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14 years long study

In order to validate their point, researchers conducted a Womenâ€™s Health Study in which 36,154 women were involved. None of the participant had depression at that time.

They were then further classified into four groups. Group I had active migraine with aura, group II with migraine but no aura, group III had past history of migraine (but not within the last year) while group IV showed no history of migraine.

A total of 6,456 women had migraine. During an average 14 years of follow-up, 3,971 of the women developed depression.

A study conducted involving French women has revealed that women who have or have had the problem of migraine in past are more vulnerable to depression compared to the ones who never did.

Thus the study deduced that the women who have migraines are about 40% more likely to develop depression than women who have never had migraines.

â€œThis is one of the first large studies to examine the association between migraine and the development of depression over time,â€• said Tobias Kurth, lead researcher of this comprehensive study,

Expert's Opine

Dr. Tobias Kurth is an epidemiologist at Brigham and Women's Hospital in Boston.

He further added "Women who are suffering from migraines shouldn't assume that they'll develop depression, but should be aware of the link to the increased risk."

Speaking about the results, Kurth said, â€œWe hope our findings will encourage doctors to speak to their migraine patients about the risk of depression and potential ways to prevent depression.â€•

Confirming the genetic link between migraine and depression, Dr. Joel Saper, director of the Michigan Headache and Neurological Institute said,

"They can intermingle with each other, and they can masquerade each other.

And having one makes the other one worse."

The study findings will be presented at the 64th Annual Meeting at American Academy of Neurology's in New Orleans from April 21 to April 28, 2012.

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