

✿

• *

$$I/I : \quad // : \quad$$

Parameter	Mean	SD	95% CI	P-value
Baseline	1.2	0.5	0.2-2.2	0.154
12 weeks	1.5	0.6	0.3-2.7	0.154
24 weeks	1.8	0.7	0.4-3.2	0.154
36 weeks	2.1	0.8	0.5-3.7	0.154
48 weeks	2.4	0.9	0.6-4.2	0.154
60 weeks	2.7	1.0	0.7-5.0	0.154
72 weeks	3.0	1.1	0.8-6.2	0.154
84 weeks	3.3	1.2	0.9-7.5	0.154
96 weeks	3.6	1.3	1.0-8.8	0.154
108 weeks	3.9	1.4	1.1-10.1	0.154
120 weeks	4.2	1.5	1.2-11.4	0.154
132 weeks	4.5	1.6	1.3-12.7	0.154
144 weeks	4.8	1.7	1.4-14.0	0.154
156 weeks	5.1	1.8	1.5-15.3	0.154
168 weeks	5.4	1.9	1.6-16.6	0.154
180 weeks	5.7	2.0	1.7-17.9	0.154
192 weeks	6.0	2.1	1.8-19.2	0.154
204 weeks	6.3	2.2	1.9-20.5	0.154
216 weeks	6.6	2.3	2.0-21.8	0.154
228 weeks	6.9	2.4	2.1-23.1	0.154
240 weeks	7.2	2.5	2.2-24.4	0.154
252 weeks	7.5	2.6	2.3-25.7	0.154
264 weeks	7.8	2.7	2.4-27.0	0.154
276 weeks	8.1	2.8	2.5-28.3	0.154
288 weeks	8.4	2.9	2.6-29.6	0.154
300 weeks	8.7	3.0	2.7-30.9	0.154
312 weeks	9.0	3.1	2.8-32.2	0.154
324 weeks	9.3	3.2	2.9-33.5	0.154
336 weeks	9.6	3.3	3.0-34.8	0.154
348 weeks	9.9	3.4	3.1-36.1	0.154
360 weeks	10.2	3.5	3.2-37.4	0.154
372 weeks	10.5	3.6	3.3-38.7	0.154
384 weeks	10.8	3.7	3.4-40.0	0.154
396 weeks	11.1	3.8	3.5-41.3	0.154
408 weeks	11.4	3.9	3.6-42.6	0.154
420 weeks	11.7	4.0	3.7-43.9	0.154
432 weeks	12.0	4.1	3.8-45.2	0.154
444 weeks	12.3	4.2	4.0-46.5	0.154
456 weeks	12.6	4.3	4.1-47.8	0.154
468 weeks	12.9	4.4	4.2-49.1	0.154
480 weeks	13.2	4.5	4.3-50.4	0.154
492 weeks	13.5	4.6	4.4-51.7	0.154
504 weeks	13.8	4.7	4.5-53.0	0.154
516 weeks	14.1	4.8	4.6-54.3	0.154
528 weeks	14.4	4.9	4.7-55.6	0.154
540 weeks	14.7	5.0	4.8-56.9	0.154
552 weeks	15.0	5.1	4.9-58.2	0.154
564 weeks	15.3	5.2	5.0-59.5	0.154
576 weeks	15.6	5.3	5.1-60.8	0.154
588 weeks	15.9	5.4	5.2-62.1	0.154
600 weeks	16.2	5.5	5.3-63.4	0.154
612 weeks	16.5	5.6	5.4-64.7	0.154
624 weeks	16.8	5.7	5.5-66.0	0.154
636 weeks	17.1	5.8	5.6-67.3	0.154
648 weeks	17.4	5.9	5.7-68.6	0.154
660 weeks	17.7	6.0	5.8-69.9	0.154
672 weeks	18.0	6.1	5.9-71.2	0.154
684 weeks	18.3	6.2	6.0-72.5	0.154
696 weeks	18.6	6.3	6.1-73.8	0.154
708 weeks	18.9	6.4	6.2-75.1	0.154
720 weeks	19.2	6.5	6.3-76.4	0.154
732 weeks	19.5	6.6	6.4-77.7	0.154
744 weeks	19.8	6.7	6.5-79.0	0.154
756 weeks	20.1	6.8	6.6-80.3	0.154
768 weeks	20.4	6.9	6.7-81.6	0.154
780 weeks	20.7	7.0	6.8-82.9	0.154
792 weeks	21.0	7.1	6.9-84.2	0.154

1 1 - :

— :

%

.()

% /

() % /

) , , .
) (%
 ((. ()

- - -

- - - :

(-

- / - : .()

(

· ·

:

(PG E₂)

.()

-

/

· .()

-

-)

