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OP 13 Primary Headache Associated with Sexual Activity

Buse Çağla Arı¹, Füsün Mayda Domaç²

¹ MD, Neurology Clinic, Siirt State Hospital, Siirt, Turkey

² Assoc.Prof. Erenkoy Training and Research Hospital for Psychiatric and Neurological Diseases, Department of Neurology, University of Health Sciences, Istanbul, Turkey

Background: Primary Headache associated with sexual activity (HSA) is also known as sexual/intercourse headache, coital or (pre) orgasmic cephalalgia. It is generally rare type of headache mostly in male gender and starts at third-decade of life. Intracranial pathologies should be evaluated on differential diagnosis.

Methods: Patients followed up at the Headache outpatient clinic of Health Sciences University, Erenköy Mental and Neurological Diseases Training and Research Hospital and Siirt State Hospital were determined due to ICHD-3 criterias(2018). Patients with sex-related headache were investigated by detailed neurologic examination, cranial computerized tomography, cranial magnetic resonance imaging and angiography. Patients with any secondary reasons for headache were excluded.

Results: Primary headache associated with sexual activity were diagnosed in 6 male and 1 was female patients. Among these, five patients had the pain on occipital area and upper neck only started following coitus, most intense at orgasm and not responsive to etodolac treatment. Two of them with the symptoms located at the temples bilaterally and occipital area during sexual intercourse. Two of the patients had the history of migraine. Their neurological evaluation and neuroimaging was normal. They were treated with indomethacin 25mg/day 30 minutes before the intercourse and seen that the ache had improvement and VAS scores decreased.

Conclusion: Even though the pathophysiology is still unknown, it is a benign process and a diagnosis of exclusion. Prognosis is good and should be explained to the patient for increasing the quality of lives. Herein we presented a rare case series to highlight the importance of differential diagnosis.

Keywords: primary headache, sexual activity, indomethacin, headache