

Poster presentation

Migraine and cardiovascular risk factors

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Background

The migraine constitutes the most usual periodical kind of headache a partial localisation which can begin in the adolescent age.

The aim of our study was to see the cardiovascular profile of these patients

Materials and methods

We studied 89 individuals with migraine (47 women and 42 men) from whom 35% with aura (MA), 63% without aura (MO), and 2% unclassified. In them we studied cardiovascular risk factors such as : blood pressure (BP), serum total and high - density lipoprotein cholesterol, smoking, oral contraceptive use, and the family background of coronary illness.

Results

In the patients without aura (MO) we observed the habit of smoking in the 52%, increased arterial pressure (systolic BP > 140 mm Hg or diastolic BP > 90 mm Hg) in the 35%, lack of regular natural activity in 39%. The individuals report that experience intense stress on their daily life in the 72%, hypertriglycemia in the 45%, HDL cholesterol serum under 40 mg in 36%, family record of coronary illness in the 12 % obesity in the 16%, 33% of women make use of contraceptives. In the patients with aura (MA) we realised the habit of smoking in 59%.They have increased arterial pressure (systolic BP 140 mm Hg or diastolic BP > 90 mm Hg in 28%, lack of regular natural activity in the 41%, intense stress in the daily life is reported in the 75%, family historical background of coronary illness in the

12%, hypertriglycemia in the 50%, HDL cholesterol serum under 40 mg in the 36%, obesity in the 18%, 35% of women of this team make use of contraceptives.

Conclusions

Patients with migraine constitute a team of patients with increased cardiovascular risk.