

8th World Congress on TOXICOLOGY AND PHARMACOLOGY

April 13-15, 2017 Dubai, UAE

Environmental trigger factors associated with migraine in the population of Jammu region of J&K State (India)

Parvinder Kumar

University of Jammu, India

Migraine is an episodic neurovascular disorder that is associated with significant unilateral head pain, non-productivity at workplace and reduced quality of life. Its cause is both genetic and environmental; therefore, it is regarded as a multifactorial neurological disorder, which involves an interaction of genetic and environmental risk factors for its development. Migraine can be triggered by a number of extrinsic and intrinsic factors such as stress, fasting, sleep disturbances, bright lights etc. The present study has been taken up to evaluate the different factors that trigger migraine in the population of Jammu region of J&K State. A total of 102 migraine patients were enrolled for the investigation of different migraine triggers. Noise, stress, physical exhaustion (tiredness), travelling, sleep disturbances, change of weather, fasting, odours and pollution were the leading migraine triggers found in the present study. In migraine management, trigger factors are crucial because their avoidance may result in a better control of the disease.

Biography

Parvinder Kumar is working as a Senior Assistant Professor in the Department of Zoology. In addition to this, he is associated with Human Genetic Research cum Counselling Centre since its inception. He is involved in the research and diagnosis of human genetic diseases. He has 32 publications and two awards.

parvinderkb2003@yahoo.co.in

Notes: