

## Trigger Factors of Migraine Headache In 50 Vishakapatnam Patients

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### Abstract

Migraine is a recurrent primary headache disorder characterised by different clinical presentations. The identification of triggers throws a new light into the pathogenesis of migraine.

### Objectives

To analyse the incidence of already found precipitating factors in a group of vishakapatnam patients and to find out new trigger factors if any, in the group.

### Methods

A Series of 50 migraine patients attending Neurology Out Patient Department of King George Hospital in Vishakapatnam were interviewed about the possible trigger factors and the incidence of each trigger factor is found in the group.

### Results

The age group includes from 13-60years and it includes 36 females and 14 males. The major trigger factor found among the group is STRESS, which counts to around 84%. The next major factor includes the LACK OF ADEQUATE SLEEP, which counts to around 74%. The other factors which come in the order include environmental factors like SUNLIGHT, LOUD NOISES and other factors like DEHYDRATION, CRYING etc.. The incidence of relation with menstruation among the 36 females is 22%. Even the new trigger factors such as FREQUENT HEADBATHS, INCREASED STRESS TO EYES (in case of system users) have also been found.

### Conclusion

The incidence of different trigger factors is known. Understanding the link between the trigger factors and migraine headache would yield novel preventative and therapeutic approaches in the management of migraine and also better insight into the pathogenesis of the disease, improving the patient's quality of life.