



EURODEPUTADA
SOFIA RIBEIRO



MAKING VISIBLE THE INVISIBLE ON HEADACHE PAIN

SHARING SUCCESSFUL EXPERIENCES ACROSS EUROPE

PORTUGAL

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Hospital Santa Maria Headache Outpatient Clinic
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Lifting-the-Burden Global Campaign Committee Member*



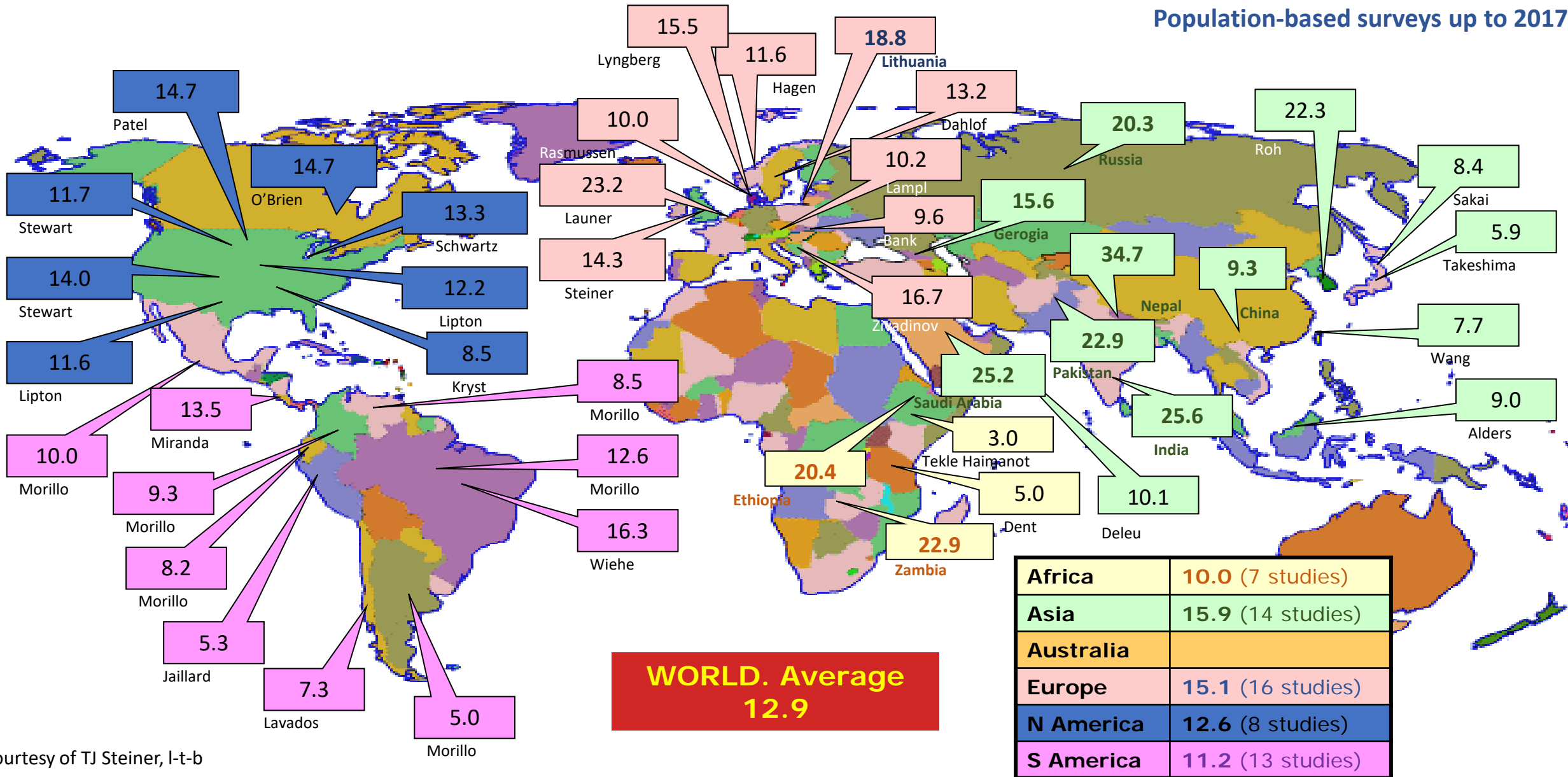
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Regional Health Directorate
(Coordinator of the Pain Control Program)

