

SPECIFICALS OF STRUCTURE OF HEADACHE AMONG ADULTS POPULATION IN THE REGION OF ARAL SEA

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The investigation was undertaken on 200 adults in the age from 20 to 60 years in the Aral area region. Comparative analysis showed that headache syndrome appeared in 60.5% of cases and in women headache syndromes was prevalence in comparison with men 2:1. In other age group, the nosologically base of headache was tension headache, cervical headache and headache under cerebrovascular diseases.

Keywords: headache, Aral Sea region, migraine.

Headache is one of the most frequent complaints of patients in the outpatient practice of a doctor and represents a serious medical and social problem [2,3,4]. According to the epidemiological studies of World health organization, headache episodic or chronic is found in the population in almost 85% of cases. Headache according to different authors, meets from 27 to 60% of the working-age population [3,4,7]. In part, this is due to differences in the choice of study groups, as well as an ambiguous approach to the interpretation of the headache clinic [5,7].

The results of epidemiological studies, presented at the 7th International Congress on Headache, show that more than 70 percent of the population of the developed countries of Europe and America suffer from headaches. Classification of headaches, approved by the International Association for the Study of Headache in 1988, distinguishes 13 forms of headaches. This classification distinguishes independent pathological forms of headaches (migraine, cluster headache, chronic paroxysmal hemicrania, tension headache) and symptomatic headaches [1,6]. The most common types of pain are tension headaches (69-88%) and migraine (38%) [2,3,7].

Despite such a wide prevalence of headache, each region has its own peculiarities in structure and prevalence, which are affected by natural conditions,

ecological disasters, way of life, traditions, etc. If we take into account the fact that the climate in the Aral sea region has changed dramatically due to the Aral Sea disaster, the study of the structure of headache among the working age population is becoming more relevant

Materials and methods of research. 200 adults, aged from 20 to 60 years (of them 100 men, 100 women) were examined to solve the tasks. The survey was conducted using the method of a continuous questionnaire, taking into account the recommendations of the International Society for the Problem of Headache. Of the 200 examined, 121 had headache. These patients were examined somatically and neurologically to clarify the diagnosis; The anamnesis of life and illness was analyzed, and additional instrumental research was carried out according to indications: analysis of the fundus of the fundus, rheoencephalography, electroencephalography, computed tomography of the brain. If necessary, patients were referred for consultations to dentists, ophthalmologists and other specialists.

Results and discussion. According to the data received, 60.5% of the examined patients presented headache complaints: 29% of those surveyed had tension headache, 7% had cervicogenic headaches, 6,5% of headaches due to organic pathology of cerebral vessels, 4% of migraines 5%. With less frequency, headache occurred in the pathology of the ears, nose, paranasal sinuses, teeth, eyes, temporomandibular joint – 3.5%, 2.5% had headaches of a post-traumatic nature associated with cranial nerve damage and intracranial processes; Even less frequently there were unclassifiable headaches – 1.5% and associated with extra-cerebral infections – 1%. When studying the distribution of the syndrome of headaches due to gender, it was found that in women, the syndrome of headache occurs in 2 times more often than in men. Moreover, with symptomatic headache such as: posttraumatic headache associated with intracerebral infections, with intracranial processes, with diseases of the ears, nose, paranasal sinuses, teeth, eyes, temporomandibular joint, with lesion of cranial nerves and unclassified headache inter-sex differences in frequency the occurrence of headache was not

observed. Differences were noted with migraine, tension headache, cervicogenic and vascular headache, and in women the prevalence was noted in 2-3.5 times.

