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# Headache Medicine

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## Abstracts

Ataques de enxaqueca desencadeados pela ingestão de melancia ( <i>Citrullus lanatus</i> ): fonte de citrulina ativando a via L-arginina-óxido nítrico	2
Pior cefaléia neurocriptocócica em paciente imunocompetente: relato de caso	3
"I don't just have a pain in my neck or just a migraine": Perceptions of migraine patients with neck pain	4
Translation and cross-cultural adaptation of the Migraine Disability Assessment (MIDAS) to Brazilian Portuguese	5
Central Sensitization and Neck Disability in individuals with Temporomandibular Disorders	6
Epidemiological analysis of hospitalizations of individuals in university- age range due to headaches in the municipality of Barbalha, Ceara	7
An analysis on the impact of gender and race in hospitalizations due to headaches in the northeast region of Brazil	8
Acoustic voice analysis of women with migraine: preliminary results	9
Relationship between Central Sensitization and Clinical Features of Migraine	10
Primary Headaches In Transgender Men: A Pilot Study	11
Persistent headache and chronic daily headache after COVID-19: a prospective cohort study	12
Analysis of interexaminer agreement in migraine screening	13
Headache in patients with Systemic Lupus Erythematosus: a case- control study	14
Acute Anemia and Intracranial Hypertension - A case report	15
Impact of somatosensory tinnitus and painful temporomandibular disorder in patients with migraine	16
Headache attributed to foreign body in pericranium as a late complication of cranioplasty: a case report	17
Femininity Contribution To Pain Experience: An Exploratory Crosssectional Study Among Undergraduates	18
Primary auriculotemporal neuralgia. Case report	19
Covid-19: Neurological Complications	20
Recurrent Painful Ophthalmoplegic Neuropathy: case series from a tertiary hospital and a systematic review	21
Neurobiology of the relationship between sleep disorders and headaches: an integrative review	22
The importance of preventive treatment in migraine	23
Cervicogenic headache, incidence and differential diagnosis	24
Epicrania fugax: a case report	25
Prevalência de dor em outras topografias em indivíduos com cefaleia - dados preliminares de uma coorte brasileira	26
Assesment of response of peripheral nerve blocks in patients with headache in a tertiary service in Fortaleza	27
Adherence to the headache diary in a specialized outpatient clinic of a tertiary service in Fortaleza	28
Fitocanabinóides na Migrânea: revisão integrativa	29
Analysis of the Use of Erenumab for the Prevention of Chronic Migraine: A Systematic Literature Review	30
NSAIDs versus Acetaminophen efficacy in the treatment of Tension Headache: A Systematic Review	31
Headache Secondary to Temporomandibular Dysfunction in Adolescents: Case Report	32
Biobehavioral Management of Headaches	33
Migraine aura mimics: when to suspect? Cases presentation	34
National campaign to raise awareness about headache disorders: results of the event "Three's a crowd" in the city of Recife	35
Ways to Prevent Migraines: A Literature Review	36
Impact of pharmacological and behavioral interventions on post- traumatic headache in children: a literature review	37
Cannabis Use in Headache Treatment: A Literature Review	38
The effects of caffeine on migrain headache: a literature review	39
Prevalence of headache in children and adolescents: a literature review	40
Alternative therapeutic methods for headache: a literature review	41
Acute treatment of severe migraine: a literature review	42
Clinical Features and Treatment Options for Cluster Headaches and Other Trigemino-Autonomic Headaches: A Literature Review	43
Epidemiological Analysis of Migraine in Brazil's Macroeconomic Regions	44
Discussion of Current Approaches and New Therapies for the Treatment of Acute Migraine: A Literature Review	45
Pain intensity in cluster headache - case report	46
Relation between Depression and Anxiety Disorders with Migraine	47
Understanding the Process Involved in Post-COVID Headache Development and What the Literature Suggests as Therapeutic Approach: A Literature Review	48
Therapeutic Approach to Post-Traumatic Headache in Brazil: A Literature Review	49



