OP 14 Comparison of the triggers in migraine versusu epilepsy: A survey study in neurology outpatient clinics

E. Ur Özçelik[1,2], A. Keşkek [2], E.Ekizoğlu[1], D.Ataklı[2], E.. Kocasoy Orhan[1], N. Bebek[1], B. Baykan[1].

[1]Istanbul University, Istanbul Faculty of Medicine, Department of Neurology, Istanbul, Turkey

[2]University of Health Sciences, Bakirkoy Prof. Dr. Mazhar Osman Mental Health and Neurological Diseases Education and Research Hospital, Clinic of Neurology, Istanbul,Turkey

Background: Similar factors may trigger the attacks of patients both with migraine and epilepsy; however, there are no studies comparing those triggers with the same protocol. We aimed to investigate the triggers of epilepsy and migraine attacks with a standardized questionnaire to reveal the overlapping and differing factors.

Method: Epilepsy and migraine patients diagnosed by neurologists were included in the survey.A comprehensive and standardized query form that questioned face to face many situations like emotional and physical stress, audiovisual stimuli, mental and physical activities which can trigger or suppress attacks, was applied by a neurologist. The groups were compared statistically.

Results: The results of 96 patients with epilepsy (56 F; mean age:32.1±9.87) and 94 patients with migraine (61F; mean age: 35.2±10.53) were analyzed. Although stress (59.4% and 83%) ($p<0.001$) and lack of sleep (62.5 % and 75.5%) were the most commonly reported two triggers in both groups, migraineurs were more sensitive to many stimuli. The only trigger that was seen at a significantly higher frequency in epilepsy group (30.2%) was “awakening” ($p<0.001$).On the other hand, 18.1% of migraineurs reported that they could inhibit their attacks; while most of the epileptic patients (94%) could not prevent their attacks.

Conclusion: Our comparative study design showed that migraineurs were more “sensitive’ to external and internal stimuli,for the first time in the same survey. Our research draws attention to the importance of informing patients regarding the trigger detection and strategies for attack inhibition. Further studies are required exploring attack precipitation and prevention.