Chronic Pain Patients Association of Azores (member of PAE)
(Coordinator of the Scientific Council)*

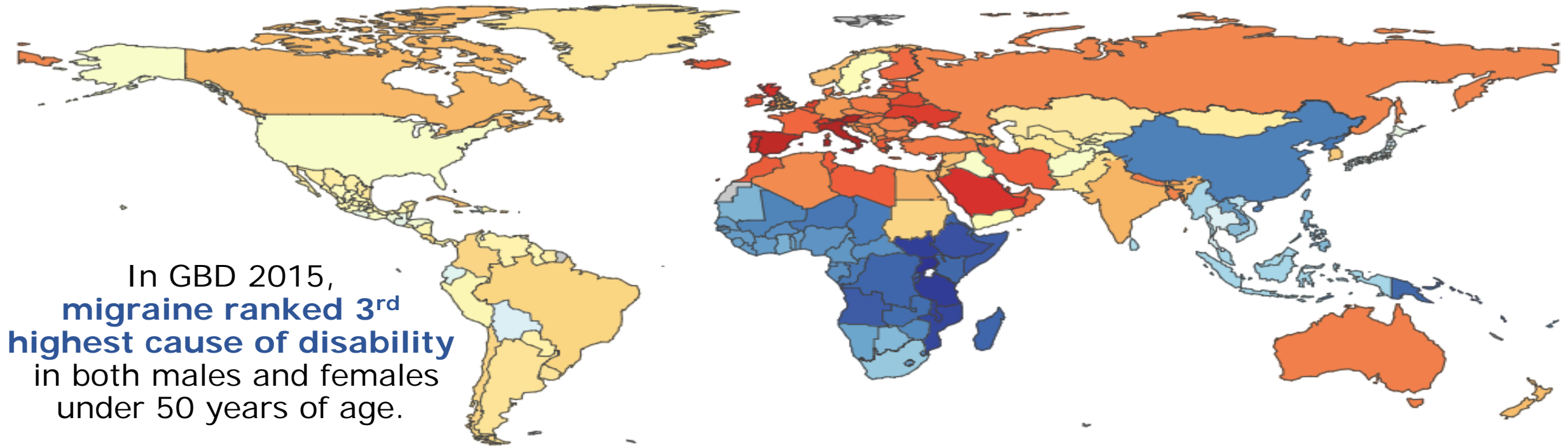
Migraine Prevalence in Adults

Population-based surveys up to 2017



WHO - Global Burden of Disease

Migraine
Both sexes, All ages, 2016, YLDs per 100,000



370

400

450

500

550

600

650

700

750

800

850

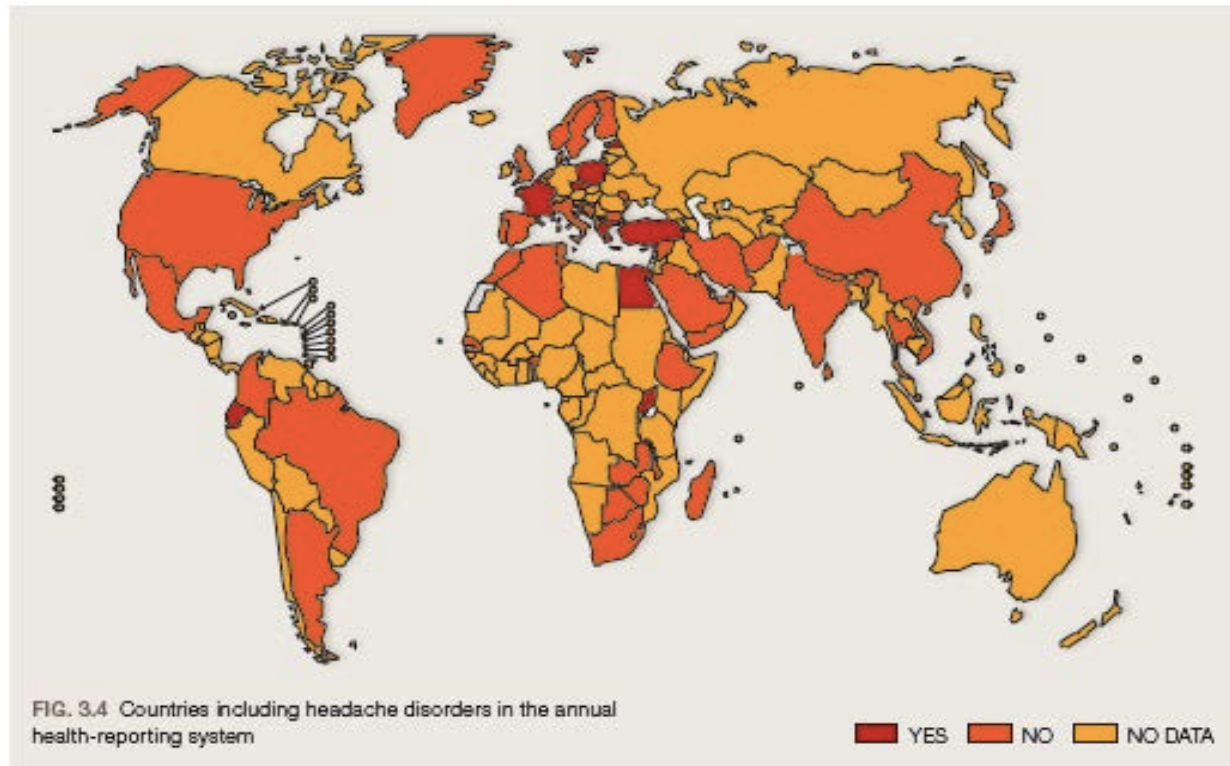
900

Lifting The Burden

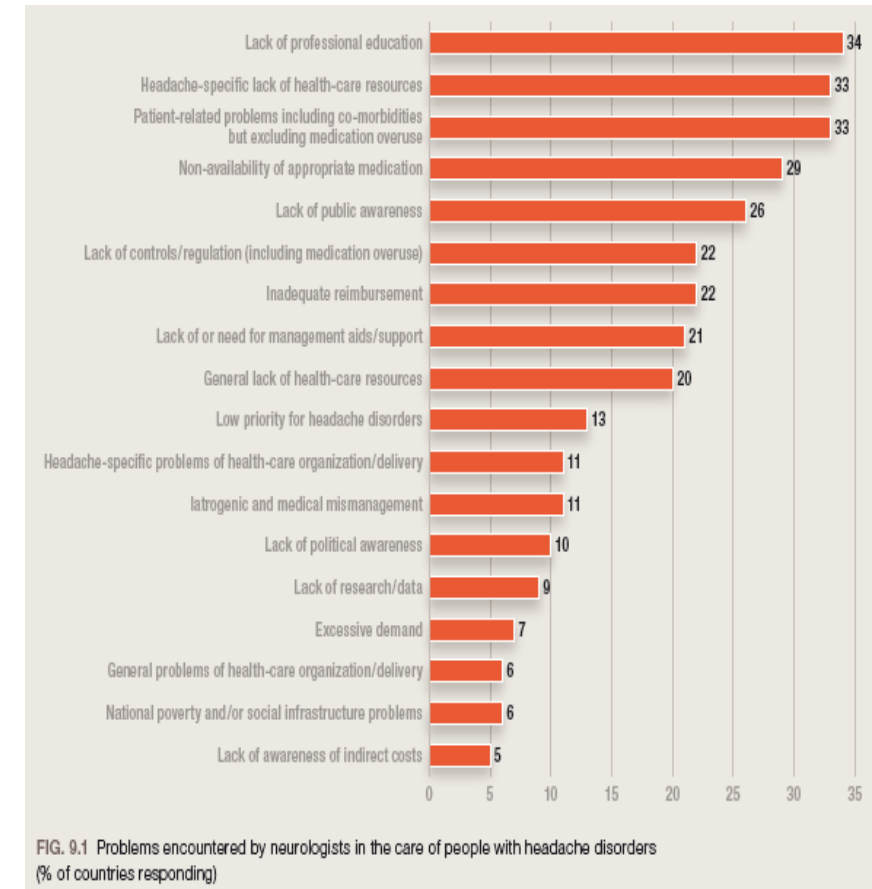
The Global Campaign against Headache

ATLAS

OF HEADACHE DISORDERS
AND RESOURCES IN THE
WORLD 2011



The Global Campaign is a response to global failures in health care for headache disorders. Its essential **purpose**, pursued through its many partnerships, is to **BRING BETTER HEALTH CARE TO PEOPLE WITH HEADACHE**, thereby reducing the burden of headache worldwide.





20th May 2006, 18.788 Women

Censuses 2011

10.562.178

MIGRAINE PREVALENCE

9.9% (PORTO, 1995)

