

SHOULD MAGNESIUM BE GIVEN TO EVERY MIGRAINEUR: NO

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Migraine is one of the commonest neurological disorders affecting young people, causing high disability in the active population, which has an enormous socio-economic impact.

Despite intensive research the pathomechanism of migraine is not fully understood and complete therapy remains to be achieved. Several experimental studies implicated the importance of magnesium ion in the pathophysiology of this condition.

Magnesium has been also used for both prophylactic and acute therapy in migraine; however we lack sufficient studies to prove the exact efficacy.

The data available suggest that magnesium has a potential role in the prophylaxis but the results in acute therapy are far less convincing.

With a good side effect profile magnesium is a relatively safe drug with a possible beneficial effect in the prophylaxis of migraine headache and it may have its niche in the treatment of migraine patients. Based on our current medical evidence this drug is definitely not to be used by every migraineur.