

PS2.225

The effect of specific foods in the reduction of frequency and/or severity of migraine attacks - an evidence based research

Érica Rocha(1), A Pacheco(1), A Domingues(1), RS Raimundo Ribeiro(2)

(1) AlphaMouro Health Centre, ACES Sintra, Portugal

(2) USF Forte - ACES Estuário do Tejo, Portugal

Corresponding author: Dr Érica Roacha, USF Alphamouro, ACeS Sintra, Rio de Mouro, Portugal. E-mail: erica_rocha_3@hotmail.com

Background and Aim: Migraine is a common and potentially debilitating disorder that often fills consultations in primary care. The literature recommends identification and avoidance of precipitating factors - triggers, including dietary modifications. Our purpose with this research is to verify the evidence of specific foods in the reduction of frequency and/or severity of migraine attacks compared to a no restriction diet.

Methods: We searched for meta-analysis, reviews (R), clinical practice guidelines, clinical trials, randomized controlled trials (RCT), observational studies, cross-sectional studies (CSS) published between January 2010 and 2016 in Portuguese, English, Catalan and French, through Medline, National Guideline Clearinghouse, Canadian Medical Association Practice Guidelines, Cochrane Library and Trip Database, using the MeSH terms "migraine" and "diet". To rate levels of evidence and recommendation strength we applied the Strength of Recommendation Taxonomy.

Results: We found 344 articles, from those 21 met the inclusion criteria by title, and 12 by full reading- 4 R, 1 evidence-based review, 5 CSS and 2 RCT. The results from both RCT suggest that low lipid diet significantly reduces migraine attacks. Two CSS aimed to identify migraine dietary triggers; most of the inquired patients reported susceptibility to specific foods, but with great variation from patient to patient. The other 3 CSS were design to identify significant associations between dietary patterns and migraine but reached diverging findings. The reviews supported low lipid diet and consistent daily caffeine intake to prevent migraine and the multiplicity and personal variability of dietary triggers.

Conclusions: Evidence tell us that a low lipid diet prevents migraine attacks and reduces its severity, although it is not clear if the benefits are due to a specific food diet or the consequent weight loss. There is also evidence to recommend avoidance of caffeine withdrawal or high consumption. The data on particular potential triggers is still controversial.