

MEETING ABSTRACT

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EHMTI-0168. Primary headache associated with sexual activity: fifteen new cases and therapeutic results

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Introduction

Primary headache associated with sexual activity (PHASA) is a rare benign headache disorder. To our knowledge, this is the first Chinese mainland fifteen cases.

Aims

To explore the clinical manifestations, diagnosis, treatment and prognostic features of PHASA.

Methods

Fifteen patients, 11 men, 4 women, from 26 to 56 years old (mean 42 ± 11), were prospectively analyzed over the past more than 7 years in our hospitals. The study was approved by our hospital Review Board and all of subjects have signed written informed consent.

Results

Their ages of onset were from 26 to 44 years old (mean 38 ± 7). For preemptive therapy, 8 patients had received indomethacin (25–50 mg, intake 30–60 min prior to sexual activity). 7 patients reported good results and one limited success of this treatment and 4 patients had received sumatriptan (50–100mg, intake 30–60 min prior to sexual activity). 2 patients reported good results and remaining 2 had no response. They received ibuprofen for preemptive therapy complete success. Prophylactic treatment with propranolol was given in 8 patients. The dose was 60 mg for propranolol. Six patients reported good results, two no success of propranolol prophylaxis. Other drug applied for prophylaxis was

nimodipine in 4 patients, two success and two without success.

Conclusions

The patient who is diagnosed with PHASA should firstly receive indomethacin, or other drugs, sumatriptan, ibuprofen, is used for preemptive therapy if she/he can not get relief and/or tolerate the adverse effects and should firstly receive propranolol, or other drug, nimodipine, is used for prophylaxis if she/he can not get relief and/or tolerate the adverse effects.

No conflict of interest.

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