

Evaluation of prevalence of migraine and its relationship with clinical features of the disease in psoriasis patients

Abstract

Background: Psoriasis and migraine are both common diseases associated with inflammatory conditions. There have been several studies on the relationship between psoriasis and migraine, but little is known about it.

Aim: To evaluate the prevalence of migraine and its relationship with clinical features of the disease in psoriasis patients.

Materials and methods: In this case-control study, 312 individuals with psoriasis (case group) and 312 non-psoriasis individuals (control group) were included in the study based on inclusion and exclusion criteria. Demographic data (sex, age, and body mass index) in both groups and characteristics of psoriasis (severity based on PASI criteria, disease duration, involvement location, and association with psoriatic arthritis) were determined in the psoriasis group. Individuals in both groups were evaluated for migraine and its characteristics (type, severity of headache, frequency of headache, duration of headache, and migraine headache index).

Results: The sex distribution of participants in both groups was as follows: 173 females (55.4%) and 139 males (44.6%). The mean age of the case group was 43.2 ± 13.2 and of the control group was 43.4 ± 13.4 years ($P=0.846$). The prevalence of migraine ($P<0.001$), migraine with aura ($P=0.007$), and mean of migraine headache index was higher in the psoriasis group in comparison to the control group. In comparison to the control group, the odds ratio for migraine in psoriasis patients was 2.8-fold (OR=2.789, 95% CI: 1.722-4.518, $P<0.001$); in patients with mild psoriasis was 2.1-fold (OR=2.062, 95% CI: 1.173-3.625, $P=0.012$), in patients with moderate psoriasis was 3.2-fold (OR=3.248, 95% CI: 1.649-6.397, $P=0.001$), in patients with severe psoriasis was 4.6-fold (OR=4.586, 95% CI: 2.360-8.912, $P<0.001$); in patients without psoriatic arthritis was 2.4-fold (OR=2.438, 95% CI: 1.488-3.996, $P<0.001$), and in patients with psoriatic arthritis was 12.9-fold (OR=12.930, 95% CI: 4.567-36.607, $P<0.001$).

Conclusion: The results of the present study showed that individuals with psoriasis are significantly more at risk for migraines, especially migraines with Aura; Migraine headache index is significantly higher in psoriasis patients; And the risk of migraine is higher in patients with more severe psoriasis and in patients with psoriatic arthritis

Keywords: Psoriasis, Headache, Migraine