# Headache Medicine

Physical Exercise Strategies as a Therapeutic Alternative for Headache Control: Approaches, Evidence, and Clinical Benefits	50
A Study on Medical Conditions Associated with Primary Headaches and Their Impact on Diagnosis and Treatment	51
Evaluation of the impact of psychological and behavioral factors on the presentation of headaches	52
Headache in Primary Care: Prognosis and Treatment - A Literature Review	53
Clinical Aspects and General Manifestations of Migraines in the General Population - Literature Review	54
Headache in Children and Adolescents: Challenges in the Treatment	55
Mechanisms of Neuromodulation in Headache: A Literature Review	56
Impact of Headache on Quality of Life: A Multidimensional Analysis	57
Correlation between headache and psychiatric disorders: A narrative review	58
Sentinel Headache as a Prodrome of Aneurysmal Rupture: a Systematic Review	59
Greater Occipital Nerve Block in Migraine: Efficiency and Safety, a Systematic Review	60
The common pathophysiology between migraine and cluster headache: a literature update	61
Dialysis-Associated Headache in Brazil: a narrative review	62
The use of medications for the treatment of headache during pregnancy and its consequences: a literature review	63
Symptomatology of Central Sensitization in Subgroups of Migraine	64
Pharmacological Treatment of Headache	65
Non-Pharmacological Treatment of Headache: Non-Drug Therapeutic Approaches Such as Cognitive-Behavioral Therapy, Acupuncture, Biofeedback	66
What's new in SUNCT and SUNA? An umbrella review of the last 5 years	67
Glioblastomas and Headaches: Exploring the Relationship	68
Headaches and Temporomandibular Dysfunction: Examining the Relationship Between TMD and Headache Symptoms	69
Cluster Headache Syndrome: symptoms, pathophysiological mechanisms and treatment	70
Machine Learning Model Uses Pain Sketches to Predict Headache Surgery Outcomes: a literature review	71
Treatment for Migraine in Neurological Patients	72
Direct clinical applications of natural language processing in migraine: a literature review	73
Characterization Of Clinical Treatments For Migraine Conducted In Brazil: An Ecological Study	74
The Role of Brain Mri as an essential method in the Diagnosis of Trigeminal Neuralgia	75
Migraine Preventive Treatment Failure: A Real-World Study in a Tertiary Clinic in Brazil	76
Case Report - Secondary Headache Due to Idiopathic Intracranial Hypertension	77
Hemicrania Continua: Case report	78
Use Of Nerve Block In The Treatment Of Orofacial Pain: An Integrative Review Of The Literature	79
Secondary Orgasmic Headache - Reversible Cerebral Vasoconstriction Syndrome (RCVS): Case Report	80
Raeder's Syndrome - A Threatening Diagnosis Not To Miss	81
Cephalalgia in Palliative Neuro-oncology: Understanding and Managing Discomfort	82
The correlation of Osteoporosis with Trigeminal Neuralgia: a Literature Review	83
The Use of Botulinum Toxin in the Treatment of Headache: an Integrative Literature Review	84
Effect of Physiotherapeutic Intervention on Migraine Carriers Treated at the Physiotherapy School Clinic From the State University of Paraíba	85
Analysis of the Epidemiological Profile of Patients Diagnosed With Migraine Treated at the Physiotherapy School Clinic	86
Headache and Covid-19: an Analysis of Research Trends in Search Engines Over the Last Six Years	87
The impact of screen access associated with hospital admissions for migraine in children and adolescents	88
Radiofrequency Ablation as an Alternative to Cervicogenic Headache Treatment: a Literature Review	89
Luminosity as a Trigger for Headaches in Adolescent	90
Sleep Disorders vs. Headache: Who is the Villain?	91
Effectiveness of Treatment Through Nervous Electrical Stimulation in Chronic Migraine	92
Neuromodulação como forma de tratamento para Cefaleia pós Craniotomia: um relato de caso	93
Management of Cervicogenic Headache: Evaluation of Therapeutic Options	94
Hospital admission of patients treated in emergency with a diagnosis of headache	95
Relationship between trigeminal neuralgia and multiple sclerosis : A Systematic Review	96
Epidemiological analysis and use of psychotropic drugs and opioids in patients with migraine with aura	97
Technology and Innovation Project - Cervical Range of Motion Digital - (Crom-D) Device for Assessing The Range of Motion of The Cervical Spine	98