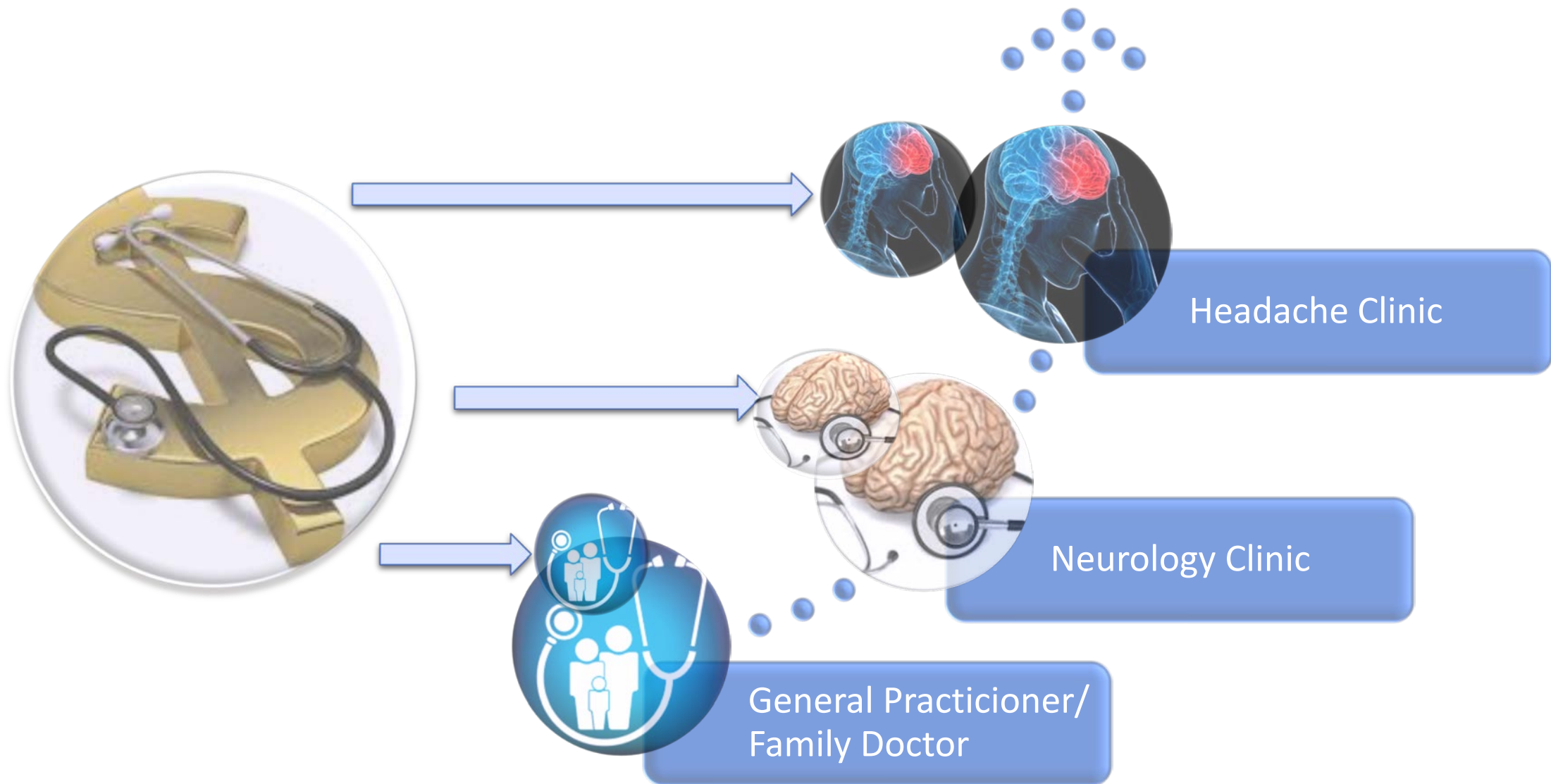
~1.000.000



★ **Porto** : CH Porto, CH São João
Metropolitan Area: CHDV, VN Gaia, Matosinhos

★ **Lisboa**: CHLN, CHLC, CHLO, HBA, HFF,
Metropolitan Area: HGO

