

An observational study of Headache characteristics in Indian patients with Primary Hypothyroidism

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Introduction

There are no studies that have systematically evaluated the headache characteristics in Indian patients with primary hypothyroidism and the existence of “hypothyroidism attributed headache” in Indian patients.

Aims and Objectives

To clinically characterize the headache in patients with primary hypothyroidism. The disorder that is known as “headache attributable to Hypothyroidism” has been included in International headache society diagnostic criteria in International Classification of Headache Disorders (ICHDIII).

Methodology

The patients with newly diagnosed primary hypothyroidism were included in the study . A detailed history regarding headache including headache onset, type, severity by visual analogue scale, MIDAS score, site, diurnal variation, exacerbating factors, any associated symptoms, drug history was elicited and recorded .

Results

The total number of patients were 50 and the mean age was 32.2 ± 11.2 years .The mean TSH was 45.5 ± 53.8 mU/L. There were 46 (92%) females and 4(8%) males. Headache was present in 29 (58 %)subjects .The headache attributable to hypothyroidism was seen in 24(48 %) subjects. The visual analogue scale for severity of headache was 3.9 ± 1.2 .The average duration of headache in all subjects and in subjects with headache attributable to hypothyroidism was 156.2 ± 221.6 and 38.6 ± 24.9 days respectively .Forty percent of the patients had daily headache while 26.7% had persistent headache followed by twice a week and twice a month in 13.3% and once a week in about 6.7%.

Conclusion

Headache was seen in about 48 percent of our patients who presented with hypothyroidism and was mild to moderate in severity.The commonest type of headache seen was daily headache and with an average onset duration of 38 days .The patients presenting with headache need to be screened for hypothyroidism.