MIGREN VE GERILIM TİPİ BAŞAĞRISINDA GLOKOM
Ercan MENSİZ, Süleyman KUTLUHAN, Erdal AYTULUNER, Galip AKHAN,
Serpil DEMİRÇI, Baran N. CENGİZ
Süleyman Demirel Üniversitesi Tıp Fakültesi Nöroloji Anabilim Dalı, İsparta

ÖZET
Migren ve glokom etyolojisinde vazospasm veya hipoperfüzyona dayalı teoriler ve bazı serilerde her iki hastalığın dikkat çekici şekilde birarada bulunması bu iki hastalığın patogenezinde ortak yolakları düşünülmüştür. Bazı çalışmalarda glokom hastaları arasında normal populasyon göre istatistiksel olarak anlamli veya anlamazsın boyutlarda migren silikliği bildirilmiştir. Bu çalışmada farklı bir şekilde migrenli veya gerilim tipi başağrılı bir grupta ve kontrol grubunda glokom silikliği araştırmayı amaçladık.

Arısalık, başka yönlendirilmiş sağlıkli 125 migren, 106 gerilim tipi başağrısı ve yaş ve cins usulümü, başağrısı yakanması olan 86 kontrol olgusu (Yaş ortalamaları sırasıyla 36.38±10.20, 37.27±15.10 ve 35.05±11.35) çalışma gruplarını oluşturdu. Tüm olgular oфтalmolojik muayeneden geçirildi.

Migren, gerilim tipi başağrısı ve kontrol gruplarında silikliği sırasıyla 5.6%, 2.83% ve 2.33% glokom silikliği tespit ettik. Grup çiçteri arasında ve genelde glokom silikliği açısından istatistiksel olarak anlamli bir farklılık yoktu. %26 screen çekmek gerekir ki, migren tedavisinde kullanılan 15 ila, eğerin ergotaminler vazokonstrüksiyon yaparlar ve glokom ile migren arasında anlamlı ilişki gösteren çalışmalarda bu ilaçların yüksek glokom prevalansında rol oynayıp oynamadıkları tekrar kullanıcıda değerlendirildi.

Daha geniş ve odaklanmış migren ve glokom serileri daha güvenli sonuçlar verebilir. Ergotaminler ve vazokonstriktör ilaçlarla kontrolü çalışmalar bunların özellikle düşük basınçlı glokom patogenezindeki rolünü açığa çıkarmak için faydalı olacaktır.

Anahtar Sözcükler: Migren, gerilim başağrısı, gözüği basancı, glokom, düşük basınçlı glokom, ergotamine.

GLAUCOMA IN MIGRAINE AND TENSION TYPE HEADACHE

Various theories depending on vasospasm or hypoperfusion in migraine and glaucoma etiologies and remarkable coexistence of both diseases in some series inspire a common pathway in the pathogenesis of both diseases. Higher prevalences of migraine compared to the normal population have been reported, either significant or nonsignificant, among glaucoma patients. In this study, in a reverse style, we aimed to investigate the frequency of glaucoma in patients with migraine and tension type headache, and a control group.

Consecutive, otherwise healthy 125 patients with migraine, 106 patients with tension headache and age and sex matched 86 control subjects (mean ages: 36.38±10.20, 37.27±15.10 and 35.05±11.35 respectively) without headache complaints constituted the study groups. All subjects underwent an ophthalmological examination.

We detected glaucoma prevalences of 5.6%, 2.83% and 2.33% in migraine, tension type headache and control groups respectively. There was no statistically significant difference between group pairs and overall in respect to glaucoma prevalences. It should be pointed out that the drugs used to treat migraine produce vasocstriction (e.g., ergotamines) and in studies that show significant correlations between glaucoma and migraine, it should be reconsidered if these drugs play a role in the high glaucoma prevalences.

