

Commonness of the major neurological issues in a semi-metropolitan local area in northern Benin

Thierry Adoukonou

University of Parakou, Benin

Background

Neurological disorders are some of the most disabling diseases. Epidemiological data on their incidence in Benin are scarce.

Objective

The prevalence of major neurological diseases among people older than 15 years was investigated in Titirou.

Methods

It was a cross-sectional study and door-to-door survey which took place from June 10 to August 30, 2014, in the district of Titirou and included 1094 persons. The diagnosis of migraine, tension-type headaches, epilepsy, peripheral neuropathies, stroke, parkinsonism, Parkinson's disease and dementia were conducted using a validated screening questionnaire, neurological examination and standard diagnostics criteria.

Results

They were aged from 16 to 85 with a mean age of 29.8 \pm 12.9 years. Forty five percent (492/1094) were males. Among the 1094 respondents, 497 (45.4% 95%CI 42.5–48.4) had at least one neurological disorder. The raw prevalences of the conditions were: tension-type headaches (26.9%), migraine (14.3%); peripheral neuropathies (5.6%); epilepsy (1.9%); stroke (1.3%), parkinsonism (0.1%). No case of dementia or Parkinson's disease was found. Socio-demographic factors associated with these conditions were as follows: tension-type headaches: age ($p = .020$); peripheral neuropathies: age ($p = 0.000$); sex ($p = .006$); profession ($p = .004$); marital status ($p = .032$); and level of education ($p = .003$); stroke: age ($p = .000$) and marital status ($p = .000$).

Conclusion

These results point to a high prevalence of neurological disorders in Titirou