

## **Comorbidities and risk factors in a prospective chronic migraine registry: study in a series of 723 patients**

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**Introduction:** Chronic Migraine (CM) is a common and disabling evolution of migraine. We aimed to analyze clinical characteristics, including comorbidities and risk factors, in a prospective registry of CM patients. **Methods:** Patients firstly attended in an outpatient headache unit in a tertiary hospital (January 2013-January 2018). They were referred from primary care or general neurology offices. We diagnosed CM accordingly to ICHD-2R and ICHD-3 criteria. We considered demographic and clinical data, previous symptomatic and preventive therapies, comorbidities, and risk factors. **Results:** We included 723 patients (105 males, 618 females), with mean age at inclusion of  $40.1 \pm 13.7$  years (12-80), and age at onset of migraine of  $19.3 \pm 9.7$  years (3-65). In 349 patients (48.3%), we gathered any vascular risk factor, especially smoking in 222 (30.7%) and hormonal contraception (84, 13.6% of female cases). Other chronic pain conditions were present in 77 (10.7%), including discopathy (48, 6.6%) and fibromyalgia (15, 2.1%) symptomatic medication overuse in 497 (68.7%), and mood disorders in 94 (13%). Among precipitating factors 237 patients (32.7%) described stressful events. Only 193 (26.7%) migraineurs had received triptans before referral, and in 380 cases (52.6%) at least one oral preventative had been used. **Conclusion:** In our MC population medication overuse, mood disorders and stressful events are frequent risk factors. We consider that previous use of preventatives and triptans should be increased.