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## ANALYSIS OF THE PREVALENCE OF HEADACHES AMONG THE POPULATION IN BUKHARA REGION

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### ABSTRACT

*Primary headaches are common in the population and in some cases lead to impaired quality of life. The article discusses the prevalence of primary headaches among the population of Bukhara region. Headache intensity was found to be mild in 62% of cases, strong in 32% of cases, and very strong in 6% of cases. 73% of patients reported that headaches persisted using painkillers, 18% reported that painkillers occasionally worked, and 9% said they did not. The prevalence of primary headaches among the population of Bukhara region is higher than the world average.*

**KEYWORDS:** *Migraine, Tension Headache, Nonsteroidal Anti-Inflammatory Drug, Antidepressant.*

### INTRODUCTION

Primary headaches occur in 90–95% of the population, with primary headaches occurring in most cases: migraines and tension headaches [1]. Rare episodic pain has been observed in patients and they may not require any treatment. In some patients, the pain may become chronic and be complicated by medicated abuses. This in turn leads to a decrease in the patient's quality of life. According to an epidemiological study, chronic headaches account for 10.5% in Russia [2]. According to the International Classification of Headaches (ICHD-3), migraine-specific symptoms should be monitored for more than 8 days per month to diagnose chronic migraine [3]. Worldwide, 11-15% of the adult population suffers from migraines, of which 18% are women and 6% are men [4, 5, 10]. According to an international study, 1-4% of the population has chronic migraine [6, 7, 5, 8]. In Russia, this figure is higher - 6.8% [34, 9].

**Materials and methods:** An online survey was conducted among the population.

**Results:** An online survey found that the prevalence of headaches among the population was 91%. 86% of patients suffering from headaches reported headaches for a few days a month, 5%

for up to 15 days, and 9% for more than 15 days. 53% of patients had days when they could not perform their daily tasks due to headaches, while 47% of patients found that headaches did not affect their daily labor activities. When the headache characteristics were studied, 27% of patients reported suffering from depressive, 45% constrictive, and 28% pulsating headaches.

In 34% of patients, the headache increased during physical activity (climbing stairs, falling, etc.), in 66% of cases, physical activity did not affect the headache. Loud noise, noise caused an increase in headaches in 80% of patients, an indicator that affected a sudden increase in headaches under the influence of a suddenly lit lamp, or light, in 42% of cases. Headache intensity was found to be mild in 62% of cases, strong in 32% of cases, and very strong in 6% of cases. 73% of patients reported that headaches persisted using painkillers, 18% reported that painkillers occasionally worked, and 9% said they did not. It was found that 76% of the populations take nonsteroidal anti-inflammatory drugs, 11% antidepressants, 13% triptans for headaches. Headaches account for 72% of cases of tension headaches, 13% of migraines, of which 9% are chronic headaches.

## CONCLUSION

The prevalence of primary headaches among the population of Bukhara region is higher than the world average. Therefore, it is necessary to develop special measures for doctors and patients to reduce the disease and prevent its transition to chronic forms.

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