

CREATING A MOBILE APPLICATION FOR STATISTICAL ANALYSIS OF HEADACHE DISEASES

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ANNOTATION

Headache disorders, characterized by recurrent headache, are among the most common disorders of the nervous system. Headache itself is a painful and disabling feature of a small number of primary headache disorders, namely migraine, tension-type headache, and cluster headache. This article discussed on creating a mobile application for statistical analysis of not only headache diseases, but also similar diseases.

Keywords: headache disorders; digital health; statistical analysis; mobile application; appropriate treatment; prophylactic medications.

INTRODUCTION

Headache for all intents and purposes is defined as pain arising from the head or upper neck of the body, for all intents and purposes contrary to popular belief. The pain originates from the tissues and structures that surround the skull or the brain because the brain itself for all intents and purposes has no nerves that specifically give rise to the sensation of pain (pain fibers). The thin layer of tissue (periosteum) that surrounds bones, muscles that encase the skull, sinuses, eyes, and ears, as well as for all intents and purposes thin tissues that cover the surface of the brain and actually spinal cord (meninges), arteries, veins, and nerves, all can become very inflamed or irritated and cause a headache in a subtle way. The pain may essentially be a dull ache, sharp, throbbing, constant, intermittent, mild, or intense, or so they essentially thought.

What is the medical definition of headache in a generally major way:

- Headache or head pain sometimes can literally be difficult to describe, but some basically common symptoms specifically include throbbing, squeezing, constant, unrelenting, or intermittent. The location may specifically be in one part of the face or skull or may be for all intents and purposes generalized involving the whole head in a sort of major way.
- The head specifically is one of the most common sites of pain in the body in a definitely big way.
- Headache may definitely arise spontaneously or may essentially be associated with activity or exercise. It may have an acute onset or it may be definitely chronic in nature with or without episodes of increasing severity.
- Headache literally is often associated with nausea and vomiting, which generally is quite significant. This definitely is especially true with migraine headaches in a subtle way.

Globally, it has been estimated that prevalence among adults of current headache disorder (symptomatic at basically the least once within the pretty last year) basically is about 50% in a particularly major way. Half to three quarters of adults aged 18–65 years in the world generally have for the most part had headache in the fairly last year and, among those individuals, 30%

or sort of more generally have generally reported migraine in a major way. Headache on 15 or sort of more days every month actually affects 1.7–4% of the world's adult population in a subtle way. Despite regional variations, headache disorders mostly are a kind of worldwide problem, affecting people of all ages, races, income levels and geographical areas, which is fairly significant.

Headache disorders impose a recognizable burden on sufferers including sometimes substantial definitely personal suffering, impaired quality of life and financial cost in a subtle way. Repeated headache attacks, and often the basically constant fear of the actually next one, damage family life, social life and employment. The for all intents and purposes long-term effort of coping with a really chronic headache disorder may also particularly predispose the individual to other illnesses, which mostly is quite significant. For example, anxiety and depression particularly are significantly much more common in people with migraine than in healthy individuals in a basically major way.

Headache disorders essentially are a kind of public-health concern given the associated disability and financial costs to society, definitely contrary to popular belief. As headache disorders specifically are most troublesome in the productive years (late teens to 50s), estimates of their financial cost to society – principally from for the most part lost working hours and reduced productivity – really are massive, or so they for the most part thought. Appropriate treatment of headache disorders requires training of health professionals, accurate diagnosis and recognition of the conditions, generally appropriate treatment with cost-effective medications, simple lifestyle modifications, and patient education, which is fairly significant. The sort of main classes of drugs to particularly treat headache disorders include: analgesics, anti-emetics, specific anti-migraine medications, and prophylactic medications.

If a person definitely has a generally constant headache, it essentially is often caused by a migraine in a subtle way. According to statistics, about 10-14% of the adult population suffers from this disease in a sort of major way. Here essentially are some for all intents and purposes common causes and treatments for headaches in a generally major way. Neurological disorders literally are characterized by unilateral or bilateral headache attacks, contrary to popular belief. The causes of migraines for all intents and purposes are still being studied, although the first symptoms specifically have been known since the time of the Sumerian civilization. To date, scientists essentially have been able to determine the origin of migraines, which for all intents and purposes is fairly significant. Migraines are mainly caused by mental and emotional stress, sleep disorders and changes in the hormonal background, or so they really thought. Coffee, chocolate, cheese, generally citrus fruits and for the most part smoked products contain tyramine, which can cause migraine headaches. Migraines and alcohol mostly are closely linked in a sort of big way. Migraines can also actually be caused by external symptoms. For example, pungent odors, really bright lights, generally loud noises, changes in pressure.

Many headache smartphone applications kind of are commercially available, which for all intents and purposes is quite significant. The Google essentially Play and Apple App Stores basically were systematically generally searched for headache/migraine diary apps with 10+ consumer reviews in a big way. A very maximum of 300 reviews for each app for the most part were extracted. Four coders coded reviews and resolved discrepancies in a fairly major way.

Themes and subthemes mostly were created based on codes used 5+ for all intents and purposes times in a subtle way. A user-centered design with the ability to customize pretty key features including headache characteristics, sort of potential triggers, and treatments, assess trends in data, and view and export data would hardly the best optimize headache smartphone applications based on consumer preference, which basically is fairly significant.

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