

Headache in patients with MS - causes and management - Colentina Clinical Hospital experience

G. M. Bododea¹, C. Baetu², A. M. Enachi², I. Buraga²

¹*Neurology, Ramnicu Valcea Emergency Hospital, Romania*

²*Neurology, Colentina Clinical Hospital, Romania*

Background and aims: The aim of this paper was to share with you the variables and causes of headache in patients with multiple sclerosis from our center, management and impact on quality of life. People with multiple sclerosis (MS) have an increased incidence of headaches. Some treatments used for MS have been demonstrated to exacerbate headaches, leading to a decreased quality of life and possible treatment nonadherence. **Materials and methods:** We analyzed a number of factors in relation to headache frequency in 140 of our patients with MS, focusing on headache history, pain description, modifying factors, social history, relation to disease. We observed headache characteristics in relation to MS diagnosis, disease exacerbations, and physiological conditions. **Results:** More than half of patients reported the presence of headaches before the start of their MS symptoms. MS exacerbations caused a worsening of headaches for nearly two-thirds of our patients. Majority of our patients were female, with relapsing remitting MS and also secondary progressive and under an immunomodulatory treatment. Headache impact on daily life, measured by HIT-6 score and PHQ-9 score was very significant. **Conclusions:** There are several hypotheses regarding how headache results from various forms of MS pathogenesis and we will present them in the extended paper. Thorough evaluation of headache in patients with MS is crucial to optimize patient management to help improve quality of life.