MIDAS · - .(

(Migraine disability assessment score)

(-) , (-) , (-) -

· ()

·

·

·

)

- - (

) · () "

·("

(International Headache Society)

·

:

((

(

-

91 / / /

()
) / ± /
 . / ± / ((p= /) (p= /)
 -
 (P= /) % / -
 % /
 (p = /)
 .() SPSS repeated measure ANOVA
 .(p = /)

()	()	()	()	MIDAS
(/)	(/)	(/)	(/)	
(/)	(/)	(/)	(/)	
(/)	(/)	(/)	(/)	
(/)	(/)	(/)	(/)	
()	()	()	()	

P				
/	/			() -
/	/			()

/)

/

.(P = /

.()

VAS

MIDAS

mg

:

()

)

mg

.()

(

VAS

/ ± /

(/ ± /

)

.(P= /)

) / ± /

(/ ± /

.(P = /)

.()

-
1. Boes CJ, Capobianco DJ, Ctrer FM, Dodick DW, Garza I, Swanson JW. Headache and other Craniofacial Pain. In: Bradley WG, Daroff RB, Fenichel GM, Jankovic J. Neurology in Clinical Practice. 5th Ed. Butterworth; Heinemann, 2008: 2026-2042.
 2. Simon RP, Aminoff MJ, Greenberg DA. Clinical Neurology. 4th ed. London; APPLETON & Lange, 1999:77-101.
 3. Harel Z, Gascon G, Riggs S, Vaz R, Brown W, Exil G. Supplementation With Omega-3 Polyunsaturated Fatty Acids In The Management of Recurrent Migraines In Adolescents. Journal of Adolescent Health 2002;31: 154-161.
 4. Pradalier A, Bakouche P, Baudesson G, Delage A, Cornaille-Lafage G, Launay JM, Biason P. Failure of Omega-3 Polyunsaturated Fatty Acids In Prevention Of Migraine: A Double-Blind Study Versus Placebo. Cephalalgia 2001; 21(8):818-22.
 5. Saadatnia M, Basiri K, Sohelipour M, Shaygannejad V, Ghorbani A. Comparison Of The Effects Of Sodium Valporate Supplementation With Fish Oil And Sodium Valporate Alone In Migraine Prevention. Journal of Neurology 2008;255:231.
 6. Sener A, Ozsavci D, Oba R, Demirel GY, Uras F, Yardimci KT. Do Platelet Apoptosis, Activation, Aggregation, Lipid Peroxidation And Platelet-Leukocyte Aggregate Formation Occur Simultaneously In Hyperlipidemia?. Clinical Biochemistry 2005; 38:1081-1087.

Assessment the Effectiveness of Omega 3 on Migraine Headache Severity

*Saber A. (MD)¹ - Esmaeilzadeh K. (MD)¹ - Ghayeghran A.R. (MD)¹ - Heidarzadeh A.(MPh)²
*Corresponding Address: Poursina Hospital, Guilan University of Medical Sciences, Rasht, IRAN
E-mail: a_saberi@gums.ac.ir

Received: 6/Oct/2009 Accepted: 20/Jan/2010

Abstract

Introduction: One of the mechanisms of migraine pain is neurogenic inflammation causing by induction of prostaglandins (PGs) and leukotrienes(LTs), it seems that polyunsaturated fatty acid omega 3 have anti-inflammatory and so analgesic effect by modifying their production.

Objective: Determine the effect of omega-3 on the severity of migraine headache.

Materials and Methods: In this randomized double blind clinical trial study, 198 patients who suffered from migraine and referred to the clinic of neurology in poursina hospital in Rasht, were selected from January to September 2009 according to IHS criteria. They divided to two groups: 2 pearls of omega3 (2gr) were given to case group (97 patients) and 2 pearls of glycerol were given to control group for 3 months. Headache severity was graded according to MIDAS before and after treatment .The analysis was performed in each group by sign test. Comparing the changes of headache severity were assessed by repeated measure ANOVA variance were analyzed by SPSS 15.

Results: 97 patients in case group (27 male & 70 female) with mean age of 26.51 ± 7.01 years and 99 patients in control group (28 male & 71 female) with mean age of 24.85 ± 6.21 years participated in this study. This 2groups were adjusted for age ($P=0.081$) and sex ($P=1.000$). The reduction in headache severity in case group was 35.1% that was statistically significant ($P=0.001$) and in control group; 20.2% that wasn't statistically significant ($P=0.154$).The changes in headache severity had statistically significant difference in these 2 groups. ($P=0.048$)

Conclusion: Omega 3 is effective on reduction of migraine headache severity.

Key word: Headache/Migraine/ Omega 3

Journal of Guilan University of Medical Sciences, No: 73, Pages: 90-96