Wider and focused migraine and glaucoma series may provide more reliable results. Controlled studies with ergotamines and vasocostructive drugs are recommended to clarify their role in particularly low tension glaucoma pathogenesis.

Keywords: Migraine, tension headache, intraocular pressure, glaucoma, low tension glaucoma, pathogenesis, ergotamine

INTRODUCTION

In recent years the general consensus has emerged that in migraine both neuronal and vascular components are relevant and most probably inter-related 1-3. Some studies report that vasospasm or hypoperfusion plays a role in headache formation 4. Optic nerve damage in Primary Open Angle Glaucoma (POAG) and Low Tension Glaucoma (LTG) is also suggested to be due to vasospasm. Remarkable coexistence of both diseases in some series inspire a common pathway, etiology or factor in the pathogenesis of both diseases 5-10.

Higher prevalences of migraine among glaucoma patients compared to the normal population are reported in some studies 8-11. In contrast some authors reported no significant difference between migraine prevalences in the normal population and in glaucoma patients 12-14.
In this study we aimed to investigate frequency of glaucoma in patients with migraine and tension type headache, and in a control group.

MATERIALS AND METHOD

Consecutive, otherwise healthy 125 patients with migraine and 106 patients with tension type headache diagnosed according to the International Headache Society criteria in our Neurology department were included in the study. Eighty-six age and sex matched patients who applied to the neurology outpatient clinics with complaints other than headache constituted the control group. Subjects with systemic disorders or under treatment that may affect intraocular pressure were excluded from control group. All subjects underwent an ophthalmological examination. The diagnosis of glaucoma was based on intraocular pressure measurement with application, dilated funduscopic cup/disc ratio, 30-2 threshold computerized visual field test (Humphrey Field Analyzer 750, Carl Zeiss, USA) and history. Chi-square test and one-way analysis of variance (ANOVA) were used for the statistical analysis, and the level of significance was taken as \( p < 0.05 \).

RESULTS

One hundred and twenty-five patients -112 women and 13 men- with neurologically confirmed diagnosis of migraine were examined. Ages of the patients were ranging between 17 and 68 (mean age 36.38±10.20). Mean intraocular pressure was 14.58±2.49 mmHg in the right eyes and 14.65±2.62 mmHg in the left eyes. Mean cup/disk ratio was 0.22±0.12 in the right eyes and 0.24±0.16 in the left eyes. In the attack therapy; 8 patients were using aspirin, 24 patients were using ergotamines, 42 patients were using naproxen sodium, 17 patients were using triptan and 34 patients were using paracetamol. In migraine prophylaxis 48 patients were using tricyclic antidepressants, 8 were using pizotifene, 5 were using beta blockers and 17 were using flunarizin. Ophthalmological examination revealed POAG in 4 and LTG in 3 cases. None of those patients used vasoactive drugs. Ocular findings in all groups are shown in Table I. There was no significant difference in migrainous findings between the patients with and without glaucoma.

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<th>Table 1.: Ocular findings in all groups.</th>
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<tr>
<td>IOP (R)</td>
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<td>IOP (L)</td>
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<td>C/D (R)</td>
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IOP: Intraocular Pressure
C/D: Cup/Disk Ratio

Twelve of 106 tension type headache patients were men and 94 were women, ages ranging between 16 and 66 (mean 37.27±15.10). Mean intraocular pressure was 14.05±/-1.58 mmHg in the right eyes and 14.65±/-1.66 mmHg in the left eyes. Mean cup/disk ratio was 0.20+//-0.12 in the right eyes and 0.20+/-0.11 in the left eyes. Ophthalmic examinations revealed POAG in two cases and LTG in one case.

