

Management of chronic daily headache with focus on Botulinum toxin type

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Goal: The purpose of the study was to review the efficacy, safety and tolerability of Botulinum toxin A (BTX-A) as a prophylactic treatment in adults with chronic daily headache (CDH).

Material and Methods: The study involved 100 patients with CDH comparing between two groups of patients. Group I, 54 patients (31 women and 23 men) treated by BTX-A and group II, 46 patients (27 women and 21 men) treated with the classical method, with an average age of 35 ± 9 years. The patient's condition in group I was evaluated on the third day, on the 7th day and on the 15th day after the BTX-A injection and assessed every 15 days for 3 months, in group II the patients were assessed every 15 days.

Results: After 3 months headache severity in group I: 2 (3,7%) patients had no changes, 7 (12,9%) patients with less than 50 percent reduction in pain, 23 (42,6%) reported 70 to 95 percent pain relief and 22 (40,8%) had complete relief. Group II: 12 (26,1%) patients had no changes, 16 (34,8%) patients with less than 50 percent reduction in pain, 10 (21,7%) reported 70 to 95 percent pain relief and 8 (17,4%) had complete relief. The mean change from baseline frequency of headaches ranged from 3 ± 1 headaches per 30-day period in group I and 7 ± 2 headaches in group II. The patients in group I used painkiller for an acute headache 4 ± 1 day, compared to 10 ± 2 days for the group II per 30-day period.

Conclusion: In this study, BTX-A injections have been shown to be safe, well -tolerated, not any treatment-related serious adverse events reported. BTX-A injections recommended optimizing clinical outcomes for patients with CDH without using other prophylactic medications. Although, further observations are needed.

Table 1. Recommended Dose for FSFD.

Head and Neck area	Total Dosage (dose distributed bilateral)
Frontalis	20 U
Corrugator	10 U
Procerus	5 U
Occipitalis	30 U
Temporalis	40 U
Trapezius	30 U
Cervical paraspinal muscle group	20 U
FTP	40 U

Recent Publications:

- Kadyrkhodjayeva N (2017) A new look at the problem of Tension type headache and its treatment methods. New day in Medicine 2 (18): 38.
- Prokhorova A, Kadyrkhodjayeva N (2017) Use of Botulotoxin type A in the treatment of primary headache. Journal of research in health science 1(1): 50.

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- Prokhorova A, Kadyrkhodjayeva N (2018) Optimization of management of primary chronic headache with the use of botulotoxin A. EuroSciCon Conference on Neurology & Neurological Disorders.
- Prokhorova A, Kadyrkhodjayeva N (2019) Botulotoxin therapy of patients with primary chronic headaches (Review).
- Kadyrkhodjayeva N, Prokhorova A (2019) "Use of botulinum toxin type A to optimize the treatment of primary chronic headaches" Clinical Practice Guideline, Uzbekistan.

Biography

Nigora Kadyrkhodjayeva was born in Tashkent, Uzbekistan. She obtained her Bachelor's degree in Medicine from the Tashkent Medical Academy in 2006 and completed her residency of Neurology at Tashkent Institute of Postgraduate Medical Education in 2009. From 2006 till 2007 she was studying Psychiatry and Psychotherapeutics at the Tashkent Institute of Postgraduate Medical Education. Nigora has more than 10 years' experience in Neurology. While studying her bachelor she volunteered in different cities of Uzbekistan within the program of USAID. She successfully cleared certification course of BLS & ACLS in 2018 and renewed in 2020. From September 2017, she is pursuing her PhD at the Tashkent Medical Academy. She has published several articles and abstracts in reputed journals.

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