



# EHF News

*Newsletter of the European Headache Federation*

E bulletin

Number 62, November 2009

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## What's on

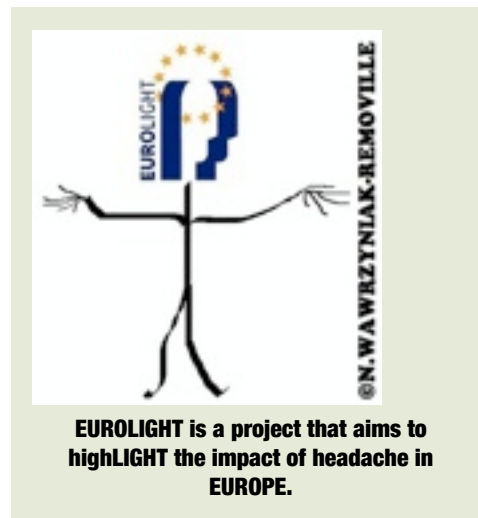
Calendar on forthcoming events on headache  
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# Highlight the impact of Headache in Europe

*Limited data is available so far on headache disorders. . In 2004 WHO identified headache as the most frequently reported neurological disorder in primary care in Europe.*

Primary headaches are highly prevalent, disabling, underestimated: up to 1 adult in 25 has headache every or nearly every day. WHO classified migraine alone as 19th century among all causes of years lived with disability (YLD). All headache disorders together are possibly in the top 5 causes of disability worldwide. The [ECHI](#) (European community Health Indicators) project,



funded by the Public Health Programme, has compiled generic data on migraine or frequent headaches only including 12-month prevalence, by gender, age, region, SES (Socio Economic Status) and the [WHO Atlas on Country resources](#) has focused on the compilation of data on the frequency of primary and secondary care of headache in Europe. To date only pharmaceutical companies have drawn-up some evaluation on parts of the global burden of headache. There is no data at European level on prevalence and global impact of headache.

## OBJECTIVES

The project's general objective is, in collaboration with NGO's and health care professionals, to gather reliable comparable information for the global public health dimensions of headache disorders with a module in questionnaire format developed by the project and tested in 10 pilot EU countries, as a basis for future EU level surveys, thus raising awareness for policymakers, health professionals and citizens and leading to improve patient's quality of life. The project considers the European Community Health indicators, the [Mental Health Economics European Network](#) and a pilot study on the impact of headaches in Luxembourg directed by [Centre de Recherche Public Santé](#), Luxembourg, who is the main applicant.

## STRATEGY

The strategy of the EUROLIGHT project is to bring together 24 groups from 15 different countries, including 4 major categories: 1) two public bodies (CRP Santé, Lombardy Region); 2) clinicians from 11 hospitals and clinics; 3) representatives from 10 patients' organisation, specifically the [World Headache Alliance](#) (WHA) and the [European Headache Alliance \(EHA\)](#) and 8 national associations in EU countries; 4) one scientific organisation ([European Headache](#)

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## Almirall European Headache Awards

*As announced this January, the European Headache Federation, with the unrestricted support from Almirall, has organized a competition within neurologists in Italy, France, Spain, Portugal and Belgium to award the best clinical cases in the headache area (Almirall European Headache Awards, AHEA).*

A call for case abstracts was done earlier this year, providing the competition conditions and a clinical case standardized abstract e-format.

From the over 50 valid cases received, an EHF panel of headache experts, chaired by Prof. F. Antonaci and composed by K. Pameleire (Belgium), D. Valade (France), L. Savi / P. Cortelli (Italy), J.M. Pereira Monteiro (Portugal) and J. M. Láinez (Spain) choose the fifteen best cases, three from each participating country.

The authors of these 15 best abstracts were invited to Madrid (Spain) on an end of November day, where they had to present the clinical cases in front of the experts' panel in the Madrid's College of Physicians main room. The panel had to score both the cases interest and the speakers presentation skills. Experts couldn't vote the participants from their own country.

