

Joint event on
8th International Conference on
**NEUROLOGICAL DISORDERS,
CENTRAL NERVOUS SYSTEM AND STROKE**
&
International Conference on
NEUROLOGY AND NEUROSURGERY

December 04-05, Dubai, UAE

To study serum magnesium level in patient with Migraine and efficacy of combination of folic acid and magnesium in treatment of Migraine

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Background: Pathophysiology of migraine involves different mechanisms including modulation of central and peripheral pain structures and release of vasoactive peptides. Studies revealed decreased levels of micronutrients riboflavin, magnesium and coenzyme. Deficit of nutrients could play role in the pathophysiology. Treatment with nutritional supplement might benefit for patients who cannot tolerate chemical drugs.

Methods: In this cross sectional analytical observational study, Magnesium levels of 56 patient checked. Then recruited into Folic acid + magnesium (FA+Mg) and Flunarizine. Headache Impact Test (HIT) score was evaluated pre and post treatment after 2 month. Concomitant improvement and adverse events was checked.

Results: Mean magnesium was 1.9877 ± 0.1355 with range between 1.65-2.34mg. 21.4 % had low magnesium. Mean magnesium found in lower normal range. Pre HIT was between 56-66 with mean of 66.30. In FA+MG, 27 patients had Pre HIT of 64.93 ± 5.196 and in flunarizine, 29 patients had 67.59 ± 4.524 . Comparison showed significant

difference (p value - 0.046). Post HIT in FA+MG was 53.81 ± 10.340 and Flunarizine was 54.55 ± 8.919 . Comparison showed no statistical difference (p value - 0.776). Comparing percentage difference with FA+MG having 17.0898 ± 14.79 and flunarizine having 18.7929 ± 15.3326 with no statistical differences (p value - 0.674). Response to treatment and Side effects showed no statistical difference between both groups (p value - 0.685).

Conclusion: Hypomagnesemia would be one factor causing migraine and should be checked in patients with suspected migraine. Starting prophylaxis with Combination of Folic acid and magnesium would be better.

Biography

Shalin Shah, has finished his DM neurology last year from prestigious amrita institute of medical science, Kochi, India. His mentor was Dr. Anand kumar who is head of department in amrita institute. He had done work and thesis of vascular headache. At present he is doing his Stroke and neurointervention fellowship.

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