With further study of the mean age of various headache syndromes, it was found that the mean age for tension headache was 30.2 ± 2.1 years, for migraine 35.8 ± 2.3 , for cervicogenic headache – 42.1 ± 1.8 , for patients with headache, due to the organic pathology of the cerebral vessels – 52.1 ± 2.7 . With symptomatic headache, such as: posttraumatic headache associated with cerebral infarction, with intracranial processes, with diseases of the ears, nose, paranasal sinuses, teeth, temporomandibular joint, with cranial nerve damage and unclassified headache due to the small number of patients and symptomatic headache, the average age of patients would be unreliable and uninformative, so we do not give this information in this article. Evaluation of the neurological status of patients showed that disorders of cranial nerves were most common in patients with tension headaches, less often than in other groups, such abnormalities were observed in patients with migraine. Disorders of the motor sphere in the form of asymmetry of tendon and periosteal reflexes were noted in 66.6% of patients with migraine, 69.2% of patients with headaches due to organic vascular pathology, 67.2% of patients with tension headaches and 57.1% patients with cervical headaches. Sensitive sphere disorders were most common in patients with headaches due to organic vascular pathology (36%) and in patients with cervical headaches (30.8%). More rarely, these disorders were noted in patients with migraine (22.2%) and in patients with tension headaches (22.4%). Coordinator disorders occurred, mainly, in the form of shakiness in the Romberg sample and uncertainty in the performance of a finger-nasal and knee-calcane test. These disorders were noted in 23.1% of patients with headaches due to organic pathology of the cerebral vessels and in 11.1% of patients with migraine. In patients with stress-related headaches, similar disorders were detected in 3.4% of cases.

Prevalence and types of headaches among the examined

Types of headaches	Men n=100	Women n=100	All n=200
Tension headache	18 (18%)	40 (40%)	58 (29%)
Cervicogenic headache	4 (4%)	10 (10%)	14 (7,0%)
Vascular headache	4 (5%)	9 (9%)	13 (6,5%)
Migraine	2 (2%)	7 (7%)	9 (4,5%)
Headaches associated with diseases of the ears, nose, paranasal sinuses, teeth, eyes, temporomandibular joint	3 (%)	4 (4%)	7 (3,5%)
Posttraumatic headaches	3 (3%)	2 (2%)	5 (2,5%)
Headaches associated with intracranial processes	2 (%)	3 (3%)	5 (2,5%)
Headache associated with the defeat of the cranial nerves	2 (%)	3 (3%)	5 (2,5%)
Unclassifiable headaches	2 (%)	1 (1%)	3 (1,5%)
Headaches associated with extracerebral infections	1 (%)	1 (1%)	2 (1,0%)
Total:	41 (41%)	80 (80%)	121 (60,5%)

Conclusion. Thus, the information we obtained about the structure of the syndrome of headaches among the population aged 20 to 60 years (tab.) in the Aral Sea region allows us to draw the following conclusions:

1. In the Aral Sea region in the age group from 20 to 60 years, 60.5% of the population has a headache syndrome.
2. Syndrome of headaches predominates in women 2:1
3. In different age groups, as the age of the headache syndrome increases, the nosological basis is tension headache, migraine headaches, cervicogenic headaches and headaches due to the organic pathology of the cerebral vessels.

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РЕЗЮМЕ

ОСОБЕННОСТИ СТРУКТУРЫ ГОЛОВНЫХ БОЛЕЙ У ВЗРОСЛОГО НАСЕЛЕНИЯ В РЕГИОНЕ ПРИАРАЛЬЯ

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Для решения поставленных задач обследовано 200 взрослых, в возрасте от 20 до 60 лет. Согласно полученным данным, жалобы на головную боль предъявляли 60,5% обследованных. В различных возрастных группах, по мере увеличения возраста при синдроме головных болей нозологической основой являются головная боль напряжения, мигрень, цервикогенные головные боли и головные боли, обусловленные органической патологией церебральных сосудов.

Ключевые слова: головная боль, Приаралье, мигрень.

XÜLASƏ

ARAL ƏTRAFI REGIONUN YAŞLI ƏHALİSİ ARASINDA BAŞ AĞRILARININ STRUKTURUNUN XÜSUSİYYƏTLƏRİ

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Təqdim edilmiş məqalədə 20-60 yaş arasında 200 nəfər müayinə edilmişdir. Əldə edilmiş nəticələrə əsasən müayinə edilənlərin 60,5%-də baş ağrı şikayətləri olmuşdur. Müxtəlif yaş qruplarında, yaşın artması ilə, baş ağrı sindromu zamanı, nozoloji olaraq, gərginlik baş ağrıları,

miqren, servikogen baş ağrıları və serebral damarların orqanik zədələnmələri ilə əlaqəli baş ağrıları çoxluq təşkil etmişdir.

Açar sözlər: baş ağrısı, Aral atrafı region, miqren.

Redaksiyaya daxil olub: 27.06.2017

Çapa tövsiyə olunub: 18.07.2017

Rəyçi: Prof. Şirəliyeva R.K.