COMORBID MIGRAINE CHARACTERISTICS IN PATIENTS WITH MULTIPLE SCLEROSIS

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Multiple Sclerosis (MS) is a chronic autoimmune disabling disease that is caused by autoimmune attack of myelin in the central nervous system [1]. Disease is not treatable and the progression depends on disease course and presence of comorbidity [2]. Among plenty of comorbid conditions that are present during MS duration, connection between primary headache and MS is well known but still poorly understood. Primary comorbid headache might be a cause of decreased quality of life of patients with MS. Mostly it depends on the type of primary headache and type of MS course (3).

The purpose of research was to describe the pattern of comorbid migraine as a most common type of primary headaches among patients with MS. At the Department of Nervous Diseases in Vinnytsia National Pirogov Memorial Medical University 130 patients with MS were observed. The diagnosis of MS was confirmed according to the MacDonald criteria 2017, the presence of exact type of primary headache as a comorbid condition was described according to the International Classification of Headache - 3 (ICHD-3). Among 130 patients with MS 73 patients were diagnosed with primary headache, 57 patients were without this comorbid condition. The majority of patients with MS plus comorbid primary headache complaint about unilateral intensive pulsative headache with some vegetative symptoms (ex. nausea, vomiting), hypersensitivity to the light/sounds, inability to work or study. If the description of headache patterns included the criteria of migraine according to the ICHD-3, in this case primary comorbid headache was confirmed. The most common types of primary headache that was determined among patients were migraine and tension type headache. 40 patients among 73 patients with comorbid headache plus MS were defined as respondents with migraine. 30 patients admitted episodical appearance of pain, 10 patients were classified as patients with chronic migraine. In women with MS comorbid migraine seemed to be more prevalent in comparison with men (38 VS 2 respectively).

Generally, migraine accounted for 54% of all types of comorbid primary headache among respondents with MS. The average duration of days of headache attack among patients with MS were 4,65 ± 6,61 days per month. Migraine days were significantly frequent - 8,88 ± 7,08 days per month. The average duration of one headache attack was 7,34 ± 6,76 hours, which is without a big difference if compared...
with one migraine duration attack - 7.72 ± 6.63. Among patients with comorbid migraine 34% (n=15) of them had aura before headache attack. This sign was found predominantly among women than men (14 VS 1 respectively). In average duration of aura symptoms lasted for 11 minutes, the shortest was 5 minutes, the longest - 30 minutes. Eventually, migraine type of primary headache was the most prevalent among patients with relapsing-remitting MS (RRMS). Duration of headache in this cohort of patients with RRMS accounted for 4.64 ± 6.1.

**Conclusion.** Primary comorbid headache is a common comorbid condition among patients with MS. Migraine was one of predominant types of primary headache among respondents. Generally 130 patients were examined and asked about the presence of headache. 56.2% of patients confirmed presence of primary headache according to clinical and neurological assessment. The majority of respondents with comorbid primary headache (68%, n=40) showed signs of migraine headache that was a disabling condition (according to increased number of days with attack). Patients with migraine and MS were divided into two groups: with chronic and episodic attacks, with aura and without it.

**Список використаних джерел:**

