



## BÖLÜM 24

### HAMİLELİK VE EMZİRME DÖNEMİNDE BAŞAĞRILARI VE TEDAVİ YAKLAŞIMI

*Nazlı Gamze BÜLBÜL<sup>1</sup>*

#### GİRİŞ

Yaygın ve tekrarlayan baş ağrıları, doğurganlık çağındaki kadınlarda çok sık ortaya çıkmaktadır (1). Gebelik ve baş ağrısı birlikteliği klinisyenlerin sık sık karşılaştığı bir durumdur. Hamilelik süresince hem benign, hem de sekonder patolojik baş ağrılarının sıklığı ve şiddeti artmaktadır. Hamilelik ve post-partum dönemde sekonder baş ağrılarının daha sık görülmesi nedeniyle, bu dönemlerde görülen baş ağrılarının doğru tanı ve tedavisi oldukça önem taşımaktadır (1,2). Migren ve gerilim tipi baş ağrısı (GTBA) gibi primer baş ağrıları gebeliğin son dönemlerinde sıklıkla hafiflerken, yeni bir primer baş ağrısı ortaya çıkması, ya da vasküler, enfeksiyöz ya da intrakranial patolojilere sekonder baş ağrılarının ortaya çıkması da mümkündür. Hem tanısalları hem de tedavi seçeneklerini düşünürken, annede gelişebilecek etki ve yan etkilerin yanı sıra, fetal etki ve yan etkileri düşünmek ve seçim yapmak bu bağlamda önem taşımaktadır (1). Uluslararası Baş Ağrısı Derneği (IHS) sınıflamasına göre baş ağrıları 1) primer baş ağrıları, 2) sekonder baş ağrıları, 3) ağrılı kranial nöropatiler, fasiyal ağrılar ve diğer baş ağrıları olarak sınıflandırılmıştır (3).

<sup>1</sup> Uzm. Dr.,SBÜ Sultan Abdülhamid Han EAH Nöroloji Kliniği, nzl.gmzb@gmail.com



## SONUÇ

Gebelik ve emzirme döneminde baş ağrısı, klinisyenlerin sık sık karşılaştığı bir durumdur. Öncelikle baş ağrısının primer ya da sekonder olup olmadığının titizlikle ayırt edilmesi, hastaya doğru teşhis konularak en uygun tedavinin mümkün olan en uygun zamanda verilmesi bakımından önem taşımaktadır.

## KAYNAKLAR

1. Marcus DA. Managing headache during pregnancy and lactation. *Expert Rev. Neurotherapeutics* 2008; 8 (3): 385-395.
2. Robbins MS. Headache and Pregnancy. *Continuum (Minneapolis)*. 2018;24(4):1092-1107.
3. Headache Classification Committee of the International Headache Society (IHS). The International Classification of Headache Disorders, 3rd ed. *Cephalalgia* 2013; 33(9):629-808.
4. Chen TC, Leviton A. Headache recurrences in pregnant women with migraine. *Headache* 1994; (34): 107-110.
5. Melhado EM, Maciel JA, Guerreiro CM. Headache during gestation: evaluation of 1101 women. *Can. J. Neurol. Sci* 2007; (34): 187-192.
6. Calhoun AH. Migraine Treatment in Pregnancy and Lactation. *Curr Pain Headache Rep* 2017;21 (11):46.
7. Cupini LM, Matteis M, Troisi E, et al. Sex-hormone-related events in migrainous females. A clinical comparative study between migraine with aura and migraine without aura. *Cephalalgia* 1995;12(2):140-144.
8. Amundsen S, Øvrebø TG, Amble NM, et al. Use of antimigraine medications and information needs during pregnancy and breastfeeding: a cross-sectional study among 401 Norwegian women. *Eur J Clin Pharmacol* 2016;72(12):1525–1535.
9. Granella F, Sances G, Pucci E, et al. Migraine with aura and reproductive life events: a case control study. *Cephalalgia* 2000;20(8):701–707.
10. Olesen J, Goadsby PJ, Ramadan NM, et al.,(2006). *The Headaches*. 3rd ed. Philadelphia: Williams & Wilkins.
11. Macgregor EA. Headache in pregnancy. *Continuum (Minneapolis)* 2014;20 (1 Neurology of Pregnancy):128–147.
12. Rasmussen BK. Migraine and tension-type headache in a general population: precipitating factors, female hormones, sleep pattern and relation to lifestyle. *Pain* 1993;53(1):65–72.
13. Marcus DA, Scharff L, Turk DC. Nonpharmacological management of headaches during pregnancy. *Psychosom Med* 1995;57(6):527–535.
14. Yılmaz E, Çevik IU. Headache in challenging and special circumstances: Pregnancy and lactation. *Agri* 2018;30(4):153-164.
15. Nezvalová-Henriksen K, Spigset O, Nordeng H. Maternal characteristics and migraine pharmacotherapy during pregnancy: cross-sectional analysis of data from a large cohort study. *Cephalalgia* 2009;29(12):1267–1276.
16. Brandlistuen RE, Ystrom E, Nulman I, et al. Prenatal paracetamol exposure and child neurodevelopment: a sibling-controlled cohort study. *Int J Epidemiol* 2013;42(6):1702–



