

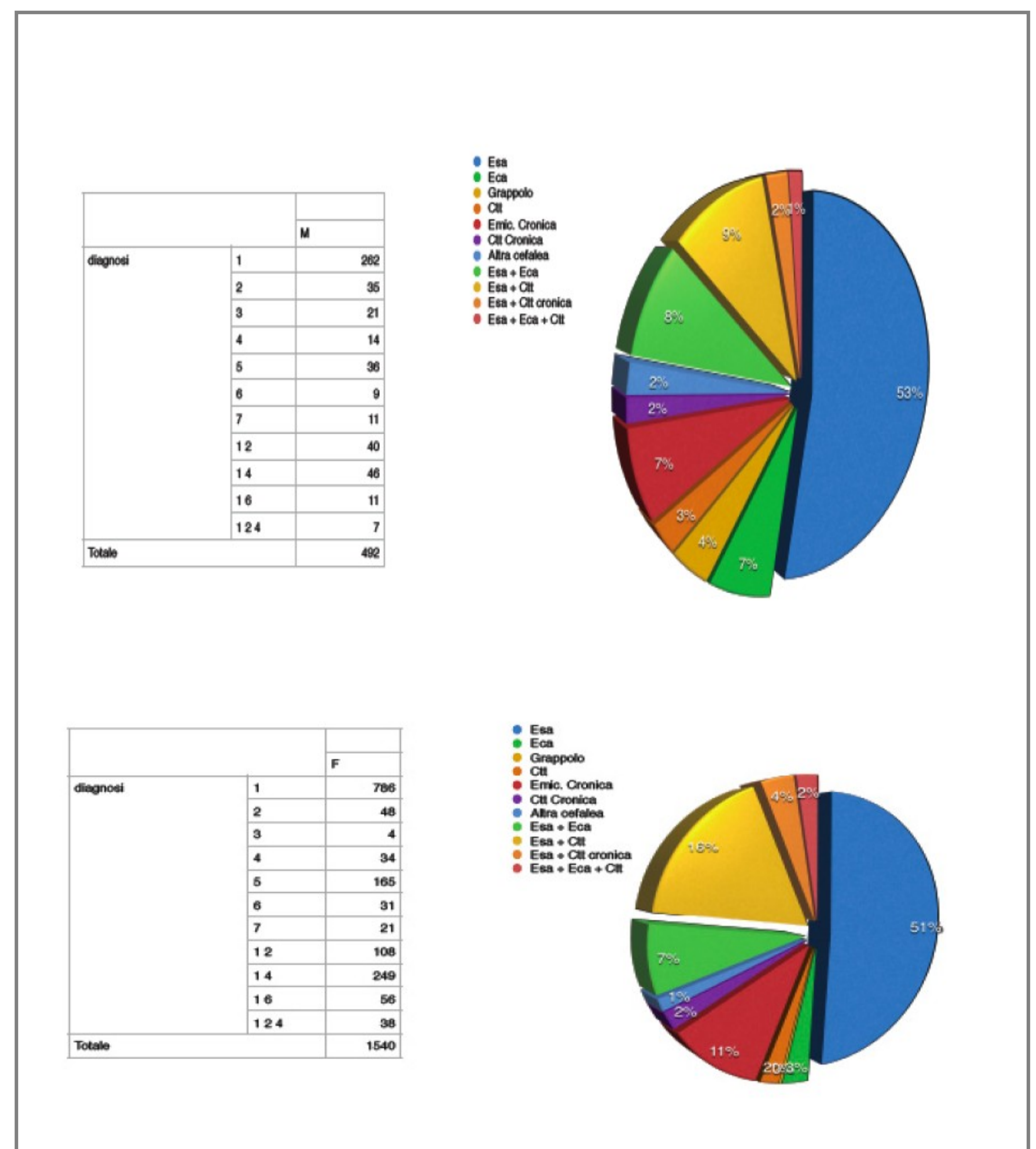
Headaches in the elderly, in an out-patient population over 60 years of age.

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AIMS: Headache in community-living adults aged 65 and older is the 10th most common reported symptom in women and the 14th most common in men. Although the prevalence of headache declines with age, approximately 10% of women and 5% of men, 70 years old aged, experience severe recurrent or constant headaches. Much less is known about the evolving clinical profile of migraine over life span. Present study aimed to investigate different type of headaches in elderly people and was carried out on a group of patient over 60 years of age.

Methods: 1037 consecutive patients evaluated at the Headache Center of the Neurological Clinic of the Spedali Civili of Brescia in the period between September 2010 and December 2013 entered the study. Variables assessed included gender, headache duration in years, aura, headache characteristics, and associated symptoms, presence of allodynia, headache frequency and total monthly headache days. Medical history of these patients was recorded. Headache diagnoses were made according to ICHD-2 criteria. Patients were stratified by age into 3 groups: group 1 from 16 to 39 years old, group II, 40 to 59 years old, and group III, 60 years and older.



Results: patients older than 60 years old were 69 (7%) with following diagnosis: 38 patient affected by migraine without aura (55 %); 3 patients with migraine with aura (4%) 17 patients affected by chronic migraine (24%), 1 patient affected by tensive type headache (1%), 2 patients affected by chronic tensive type headache (3%), 8 patients affected by other headache (11 %). Without aura migraine is the most frequent form of headache in aging patients, while chronic migraine showed a stable incidence during age.

Discussion: Longitudinal population studies are the only way to assess the real evolution of migraine in years. Although the prevalence of headaches in elderly is relevant, few epidemiological studies have been conducted so far. In most epidemiological studies concerning the adult population, in fact, have been studied individuals of age less than 65 years. Conclusions: Studies of community-based headache population are warranted to define the influence of age on the full spectrum of migraine.

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