

European Headache Federation

# EHF NEWS



[www.ehf-org.org](http://www.ehf-org.org)

## Polish Headache Society

Poland is one of the biggest countries among the new European Union members, with 40 million people. We have a large headache and migraine population. Our interest in migraine was expressed already as early as the 19th century in publications of professor FLATAU, "La Migrène". Łódź became the center of migraine studies with Professor Antoni Prusinski, the honorary president of the Polish Headache Society. Professor Prusinski created the Polish school of headache, organising regular by-annual symposia on Migraine and other Headaches, in Łódź, inviting foreign speakers such



as Clifford Rose, Marcia Wilkinson, Ottar Sjaastad, Marek Gawel, among many others. This gave us the opportunity to learn more and to listen to the most renowned speakers in times when we had very limited possibilities to attend international meetings. We did have many scholarships and trainings in University Hospital in Trondheim, with Prof. Ottar Sjaastad, in London Migraine Clinic and in

Boston USA, where I was a clinical fellow at the Headache Centre in Faulkner Hospital and in NEMC in Boston, and Dr Jacek Rozniecki was a research fellow at NEMC in years 1992-1993. In Warsaw there is a Headache Clinic in Medical University/Academy before/started by me in 1981, currently run by Dr Izabela Domitrz. Headache patients are consulted in most neurological hospital policlinics by trained doctors. Professor Teofan Domzal and Professor Adam Stepien, current president of Polish Headache Society, both come from the Military Medical Academy in Łódź, and

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## European Headache Summer School in Glostrup, 2007

The European Headache Summer School 2007 in Glostrup, Denmark was a big success with 62 active registrants. The Summer School was held from May 10-12, 2007 at The Danish Headache Center, Glostrup Hospital and was organized by The Danish Headache Society and The German Headache Society in collaboration with The Danish Headache Center. The programme was chaired by research professor Rigmor Jensen, and the lecturers

were Stefan Evers, Hartmut Göbel, Achim Freese, Martin Marziniak from Germany and Lars Bendtsen, Mesoud Ashina and Jes Olesen from Denmark. The participants came from 12 European countries and were mainly young medical doctors or other academic therapists or researchers with specific interest in headache.

The present Summer School was organized according to the EHF-guidelines and aimed to



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## Polish Headache Society

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are very active in neurology with a focus on studies on headache and pain in Warsaw, lecturing and publishing articles.

The Section for the Study of Headache was and still is part of the Polish Neurological Society. We also have a strong working group within the Section for the Study and Treatment of Pain in the Polish Academy of Science. Polish Pain Society, a Polish chapter of IASP, presided by Dr Maciej Hilgier, includes migraine and headache in courses offered for pain specialists country-wide. As you can see we have a "multichannel" headache educa-

tion and teaching activities. As a result we have a headache session at every Neurological Congress, numerous headache courses for general practitioners, young doctors and neurologists. Last year the Polish Headache Society had a Joint Polish-American Conference on Headache and Pain in Warsaw. Recently there is a headache clinic in every university town, sometimes together with a pain clinic. There are many doctors with special training and interest in migraine and headache patients. Nevertheless we still need a better network of headache clinics and better referral system.

The Polish Headache Society has over 150 active members, a quarterly newspaper MIGRENA, and special editions of Practical Medicine, dedicated to Headache and Migraine. We organize a Conference of the Polish Headache Society every two years, often with foreign speakers and in the meantime we offer several meetings and courses. Our aim is to have well educated general practitioners, who should be more aware and better trained in diagnosing and treating typical idiopathic headaches, such as migraine, working in close cooperation with neurologists and to open specialized referral centers.

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The Polish Migraine Association is trying to establish closer contacts between migraine sufferers and doctors, and assure better and more effective treatment options...

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## European Headache Summer School in Glostrup, 2007

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improve: a) the skills in the diagnosis and treatment of headache; b) the management of headache in their geographical region; c) participation in and d) initiate headache research and e) multidisciplinary treatment strategies. Among the lectures, the new EHF Guidelines for Organization of Headache Clinics and Treatment were presented and discussed.

As the Venue of the Summer School was in the Glostrup hospital, it was a very good opportunity to organize interactive group sessions with patients and demonstrate the importance of "Taking a Good Headache History" in small groups. Likewise, guided tours with hands-on de-

monstrations of the research facilities and 4 different experimental headache models were organized with great interest and discussions. On the second day, some of multidisciplinary treatment strategies in The Danish Headache Center (medication detoxification programme, physical therapy and psychological treatment) were demonstrated in practise. In addition, Professor Peter Kropp, University of Rostock held a very interesting biofeedback session and discussed the practical use of biofeedback strategies. These clinical demonstrations and practical lessons proved to be very popular among the participants and can be highly recommended in future head-

ache schools.

