

MEDICATION-OVERUSE HEADACHE (MOH)

N. Cinar¹, S. Sahin¹, S. Karsidag^{1,2}

¹*Maltepe University, Faculty of Medicine, Department of Neurology, Istanbul, Turkey*

²*Turkish Headache Database Study Group*

cinarnilgun@gmail.com

BACKGROUND: Medication-overuse headache (MOH) is a chronic disorder which is common in patients with frequent headache. All drugs used for the treatment of headache can cause MOH. The prevalence rates of MOH range from 0.7% to 1.7.

METHODS: We reviewed 18839 headache patients using a web-based cephalgy data registry and evaluated 164 MOH patients. MOH is diagnosed according to the International Classification of Headache Disorders, 2nd Edition guidelines.

RESULTS: Prevalence of MOH is 0.8% with a higher preponderance in women (86%), than men (14%) and a mean age of 42±12 years. MOH occurred in patients with migraine (50,3% migraine without aura and 9.9% migraine with aura) and tension-type headache (1.2 regular tension type headache, 31.1% chronic tension type headache). 2.5% patients had mixed type and 4.9% patients had other headache types. The mean duration of headache was 133 ±119 months; the mean visual analogue scale (VAS) scores were 8±1.6. 73% patients fulfilled analgesic-overuse headache, 20% patients ergot alkaloids overuse headache and 7% patients triptan overuse headache. MOH is associated with 12.9% hypertension, 3.2% diabetes mellitus, 2.5% coronary heart diseases. Alcohol users constitute 3% and the patients who smoke constitute 20,7% of the patients. 76.2% of MOH patients are under stress and 29.4% of the patients had depression

CONCLUSIONS: MOH is a common and disabling headache disorder and can severely affect the quality of life of patients. Co-morbidities are particularly important for MOH and need to be differentiated. Early recognition, evaluation and therapy may prevent more severe morbidity.