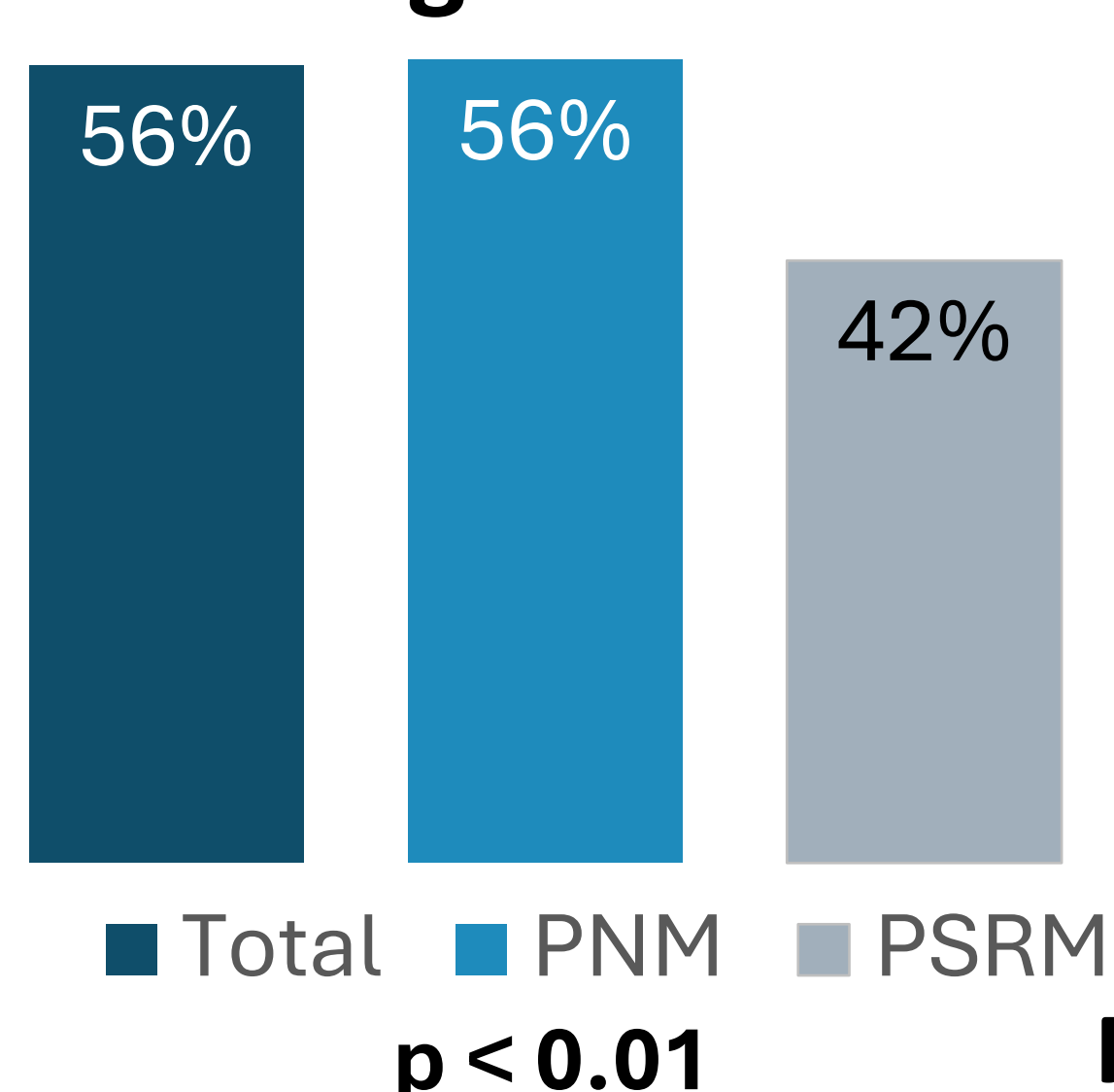


Figure 2

Do not know migraine is a neurological disease:



p < 0.01

Figure 3

Considers migraine disabling

(score of 8 or higher on a 10-point Likert scale)

