Women who are prone to migraines also more likely to suffer heart problems

**Experts examined data on more than 110,000 nurses taking part in the American Nurses’ Health Study**

**By AOIFE BANNON**

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**WOMEN who are prone to painful migraines are also more likely to suffer from heart problems.**

Experts examined data on more than 110,000 nurses taking part in the American Nurses’ Health Study.

Of these almost 18,000 were reported to suffer migraines when they were initially examined.

Over 20 years of follow-up, experts noted 1,329 major cardiovascular disease events and 223 women died from cardiovascular disease.

The team of researchers from Germany and the US found those who reported migraine problems had a 50 per cent increased risk of cardiovascular diseases such as heart attacks and strokes compared to those who didn’t suffer from migraines.

They were also found to be more likely to die from these conditions.

The researchers reckon this finding suggests women who suffer from migraines should also be assessed for their risk of heart problems.

They reported: “Analysis of data from a large prospective cohort study in women show migraine is associated with any cardiovascular disease, including coronary events and cardiovascular mortality.

“These results further add to the evidence that migraine should be considered an important risk marker for cardiovascular disease, at least in women.”

Migraines are more common in women than men.

The condition, usually a severe headache felt as a throbbing pain at the front or side of the head, affects around one in every five women and one in every 15 men.

The study also showed that statins and Vitamin D — the sunshine vitamin — could stop migraines happening.

While migraine has been previously linked with strokes, few studies have shown an association of migraine with cardiovascular diseases and mortality.