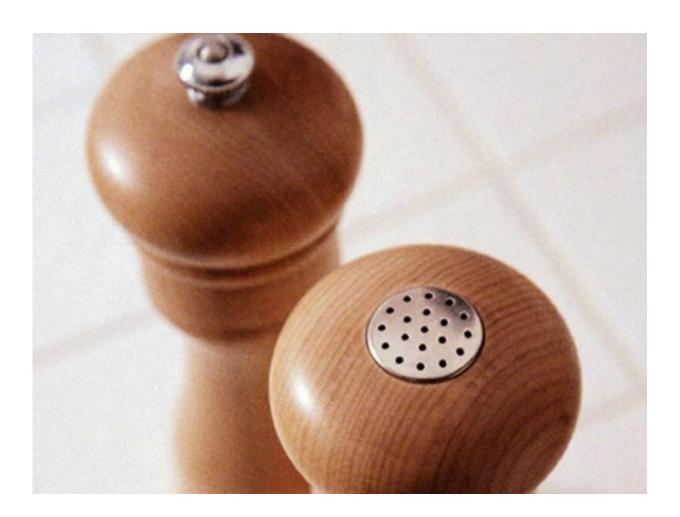


## Higher sodium intake may be tied to worse migraine outcomes

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(HealthDay)—A higher 24-hour urine sodium level is positively



associated with worse migraine headache outcomes, according to a study published online Aug. 11 in the *British Journal of Nutrition*.

Arman Arab, from the Isfahan University of Medical Sciences in Iran, and colleagues examined the relationship between 24-hour <u>urine sodium</u> and potassium intakes and clinical findings of migraine among 262 participants (mean age, 36.1 years; mean body mass index, 25.6 kg/m<sup>2</sup>).

The researchers found that in an adjusted analysis, 24-hour urine sodium was positively associated with a longer headache duration ( $\beta$  = 0.29) in the group with the highest urine sodium levels versus those with the lowest levels. When the 24-hour urine sodium level increased from the first to the third tertile, an increase of 13.05 in the Migraine Headache Index Score (MHIS;  $\beta$  = 13.05) was seen when adjusting for potential confounders.

"The present findings suggest that a higher 24-hour urine sodium level is positively associated with a longer duration of <u>migraine</u> headaches and a higher MHIS," the authors write. "These findings, however, do not specify a cause-and-effect <u>relationship</u>, and there is a need for further research in this area to understand whether reduction of sodium intake can improve these symptoms and also to discover the mechanisms that mediate this association."

**More information:** <u>Abstract/Full Text (subscription or payment may be required)</u>

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