

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 [urine sodium](#) and potassium intakes and clinical findings of migraine among 262 participants (mean age, 36.1 years; mean body mass index, 25.6 kg/m²).

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 [migraine](#) headaches and a higher MHIS," the authors write. "These findings, however, do not specify a cause-and-effect [relationship](#), 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: [Abstract/Full Text \(subscription or payment may be required\)](#)

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