- 1713.
17. Liew Z, Ritz B, Rebordosa C, et al. Acetaminophen use during pregnancy, behavioral problems, and hyperkinetic disorders. *JAMA Pediatr* 2014;168(4):313–320.
  18. Thompson JM, Waldie KE, Wall CR, et al; ABC study group. Associations between acetaminophen use during pregnancy and ADHD symptoms measured at ages 7 and 11 years. *PLoS One* 2014;9(9):e108210.
  19. Amundsen S, Nordeng H, Nezvalová-Henriksen K, et al. Pharmacological treatment of migraine during pregnancy and breastfeeding. *Nat Rev Neurol* 2015;11(4):209–219.
  20. Bitzén PO, Gustafsson B, Jostell KG, et al. Excretion of paracetamol in human breast milk. *Eur J Clin Pharmacol* 1981;20(2):123–125.
  21. Davanzo R, Bua J, Paloni G, et al. Breastfeeding and migraine drugs. *Eur J Clin Pharmacol* 2014;70(11):1313–1324.
  22. Worthington I, Pringsheim T, Gawel MJ, et al. Canadian Headache Society Acute Migraine Treatment Guideline Development Group. Canadian Headache Society Guideline: acute drug therapy for migraine headache. *Can J Neurol Sci* 2013;40(5 Suppl 3):S1–S80.
  23. Koren G, Florescu A, Costei AM, et al. Nonsteroidal antiinflammatory drugs during third trimester and the risk of premature closure of the ductus arteriosus: a meta-analysis. *Ann Pharmacother* 2006;40(5):824–829.
  24. Reese J, Paria BC, Brown N, et al. Coordinated regulation of fetal and maternal prostaglandins directs successful birth and postnatal adaptation in the mouse. *Proc Natl Acad Sci U S A* 2000;97(17):9759–9764.
  25. Hernandez RK, Werler MM, Romitti P, et al. National Birth Defects Prevention Study. Nonsteroidal antiinflammatory drug use among women and the risk of birth defects. *Am J Obstet Gynecol* 2012;206(3):228.e1–8.
  26. Nakhai-Pour HR, Broy P, Sheehy O, et al. Use of nonaspirin nonsteroidal anti-inflammatory drugs during pregnancy and the risk of spontaneous abortion. *CMAJ* 2011;183(15):1713–1720.
  27. Norton ME, Merrill J, Cooper BA, et al. Neonatal complications after the administration of indomethacin for preterm labor. *N Engl J Med* 1993;329(22):1602–1607.
  28. Tyler CP, Paneth N, Allred EN, et al. ELGAN Study Investigators. Brain damage in preterm newborns and maternal medication: the ELGAN Study. *Am J Obstet Gynecol* 2012;207(3):192.e1–9.
  29. Benini D, Fanos V, Cuzzolin L, et al. In utero exposure to nonsteroidal anti-inflammatory drugs: neonatal renal failure. *Pediatr Nephrol* 2004;19(2):232–234.
  30. Alano MA, Ngougma E, Ostrea EM Jr, et al. Analysis of nonsteroidal antiinflammatory drugs in meconium and its relation to persistent pulmonary hypertension of the newborn. *Pediatrics* 2001;107(3):519–523.
  31. Cassina M, Di Gianantonio E, Toldo I, et al. Migraine therapy during pregnancy and lactation. *Expert Opin Drug Saf* 2010;9(6):937–948.
  32. Gupta S, Hanff LM, Visser W, et al. Functional reactivity of 5-HT receptors in human umbilical cord and maternal subcutaneous fat arteries after normotensive or pre-eclamptic pregnancy. *J Hypertens* 2006;24(7):1345–53.
  33. Soldin OP, Dahlin J, O'Mara DM. Triptans in pregnancy. *Ther Drug Monit* 2008;30(1):5–9.
  34. Hale TW (2006). *Medications and Mothers' Milk*. 12th ed. Hale Publishing.
  35. Pasternak B, Svanström H, Mølgaard-Nielsen D, et al. Metoclopramide in pregnancy and risk of major congenital malformations and fetal death. *JAMA* 2013;310(15):1601–11.
  36. Kathryn K Collins, Judith M Sondheimer. Domperidone-induced QT prolongation: add



