

PREVALENCE OF HYPOTHYROIDISM IN PATIENTS WITH MIGRAINE AND TENSION-TYPE HEADACHE DISORDERS

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Objective: The present prospective study was undertaken to ascertain the prevalence of subclinical and overt hypothyroidism in patients with various types of primary headache disorders.

Methods: This prospective study was conducted in a tertiary care (university of Kashmir) hospital of North India. Thyroid function tests were performed by new automated immunochemiluminometric assay. A total sample of 250 cases of primary headache disorders comprised the study group which was compared with an age and sex matched control group of 500 subjects.

Results and Conclusions: Among patients with primary headache disorders, subclinical and overt hypothyroidism was present in 22% and 7.2% patients respectively. On the other hand, subclinical and clinical hypothyroidism was observed in 11.2% and 1.2% cases respectively in the control group. This revealed a statistically significant relationship between hypothyroidism and primary headache disorders (p value = 0.00). Nonetheless, prevalence of hypothyroidism was more in chronic headache disorders (chronic TTH and migraine). Moreover, prevalence of hypothyroidism in patients with primary headache disorders revealed statistically insignificant female preponderance ($p > 0.05$).