High-quality diet tied to lower migraine frequency, severity

September 9 2021

(HealthDay)—A high-quality diet is associated with lower migraine

severity and frequency, according to a study published online Aug. 11 in *Nutritional Neuroscience*.

Hande Bakirhan, from Istanbul Medipol University in Turkey, and colleagues examined the correlation between diet quality and dietary patterns (Mediterranean or Dietary Approaches to Stop Hypertension [DASH]) and migraine attributes. The analysis included adults diagnosed with episodic migraine at an outpatient headache clinic.

The researchers found that a low Mediterranean Diet Adherence Screener score was associated with more severe disability and more severe and frequent attacks. There was a significant negative correlation observed between Mediterranean Diet Adherence Screener score and attack severity. Similarly, participants with a low DASH compliance scale score had more severe and frequent attacks, and there was a significant negative correlation between attack severity and DASH compliance scale scores. Lastly, individuals with poor diet quality had more severe migraine attacks and there was a significant negative correlation observed between diet quality total score and attack severity.

"The association between having a good diet quality and milder clinical signs of migraine emphasizes the significance of diet quality in the medical nutritional treatment of migraine," the authors write.

More information: Abstract/Full Text (subscription or payment may be required)

Citation: High-quality diet tied to lower migraine frequency, severity (2021, September 9) retrieved 4 May 2024 from
https://medicalxpress.com/news/2021-09-high-quality-diet-tied-migraine-frequency.html