Headache & LONG COVID

Long COVID-19 can lead to:
- Onset of migraine disease or headache disorders
- Worsening of existing headache disorders

About 1 in 5 people with long COVID report headache. It occurs most often in middle-aged women.

Long-COVID headache can be:
- Migraine with aura
- Chronic migraine
- Tension headache

Long-COVID headache may accompany:
- Fatigue
- Cognitive disfunction
- Sleep disturbances
- Ongoing loss of smell

Long COVID:
The persistence of symptoms for weeks or months after COVID-19 recovery.

Why? Headache may stem from COVID-19’s persistent activation of the immune system. The exact cause of long-COVID headache is still unclear.

Treatment
Patients experiencing long COVID should be screened for headache.
Long-COVID headache requires tailored, multidisciplinary treatment. Continued research and training are also critical.

Sources: Practical Neurology, J Headache Pain