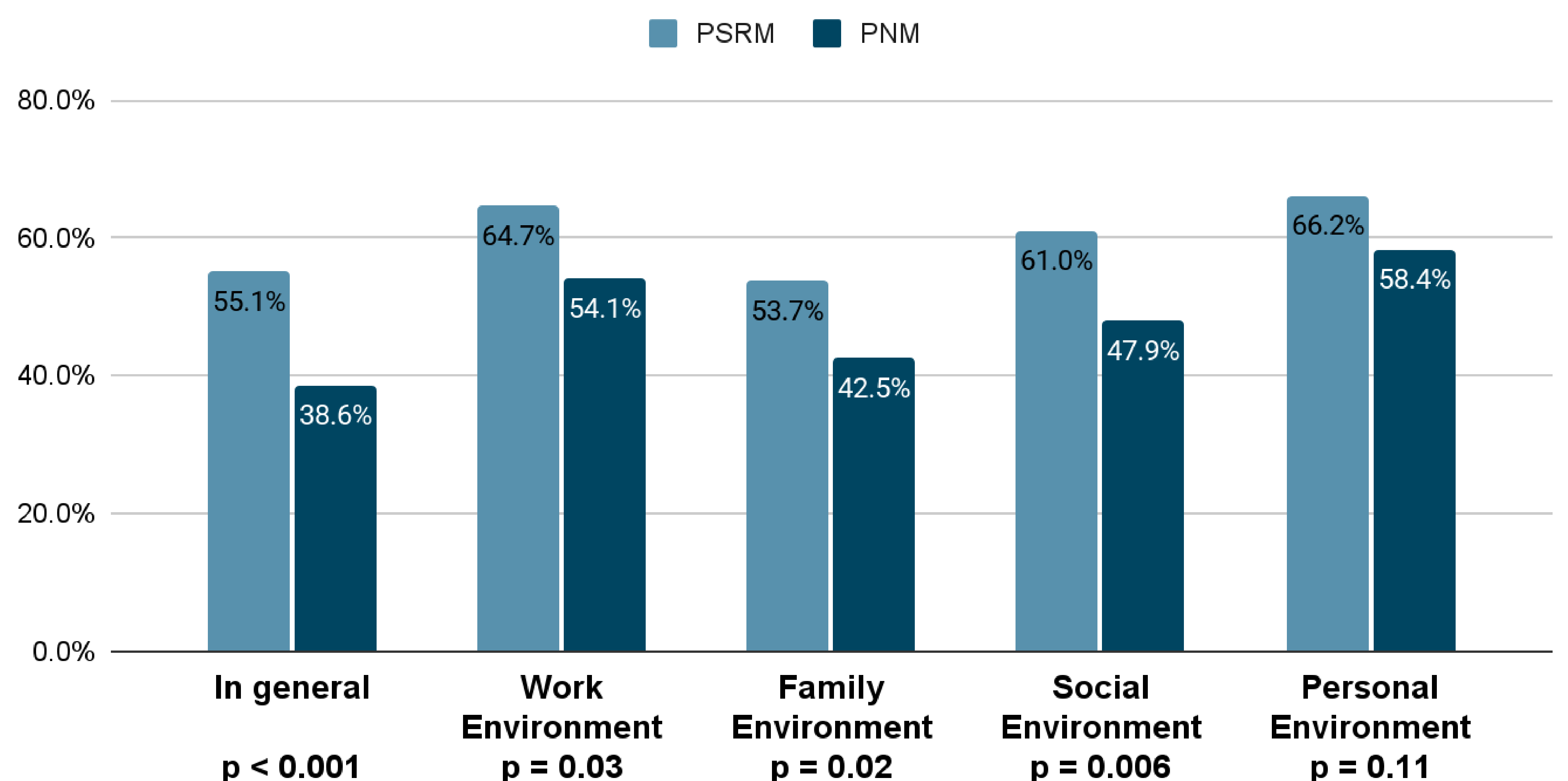


Figure 4

Conclusions:

The results of this study show that a substantial proportion of individuals, even those with migraine, remain unaware that it is a neurological disease. PSRM have a higher level of knowledge of this condition compared to PNM. PNM underestimate the impact of migraine, likely due to a lack of awareness about the significant disability migraine can cause in social, occupational, and personal life. Educational initiatives are crucial to enhancing public awareness and recognition of migraine as a neurological disease.

References:

Stovner LJ, Nichols E, Steiner TJ, et al. Global, regional, and national burden of migraine and tension-type headache, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. The Lancet Neurology. 2018;17(11):954-976.