The scoring process was not an easy task for the panel, as the scientific interest of the cases and quality of the presentations was considered overall very high by them, but, finally, the results were as follow:

1<sup>st</sup> position: D. Grimaldi (Bologna, Italy), 2<sup>nd</sup> position: S. Batista (Coimbra, Portugal), 3<sup>rd</sup> position A. Poisson (Lyon, France), 4<sup>th</sup> position H. L. Vershelde (Bruges, Belgium), and 5<sup>th</sup> position: Dr. F. Vázquez-Sánchez (León, Spain).

Almirall awarded the best three cases authors with relevant formative activities (a 2 week headache training stage, a EHF summer course inscription and an EHF annual congress inscription respectively), and will also support the publication of the 15 selected cases (highlighting specially the top five) in the Journal of Headache and Pain, and all the submitted cases in an ad-hoc compilation book, helping this way to spread further the educational aim of this activity.



## EHF Video School in Bucharest

*A report from the first Video school of the European Headache Federation*

In order to promote education about headache in Europe and to harmonise its management, European Headache Federation promoted a new type of Headache Schools – the Videoconference course.

With EHF support and Romanian Society of Neurology – Headache Group involvement, the first videoconference 3 days course took place in Romania in Bucharest, on 12-14<sup>th</sup> of November 2009.

The location was at the University Emergency Hospital of Bucharest, at the Neurology Department – hospital situated in the hart of Romanian capital.

The course fee was affordable for the young doctors: only 50 euros for trainees and 100 euros for specialists.

The course was attended by 43 participants – who came from Bucharest, Sibiu and Cluj. The majority of participants were trainees in neurology who participated for the first time to an EHF course. Also, the event was attended by specialists in neurology in order to expand their knowledge in headache field.

The friendly design of the course offered to the participants the possibility to assist to presentations of headache topics, recently recorded at a high technical standard and also to take part at 2 sessions/day of videoconference.

This new concept of videoconference teaching course offered great possibilities to young physicians to have access to the lectures of the best speakers in the headache field and more than that, to obtain answers to their questions during the exciting interactive sessions on Skype. All these great benefits were at low cost, without expensive travel expenses.

The course content was very interesting and very useful for the clinical practice.



The first course day was dedicated to migraine and during videoconference sessions the discussions were moderated by Dr D. D. Mitsikostas who graciously answered to young trainees' questions about headache classification and migraine chronification and management.

In the second day of course, during the discussion forums Prof D. Valade answered to participants questions and presented in an excellent manner the issues regarding headache management in emergency department, cranial neuralgias and tension-type treatment.

The last day of course was dedicated to trigeminal autonomic cephalalgias and refractory headaches. The president of the course, Prof. Fabio Antonaci chaired the last two videoconference sessions. Answering to participants questions, Prof Fabio Antonaci shared generously with the participants its great experience in approaching of these „difficult patients“ and revealed in an exquisite way the most recent methods concerning the management of these special types of headaches in clinical practice and also there's a delicate pathophysiological mechanism.

Local president of the course Dr Adina Roceanu and local chairpersons Dr. Florina Antochi and Dr. Ioana Mindruta acted as interface between video lectures and discussion forums.

Professor Dr. Ovidiu Bajenaru - the President of the Romanian Society of Neurology requested for European Continuing Medical Credits for this scientific event. Following EACCME accreditation 03423-G/26/10/2009, EACCME has granted 18 European CME Credits to this course. Also 18 Romanian CME credits were granted by the Romanian Physicians College.

All the course participants were pleased to be involved in this pioneer project created and promoted by EHF and sent their entire special thanks to its president Prof Fabio Antonaci.

*Adina Roceanu (Bucharest)*



## EUROPEAN HEADACHE FEDERATION

### EHF Video School In Sofia



The first European headache video conference course in Bulgaria was organized from 12.11. to 15.11.2009. We organized it in Veliko Tarnovo – one of the most beautiful towns in Bulgaria, situated in the central part of the country. The town is an old Bulgarian capital, now it is an University city. The course was organized with the help and under the auspices of the European Headache Federation (EHF). Chairmen of the course were the President of EHF prof. Fabio Antonaci and the President of the Bulgarian headache and pain society (BHPS) – prof. Ivan Milanov. Overall 29 lectures from prominent European headache specialists were delivered. F. Antonaci, and R. Jensen were moderators of the online discussion sessions. Chairmen of the sessions were I. Milanov, I. Raichev and I. Velcheva. The event was a great success and was considered with great interest by all Bulgarian participants. We had 83 participants from all over the country. All participants were neurologists, members of the BHPS. All lectures and on-line discussions were extremely interesting and useful for the participants. There were 5 – 6 questions by neurologists in the conference hall during any discussion, which received detailed responses from the speakers. At the end the participants suggested that this event will be regular.

