

## Food intolerance in migraine

V. Pizza, M. Mainenti\*, S. Iannuzzi, A. Agresta, D. Cassano, C. Colucci d'Amato°, A. Capasso§

Neurophysiopatology Service, \*Endocrinology Service, ASL SA/3; °Neurosciences Department, Second University of Naples, §Department of Pharmacy, University of Salerno, Italy.

Several factors can trigger migraine; among them, dietary factors play a very important role in the onset of migraine attacks. The aim of our study was to evaluate the incidence of food intolerances in a group of migraineurs, by using the Cytotoxic test.

30 consecutive patients suffering from migraine and coming to the Headache Center of S.Luca Hospital, Vallo della Lucania (SA) were examined. 23 were women, whose mean age was 28.2 years, range 13-47 years, 7 were men, whose mean age was 39.33 years, range 28-62 years. The Cytotoxic test is capable of identifying the presence of specific food intolerances by observing the appearance, the size, the shape or the integrity of leukocytes exposed to extracted food antigens or other materials derived from specific foods.

We found that: 12 women (52.17 %) and 3 men (42.85 %) were intolerant to tyramine. 3 women (13.05 %) and no man (0 %) were intolerant to milk 4 women (17.39 %) and 1 man (14.28 %) were intolerant to yeast. 4 women (17.39 %) and 1 man (14.28 %) were intolerant to Solanaceae. 5 women (21.74 %) and no man were (0 %) intolerant to coffee. 5 women (21.74 %) and no man (0 %) were intolerant to cocoa. 2 women (8.69 %) and no man (0 %) were intolerant to tea. 1 woman (4.35 %) and 1 man (14.28 %) were intolerant eggs. 1 woman (4.35%) and no man (0 %) were intolerant to pork. 1 woman (4.35 %) and no man were intolerant to sugar.

Our study showed a high incidence of food intolerance in migraineurs (in women more than in men). The dietary factors which gave more significant results were tyramine, yeast, solanaceae, coffee and cocoa. These results are in agree with those of other studies found in literature, proposing tyramine, coffee and cocoa as very important migraine-precipitating factors. Besides, there are few evidences about the comorbidity between migraine and intolerance to solanaceae. For this reason, further studies are requested to confirm this hypothesis.