- another drug to the list. *J Pediatr* (2008);153(5):596-598.
37. Shannon ME, Malecha SE, Cha AJ. Beta blockers and lactation: an update. *J Hum Lact* 2000;16(3):240–245.
  38. Evers S, Afra J, Frese A, et al. European Federation of Neurological Societies. EFNS guideline on the drug treatment of migraine-revised report of an EFNS task force. *Eur J Neurol* 2009;16(9):968–981.
  39. Mines D, Tennis P, Curkendall SM, et al. Topiramate use in pregnancy and the birth prevalence of oral clefts. *Pharmacoepidemiol Drug Saf* 201;23(10):1017–1025.
  40. Banach R, Boskovic R, Einarson T, et al. Long-term developmental outcome of children of women with epilepsy, unexposed or exposed prenatally to antiepileptic drugs: a meta-analysis of cohort studies. *Drug Saf* 2010;33(1):73–79.
  41. Hägg S, Spigset O. Anticonvulsant use during lactation. *Drug Saf* 2000;22(6):425–440.
  42. Pringsheim T, Davenport W, Mackie G, et al. Canadian Headache Society Prophylactic Guidelines Development Group. Canadian Headache Society guideline for migraine prophylaxis. *Can J Neurol Sci* 2012;39(2):S1–59.
  43. Bullo M, Tschumi S, Bucher BS, et al. Pregnancy outcome following exposure to angiotensin-converting enzyme inhibitors or angiotensin receptor antagonists: a systematic review. *Hypertension* 2012;60(2):444–450.
  44. Walfisch A, Al-maawali A, Moretti ME, et al. Teratogenicity of angiotensin converting enzyme inhibitors or receptor blockers. *J Obstet Gynaecol*. 2011;31(6):465-472.
  45. Tan M, Kim E, Koren G, et al. Botulinum toxin type A in pregnancy. *Can Fam Physician* 2013;59(11):1183–1184.
  46. Yamasaki M. Magnesium and pregnancy. [Article in Japanese]. *Clin Calcium* 2012;22(8):1205–1210.
  47. Demirkaya S, Vural O, Dora B, et al. Efficacy of intravenous magnesium sulfate in the treatment of acute migraine attacks. *Headache* 2001;41(2):171–177.
  48. Blumenfeld A, Ashkenazi A, Napchan U, et al. Expert consensus recommendations for the performance of peripheral nerve blocks for headaches—a narrative review. *Headache* 2013;53(3):437–446.
  49. Nau H. Clinical pharmacokinetics in pregnancy and perinatology. I. Placental transfer and fetal side effects of local anaesthetic agents. *Dev Pharmacol Ther* 1985;8(3):149–181.
  50. Govindappagari S, Grossman TB, Dayal AK, et al. Peripheral nerve blocks in the treatment of migraine in pregnancy. *Obstet Gynecol* 2014;124(6):1169–1174.
  51. Bendtsen L, Evers S, Linde M, et al. EFNS guideline on the treatment of tension-type headache - report of an EFNS task force. *Eur J Neurol* 2010;17(11):1318–1325.
  52. Jürgens TP, Schaefer C, May A. Treatment of cluster headache in pregnancy and lactation. *Cephalalgia* 2009;29(4):391–400.
  53. Robbins MS, Farmakidis C, Dayal AK, et al. Acute headache diagnosis in pregnant women: a hospital-based study. *Neurology* 2015; 85 (12): 1024-1030.
  54. Burch R. Headache in Pregnancy and Puerperium. *Neurol Clin* 2019 (37): 31-51.