★ **Porto**: H. Luz, CUF; **Lisboa**: H. Luz, CUF, Lusíadas



SNS SERVIÇO NACIONAL
DE SAÚDE



HOSPITAL DE
SANTAMARIA

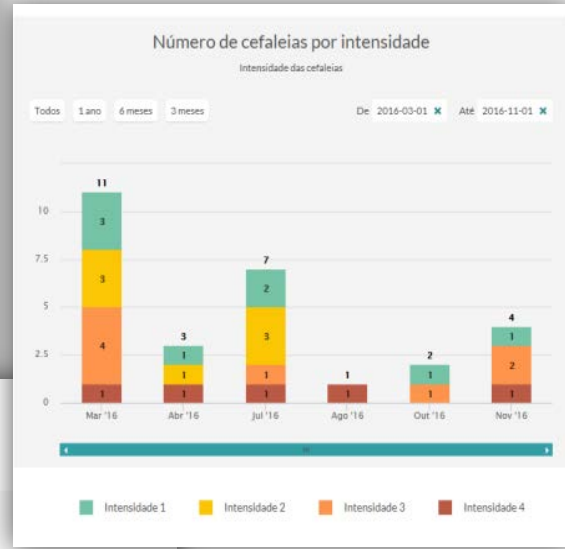
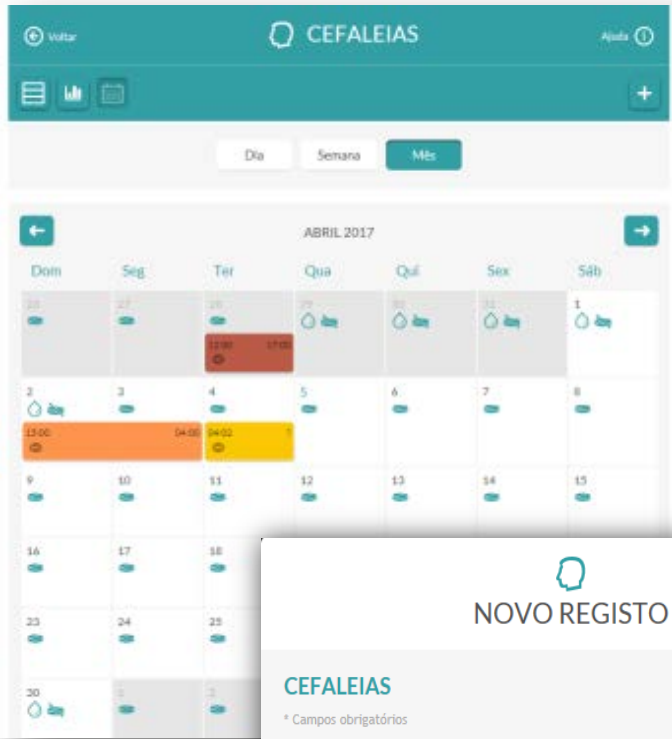
 HOSPITAL DA LUZ



**Headache Outpatient Clinic
1978**



**Headache Center
2012**



NOVO REGISTO

CEFALEIAS

* Campos obrigatórios

Data início * Hora início *

Data (AAAA-MM-DD) x Hora Minuto

Data fim Hora fim

Data (AAAA-MM-DD) x Hora Minuto

Intensidade

3

Dor muito forte, tenta trabalhar mas não consegue

Aura *

Não Sim

Terapêutica SOS

HOSPITAL DA LUZ





Esfera das Ideias® 2017



Maria Teresa Flor-de-Lima
(Chronic Pain Patients Association of Azores)



The first Association for Chronic Pain (as a disease) in Portugal and the second in Iberian Peninsula
(2005)

I have been working for the cause of **chronic pain** in the Autonomous Region of the Azores since **1997**

PORTUGAL is fighting PAIN since **2001** - National Program (updated in **2008**) (translated in IASP site)

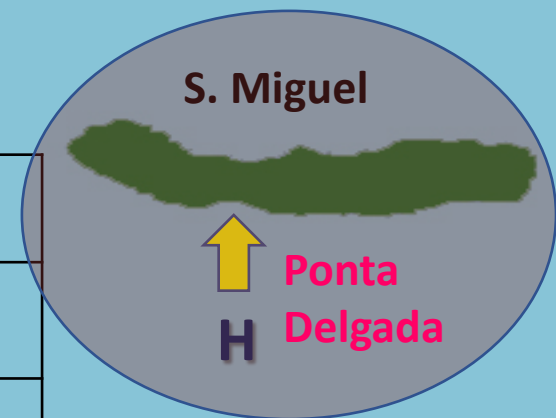
Azores has a Health System with autonomy and has a Regional Program since **2009** – ***Good Practice***
at national and international level

Azores Archipelago



246 102 habitantes:

S ^{ta} . Maria	S. Miguel	Terceira	Graciosa	S. Jorge	Pico	Faial	Flores	Corvo
5 547	137 699	56 062	4 393	8 998	14 144	15 038	3 791	430
2,3%	56,0%	22,8%	1,8%	3,7%	5,7%	6,1%	1,5%	0,2%



resultados preliminares do Censo 2011

Prevalence of Headache in General Practitioners in Azores

Prevalence of HEADACHE ?

Records in General Practitioner, Neurology Clinics,

Questionnaires

Regional Health System 2014

2 654 Questionnaires 20 to 74 years

	2005-2006	2014
HTA	23 %	28.3 %
Dor Crónica CHRONIC PAIN	13.7 %	23.6 %
D. Reumáticas	17.3 %	22.6 %
Osteoporose	7.7 %	10 %
Diabetes	9.3 %	9.9 % (14.6 %) *
Obesidade	52.5 %	36.5 % pré-obesos 27.5 % obesos
		* 9.2 % diagnosticados 5.1 % não diagnosticados

Regional Health System ...

2 654 Questionnaires 20 to 74 years

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Challenges and Opportunities in MIGRAINE

Neurologists



Pain Medicine Specialists

Other stakeholders

migraine ranked 3rd highest cause
of disability under 50 years



Headache Patients Associations