*Ivan Milanov (Sofia)*

### Eurolight



[Federation, EHF](#)). The project will liaise with statistical experts, including exchange with [Eurostat](#).

#### EXPECTED RESULTS

The proposed project will be the first independent data collection on headache at European level focusing on a holistic, patient-driven and scientifically validated approach.

Results will enable to estimate prevalence, risk factors, risk reduction strategies, cost of illness and social support and to sustain a future European register. Work will be carried out in close consultation with ECHI and Eurostat.

Preliminary recommendations will be discussed and finalized at a Final Consensus conference with major stakeholders, to be endorsed by the project evaluation committee and advisory board. They will be available for Eurostat, the Public Health portal and also the European Health Survey System (EHSS) which is being developed by Eurostat and DG Health and Consumer Protection.

#### *The Editorial board*

### The Journal of Headache and Pain



#### *In the current issue:*

- **Is there an inherent limit to the efficacy of calcitonin gene-related peptide receptor antagonists in the acute treatment of migraine?**  
A comment by Peer C. Tfelt-Hansen
- **Is there an inherent limit to acute migraine treatment efficacy?** by Marcelo E. Bigal & Tony W. Ho
- **New drugs for migraine** by Lars Jacob Stovner, et al.
- **A narrative review on the management of medication overuse headache: the steep road from experience to evidence** by Paolo Rossi, et al
- **Topiramate in migraine progression** by Luigi Ruiz & Delfina Ferrandi
- **Pain perception and laser evoked potentials during menstrual cycle in migraine** by Marina de Tommaso, et al
- **Patent foramen ovale in patients with tension headache: is it as common as in migraineurs? An age- and sex-matched comparative study** by Ali Reza Moaref, et al.
- **The central analgesia induced by antimigraine drugs is independent from Gi proteins: superiority of a fixed combination of indomethacin, prochlorperazine and caffeine, compared to sumatriptan, in an in vivo model** by Carla Ghelardini et al.
- **Depression and anxiety are not related to nummular headache** by César Fernández-de-las-Peñas et al
- **Treatment of primary headache in children: a multicenter hospital-based study in France**  
By Jean-Christophe Cuvellier, et al





**2nd European Headache and Migraine Trust  
INTERNATIONAL CONGRESS – EHMTIC  
NICE, FRANCE | OCTOBER 28-31, 2010**



[www.ehmticongress2010.com](http://www.ehmticongress2010.com)

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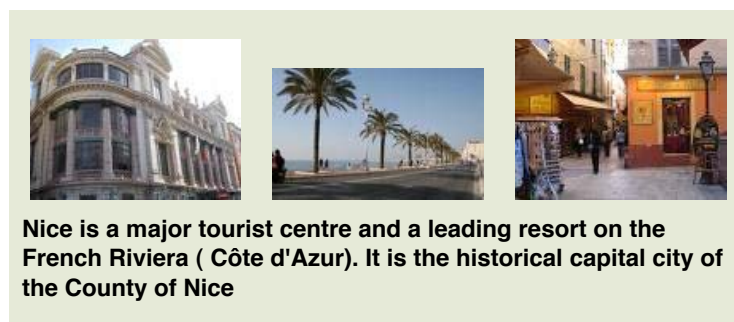
*Congress presentation*

**The 2nd European Headache and Migraine Trust**

International Congress – EHMTIC 2010 will take place from October 28-31, 2010 in the beautiful city of Nice, France located on the Cote d'Azur. EHMTIC 2010 strives to further education, increase awareness, and to improve the lives of those afflicted by headache disorders worldwide. The meeting will include an enlightening comprehensive scientific programme with internationally acclaimed speakers, opportunities to submit both oral and poster presentations as well as

debates, satellite symposia and educational courses.