The Headache School finalized with a multiple choice test to all the participants and a detailed evaluation, in order to optimize and improve the future summer schools.

The overall impression was that there is great interest for Headache Summer Schools and that a such an event as the present summer school in Glostrup was an excellent opportunity to establish high class networking and inspiration within the clinical, scientific and social field of headache in Europe.

**Rigmor Jensen**  
(Denmark)

## Scientific Workshop on Controversies in Headache (SWOCH) - Headache and the Neck

**IHC** The 13th Congress of the International Headache Society  
28th June - 1st July 2007, Stockholm, Sweden

**Scientific Sessions**

- Pain and Inflammatory Mechanisms
- Genetics and Co-morbidity
- Neurobiology
- Paediatrics
- Chronification
- New Insights into Sinister Secondary Headaches
- Developments and the Future of Treatments (acute and preventive)

\* Deadline for early registration: 28 March 2007 \*  
<http://www.ihc2007.com/>

**Scientific Workshop On Controversies in Headache (SWOCH) - Headache and the Neck**  
Wednesday 27 June 2007, 2-6pm, Stockholm

The SWOCH workshops are organised by the Scientific Sub-committee of IHS on controversial topics in research pathophysiology and/or management of headache disorders. The 2007 SWOCH is devoted to a turbulent couple: headache and the neck. Besides an update on the functional neuroanatomy of neck pain and the epidemiology of fixed unilateral headaches and of post-traumatic headache, it will more specifically address controversies related to the nosography, pathophysiology and management of cervicogenic headache and whiplash.

For more information or to register, please visit the IHS website ([www.i-h-s.org](http://www.i-h-s.org)) or contact [info@i-h-s.org](mailto:info@i-h-s.org).

**We wish you welcome to the capital of Sweden in June 2007!**

## The Journal of Headache and Pain

Springer [springer.com](http://springer.com)

**The Journal of Headache and Pain**

**Official Journal of the European Headache Federation**

Specifically dedicated to researchers involved in all aspects of headache and pain: including theory, methodology, clinical practice and care.

A multidisciplinary perspective covering headache and pain: references in the following fields:

- Genetics
- Neurology
- Internal medicine
- Clinical pharmacology
- Child neurophysiology
- Anaesthesiology
- Neurophysiology
- Otolaryngology
- Dentistry
- Neuroimmunology
- Neurosurgery
- Psychiatry
- Pain management

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## 3rd Mediterranean Summer School

HELLENIC HEADACHE SOCIETY  
in cooperation with  
EUROPEAN HEADACHE FEDERATION  
Presented by

**3<sup>rd</sup> Mediterranean Headache School**

An International School on Headache and Related Disorders

Saint John Hotel  
Mykonos, Greece  
**13-15**  
September 2007

### Scientific Sessions

- Migraine
- Tension-type headache (TTH)
- TTH and other headaches
- Trigeminal autonomic Cephalalgias (TACs)

Information:

E-MAIL: [one2one@ath.forthnet.gr](mailto:one2one@ath.forthnet.gr)

website: [www.onetoone.congress.gr](http://www.onetoone.congress.gr)

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*This newsletter seeks to provide timely and accurate information from the most knowledgeable sources. The newsletter is mailed to EHF members, national drug companies and medical journalists in line with information given by board members. The views expressed in the articles in EHF News are those of the authors and do not necessarily reflect those of the EHF and the Publisher.*

**Questo periodico e' associato alla  
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## What's on...



📅 **28 June-1st July 2007,  
Stockholm, Sweden**

The 13th Congress of International Headache Society

Information:

[www.ihc2007.com](http://www.ihc2007.com)

[ihc2007@stocon.se](mailto:ihc2007@stocon.se)

📅 **13th-15th September 2007,  
Mykonos, Greece**

3rd Mediterranean Headache School

Information:

[www.onetoone-congress.gr](http://www.onetoone-congress.gr)

📅 **17th-21th May 2008,  
Istanbul, Turkey**

VII International congress on Headache in children and adolescents

Information: [www.topkon.com](http://www.topkon.com)

[congress@topkon.com](mailto:congress@topkon.com)

## Polish Headache Society

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There is a growing awareness of headache among patients and great need for lay organizations and popular leaflets. Information for patients is regularly spread through media such as the press, radio and TV, to offer information for patients on a regular basis. There are also many books and leaflets available.

The Polish Migraine Association is trying to establish closer contacts between migraine sufferers and doctors, and assure better and more effective treatment options. Unfortunately Poland is one

of few European countries, where triptans are not refunded, but must be still 100% paid by patients. However, we are making every effort to change this situation. We hope to get more support and information from EHF Migraine Trust. We also plan to organize more regional meetings with Check Republic, Slovak Republic, Lithuania, Latvia and Estonia, as we face many similar traditions and problems.

**Maria-Magdalena Wysocka-Bakowska (Warsaw)**