Eight subjects in the control group were male and 78 were female. Ages were ranging between 16-59 years (mean: 35.05±11.35). Mean intraocular pressure was 15.02+/-0.89 mmHg in the right eyes and 14.34+/-1.22 mmHg in the left eyes. Mean cup/disk ratio was 0.15+/-0.23 in the right eyes and 0.12+/-0.27 in the left eyes. Ophthalmic examination revealed POAG in two cases. Glaucoma prevalence in all groups is summarized in Table II. No statistically significant difference was found overall (χ² 1P = 1.899, p = 0.3870). On the other hand, there was no significant difference between migraine and tension type headache (χ² = 0.4990, p = 0.4800), migraine and control (χ² 1P = 0.6560, p = 0.4180), and tension type headache and control groups (χ² 1P = 0.0476, p = 0.8272).

<table>
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<th>Table II. Prevalence of glaucoma in study and control groups.</th>
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<td>Ocular Findings</td>
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<td>Glaucoma</td>
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<td>Without Glaucoma</td>
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Overall (χ² = 1.899, p = 0.3870) (Not significant)
Migraine and tension type headache (χ² = 0.4990, p = 0.4800) (Not significant)
Migraine and control (χ² = 0.6560, p = 0.4180) (Not significant)
Tension type headache and control groups (χ² = 0.0476, p = 0.8272) (Not significant)
DISCUSSION

Association between migraine and glaucoma is commonly studied by ophthalmologists. Therefore, usually migraine prevalence in glaucoma populations are reported in these studies. In a different manner we investigated glaucoma in a migraine and tension type headache population.

We detected glaucoma prevalences of 5.6%, 2.83% and 2.33% in migraine, tension type headache and control groups respectively. There was no statistically significant difference between group pairs and overall in respect to glaucoma prevalences.

We diagnosed 7 (5.6 %) glaucoma cases among 125 patients with migraine. This rate is above the glaucoma prevalence (1.5-2.0 %) in the general population. Wang et al 10 found migraine frequencies of 16.7 % in POAG, 11.1 % in LTG and 19.4 % in high-pressure OAG. They found a moderate statistically significant association between past history of typical migraine headache and open angle glaucoma in people aged 70 to 79 years in Blue Mountains Eye Study population, but this association was not present for older or younger age groups. On the other hand Klein et al 12 and Morgan and Drance 13 reported that migraine prevalence in POAG is not significantly different than the normal population. Usui et al found migraine prevalence as 5.2 % in LTG, 2.8 % in POAG and 2.7 % in controls and these values didn’t show significant difference 14.

Corbett et al 8 found the migraine frequency among LTG patients as 48 % and reported a significant glaucoma-migraine association in patients between 70-79 years of age. Phelps and Corbett 9 also reported significantly higher migraine rates in LTG cases than normals and patients with high tension glaucoma. Cursiefen et al 11 reported that prevalence of headache, migraine, and tension type headache did not vary significantly among control subjects, patients with ocular hypertension, and patients with glaucoma, but migraine was significantly more common in patients with normal-pressure glaucoma (28 %) compared to control subjects.

While previous studies suggested a vasospastic etiology the results of recent studies suggest an association of normal-pressure glaucoma and migraine and a potential, common vascular etiology of both diseases 7,11.

Tension type headache and migraine are the commonest forms of headache disorders. 17 The peak prevalence of migraine occurs between the ages of 30 to 45, after which the prevalence declines 18. Glaucoma is more common between 60-80 years of age. The mean age of our migraine cases is 36,32±10,22 and this may explain the low prevalence of glaucoma among our migraine cases. We didn’t find that the glaucoma prevalence among migraine and tension headache cases differs significantly. It should be pointed out that the drugs used to treat migraine produce vasoconstriction (e.g., ergotamines) and in studies that show significant correlations between glaucoma and migraine, it should be reconsidered if these drugs play a role in high glaucoma prevalences. Although we didn’t find any POAG or LTG cases used vasoactive drugs, wider and focused migraine and glaucoma series may provide more reliable results. Controlled studies with ergotamines and vasoconstrictor drugs are recommended to clarify their role in particularly low tension glaucoma pathogenesis.

KAYNAKLAR

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