# Headache Medicine

Association Between Diet and Nutrition in the Pathophysiology of Migraine: a Literature Review	99
The Impacts of Headaches on Individuals' Mental Health: a Literature Review	100
Cutaneous Allodynia Associated With The Use Of Personal Protective Equipment During The Covid-19 Pandemic	101
Hospitalization for migraine and other headache syndromes at Walter Cantidio University Hospital between 2018 and 2022: an epidemiological analysis	102
Overuse of analgesics in idiopathic intracranial hypertension patients of a tertiary hospital in Fortaleza	103
The Importance of Migraine Lalophobia and its Association With Other Symptoms and Comorbidities	104
The Role of Female Hormones in Migraine: A Literature Review	105
Migraine long-term prognosis	106
Dentistry And Neurology in the Differential Diagnosis of a Patient With Mi- grain, Temporomandibular Disorders and Eagle Syndrome: a Case Report	107
Aspirin and poetry: did João Cabral de Melo Neto suffer from acetylsalicylic acid-overuse headache?	108
Peripheral nerve block in a migraine pregnant patient: a case report	109
Warning signs in pediatric headache: a literature review	110
Headache in Post-COVID-19 Patients: Toward a Better Understanding About its Clinical Characteristics, Pathophysiological Mechanisms and Treatment	111
Tricyclic Antidepressants as Prophylactic Treatment for Tension-Type Headache	112
Epidemiological Analysis of Migraine Hospitalizations in Barbalha, Ceará: A Notable Regional Disparity	113
Caffeine as adjuvant therapy for Tension-Type Headache: A systematic review	114
Analysis of the Relevance of the Classification of the Main Types of Headache	115
Analysis of the Relationship Between Migraine and Cardiovascular Diseases: an Integrative Review	116
Identification of mast cells in the human pericranium: possible role in the genesis of headache	117
Chronic Headache Secondary to the Reappearance of Macroprolactinoma: Case Report	118
Trigeminal Neuropathy After Tooth Extraction Overlapping Trigeminal Neuralgia	119
Epidural Blood Patch (Ebp) Therapy in the Treatment of Postdural Puncture Headache: a Case Report	120
An Epidemiological Analysis of Hospitalizations for Migraine and Other Headache Syndromes Over the Last 15 Years in Brazil	121
A Case Atypical of Stroke Manifesting With Secondary Trigeminal Autonomic Cephalgias	122
Return to the Emergency Department of a Private Hospital in the City of Recife for Patients with Headaches	123
Migraine associated with bilateral pulsatile tinnitus an case report	124
Headaches as Disabling Factors that cause Hospitalization of Patients in Northeastern Brazil: Analysis of a 10-Year Epidemiological Overview	125
Long-lasting headache in Covid	126
Thunderclap headache in children	127
What Would Make it Easier for Patients to Complete a Headache Diary	128
Cholesterol Granuloma in the Petrous Apex with Headache: a Case Report	129
The approach to headache in Primary Health Care by medical professionals	130
Observational analysis of 12 years-experience with OnabotulinumtoxinA in the treatment of chronic migraine treated in a tertiary headache center	131
The Effects of Physical Exercise in the Treatment of Migraine: a Literature Review	132
Headache Patterns in Chiari Malformations - Epidemiology, Pathophysiology, and Treatment Insights: a literature Review	133
The Prevalence of Headache Among the Main Symptoms in the Diagnosis of Lung Diseases: an Integrative Review	134
"Beyond Pain": Health Education about Headaches	135
The importance of vessel wall resonance in the differential diagnosis of headache in the emergency room: report of three cases	136
Intracranial hypertension associated with complex dural fistula after traumatic brain injury, cerebral venous thrombosis and venous stenosis	137
Trigeminal Autonomic Headache Secondary to Submucosal Hemorrhage of Frontal Sinus Caused by Barotrauma	138
Genetic Biomarkers: the Promising Tools in the Diagnosis and Manage of Headache Cases	139
The importance of imaging in the diagnosis of secondary headache: case report	140
Atypical Presentation of Idiopathic Intracranial Hypertension Simulating Demyelinating Disease of the Central Nervous System	141
Theories About Migraine Aura During History: an Overview	142
Headache Control and quality of life in Idiopathic Intracranial Hypertension: Analysis of Tertiary Hospital in Fortaleza/CE	143
Analysis Of Sus Expenses With The Hospitalization Of Patients Affected By Headaches In The State Of Ceará, Between 2013 And 2022	144
A case of migraine-like presentation secondary to vertebral artery dissection	145
Headache As a Common Post-Concussion Symptom Among Striking and Grappling Fighters	146



