Objective and aim: Nasal septum deviation (NSD) is an important otorhinolaryngologic cause of headache. The goal of this study is to determine the prevalence of headache in subjects with NSD.

Method: All subjects with a known diagnosis of nasal septum deviation by ENT doctors, and who were 20 years and older were selected. Subjects who were willing to participate (n=237) and who appeared to have an NSD (n=186) were included. To recruit controls, other 51 people without NSD were taken. The presence of headache was determined by asking whether they had any headache during daily life and then type of headache was evaluated by using a questionnaire in neurology outpatient clinic.

Results: One-hundred and nine subjects (54.4%) were shown to be suffering from any type headache in the participants. In these 129 patients, tension headache (n=39), migraine (n=30), sinusitis related headache (n=16), and other headache types (n=6) were diagnosed. In comparison, 97 subjects (52.2%) and 32 controls (63.7%) were shown to be suffering from any type headache. In both groups, tension headache and migraine were the most common headaches. The groups were similar in comparison of headache types (p>0.05).

Conclusion: Although many studies reported a relation between headache and NSD, the frequencies of migraine or tension headache were similar between subjects and controls in the present study. The study with NSD grading is needed to explore.