

THE PREVALENCE OF HYPERTENSION IN PATIENTS WITH HEADACHE

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INTRODUCTION: Frequently, headache is co-morbid with some other pathology, and associated with other symptoms, like hypertension, vomiting, mood disorders, tachycardia, etc.

OBJECTIVE: The aim of the present study was to assess the prevalence of hypertension in patients with headache, coming to the observation in hospital of Berat and Vlora for a 6 months period.

METHODOLOGY: We studied 371 patients (230 female & 141 male) who presented in outpatients services in Hospital of Berat and Vlora with headache. All of them were diagnosed from neurologists and cardiologist in respective hospital. The mean age of patients was 46,7 years.

RESULTS: Migraine without aura (MO) was the most common diagnosis, followed by migraine associated with tension-type headache, migraine with aura (MA), episodic tension-type headache (ETTH), chronic tension-type headache (CTTH), cluster headache (CH), and medication-overuse headache (MOH). Hypertension was present in 28% of the patients, and it was common in MOH (60.6%), CTTH (55.3%), CH (35%), ETTH (31.4%), less common in MO (23%) and MA (16.9%). In all headache groups, the prevalence of hypertension was higher than in the general population, within all age groups. After adjustment for age and gender, hypertension was found to be more common in tension-type, and especially in CTTH, than in migraine. These findings could not be extrapolated to the general population, but apply only to the subpopulation of patients who came to the observation in Hospital of Vlora and Berat, and who may have more disabling symptoms.

CONCLUSIONS: Hypertension could be one of the factors leading to exacerbation of the frequency and severity of attacks, both in migraine and tension-type headache.