# Headache Medicine

Primary headaches: analysis of comorbidities associated with tension-type headaches	147
Physical Activity and Inflammation Mediates the Job Stress-Migraine Relationship. A sequential mediation analysis in the ELSA-Brasil study	148
Painful Horner's Syndrome and Its Association with Internal Carotid Artery Dissection	149
The use of Transcranial Direct-Current Stimulation in the Prevention of Chronic Migraine: an Integrative Review	150
Polycythemia in a Young Patient as a Probable Cause of Cerebral Venous Thrombosis	151
Epidemiological Profile of Headache-Related Hospitalizations in Brazil: A Five-Year Analysis (2018- 2022)	152
Case Report of Compensated Idiopathic Intracranial Hypertension due to Traumatic Cerebrospinal Fluid Fistula	153
Deep Brain Stimulation for Treatment of Central Post-stroke Pain: A Systematic Review of Case Reports	154
Yoga Practice as a Therapeutic Complement in Headache Management - Literature Review	155
Expenditures of the Unified Health System on complicated migraine treatment: An analysis of the last fifteen years	156
General Aspects of Secondary Headaches: a brief Literature Review	157
Migraine in women's lives: a Literature Review	158
Clinical history of headache, cross-referencing etiological diagnosis and the need for emergency referral, in hospitals in Rio Grande do Sul	159
Profile of Hospitalizations for Migraines in Brazilian Territory: a Cross- Sectional Study of the Last 5 Years	160
Relationship between the use of oral contraceptives and migraines in women: limiting factor or not?	161
Acute Confusional Migraine associated with probable genetic vascular leukoencephalopathy presenting as a CADASIL phenotype: a case report	162
Psychiatric Comorbidities in Migraine: Pathophysiology and Clinical Management	163
Headache Phenotypes in Idiopathic Intracranial Hypertension: Analysis of Tertiary Hospital in Fortaleza/CE	164



## Symptomatology of Central Sensitization in Subgroups of Migraine

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**Categoria:** Comorbidade das Cefaleias Primárias

### Introduction

Central sensitization (CS) is highly prevalent in individuals with migraine. It has been proposed that an increase in sensitization mechanisms may play a key role in the chronicity of migraine, since with increased sensitization, there is a greater susceptibility to the next migraine attack, leading to a vicious circle, in which the increase in the frequency of headache becomes a risk factor for migraine chronification. Even with the evidence of presence of CS in migraine patients, the relationship between central sensitization and the frequency of migraine is still being discussed.

### Objective

To assess if the presence of CS-related symptoms measure by Central Sensitization Inventory (CSI) questionnaire, differs according to migraine subgroups: migraine without aura (MoA), migraine with aura (MA), and chronic migraine (CM).

### Methods

The local Research Ethics Committee (5,253,045/2022) approved this cross-sectional study. One hundred and five individuals diagnosed with migraine according to the third edition of the International Classification of Headache Disorders were recruited. Sociodemographic data were collected, along with clinical features of migraine and the CSI questionnaire, which scores from 0 to 100 and was developed to assess signs and symptoms related to central sensitization. The clinical characteristics of the individuals were analyzed through the mean and standard deviation (SD) for each group. Data normal distribution was verified, in addition to the homogeneity of variances, to determine the best statistical test to be performed. A posteriori, Welch's ANOVA, and Games-Howell Post-hoc Test were performed to verify the differences between the CSI mean score in migraine subgroups. Levene's test was performed to verify the homogeneity of the variances of the groups, and it was found that the variance of the groups is not homogeneous. Thus, a Welch's ANOVA was performed to verify the difference in CSI' scores between the migraine subgroups [ $F(2, 64.673) = 10.827$ ;  $p < 0.001$ ].

### Results

The evaluated individuals had a mean age of 33.8 (SD=9.1), 36.6 (SD=10.1), and 40.1 years (SD=9.7) for the MoA, MA, and CM groups, respectively. Mean attacks frequency was 11.7 (SD=7.4), 8.8 (SD=5.7), and 20.1 (SD=11.7) for the MoA, MA, and CM groups, respectively. The MoA group presented a mean CSI score of 47.8 (SD=17.7), the MA group 46 (SD=14.2), and the CM group 58.6 (SD=10.2),  $F(2, 64.673) = 10.827$ ;  $p < 0.001$ . The Games-Howell Post-hoc Test showed that the CM group has 10.7 ( $p=0.008$ ) points more in the CSI score when compared to the MoA group and has 12.5 ( $p<0.001$ ) points more than the MA group. The difference between the MoA and MA groups was not significant, 1.7 points ( $p= 0.889$ ).

### Conclusion

The CM group presents more CS-related symptoms than the MoA and MA groups. There was no difference between the MoA and MA groups. These results suggest that chronic migraine exhibits more signs of CS than the episodic migraine. Furthermore, the presence of the aura does not seem to influence the symptoms of sensitization.

**Keywords:** Migraine Disorders; Headache Frequency; Central Sensitization.