Over 1000 delegates are



**Nice is a major tourist centre and a leading resort on the French Riviera ( Côte d'Azur). It is the historical capital city of the County of Nice**

expected and the target audience for this congress includes:

- Neurologists
- Physicians
- Scientists
- Researchers

- International experts and healthcare professionals with an interest in migraine

and headache disorders

EHMTIC 2010 will be held at the Nice Acropolis complex which is just 15 minutes from Nice Airport and easily accessible with more than 50 airlines providing a regular

service to destinations throughout the world. The city of Nice is steeped in culture with a history dating back to the Romans; a medieval old town including grand architectural monuments and a wide selection of museums.

Please visit the following website in order to register and submit an abstract or to enquire about available sponsorship opportunities: <http://www2.kenes.com/ehmtic/>

# Call for abstract: deadline Monday June 7th 2010

*Participants interested in presenting poster presentation are invited to submit an abstract. All abstracts will undergo peer review by the abstract Review Committee and may be accepted for poster presentation or rejected. A selection of the best posters will be invited to give a short oral presentation.*



## DATES TO REMEMBER

**ABSTRACT DEADLINE  
JUNE 7, 2010**

**EARLY REGISTRATION DEADLINE  
JULY 26, 2010**

### Info



### Committee

#### Co-Chairmen

P.J. Goadsby, UK

H-C. Diener, Germany

#### International Scientific Advisory Committee

F. Antonaci, Italy

A. Charles, USA

M. Ferrari, The Netherlands

R. Jensen, Denmark

Z. Katsarava, Germany

M. Lanteri-Minet, France

R. Lipton, USA

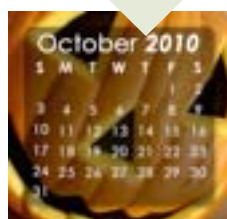
J. Pacual, Spain

J. Schoenen, Belgium

S. Silbestein, USA

M. Wysocka-Bakowska, Poland

### Thursday 28



**European Headache School (GP)**

**Teaching course 1**

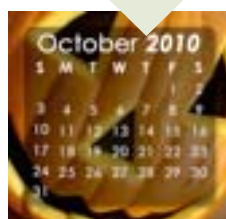
**Teaching course 2**

**Scientific section 1:**

**Opening Section and Cerimony**

**Satellite Symposium**

### Friday 29



**Scientific section 2:**

**Keynote Lecture 1 and 2**

**Scientific section 3:**

**Poster Session A**

**Satellite Symposium**

**Scientific section 4:**

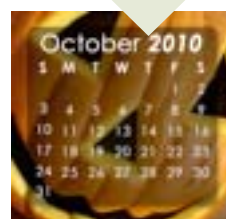
**Poster Session B**

**Scientific section 5: Migraine Trust Lecture**

**Satellite Symposium**

**Welcome Reception**

### Saturday 30



**Scientific section 6:**

**Poster Session C**

**Scientific section 7:**

**EHF Lectures**

**Scientific section 8:**

**Invited New Scientist Lectures**

**Eurolight Project session**

**Satellite Symposium**

**Scientific section 9:**

**Poster Session D and E**

**Scientific section 10: Enrico Greppi Award Lecture**

**Satellite Symposium**

**Junior Forum**

### Sunday 31



**Scientific section 11:**

**Poster Session F and G**

**Scientific section 12: Cluster Headache Award lecture**

**Award and Closing ceremony**

**European Headache Course for non medical professionals**

**Public Programme**

For further information about European Headache Federation please click on the following link: [www.ehf-org.org](http://www.ehf-org.org)



# What's on..



*Panorama of national and International congresses and courses where Headache is an issue*



**25-27 February 2010  
Tunis**

European Headache School Video course  
Information:  
[info@ehf-org.org](mailto:info@ehf-org.org)



**9- 23 June 2010  
Berlin**

20th Meeting of the European Neurological Society  
Information:  
[info@ensinfo.org](mailto:info@ensinfo.org)



**June 2010  
Varsaw**

European Headache School Video course  
Information:  
[info@ehf-org.org](mailto:info@ehf-org.org)



**September 2010  
Monza**

European Headache School Video Course  
Information:  
[info@ehf-org.org](mailto:info@ehf-org.org)



**28-31 October 2010  
Nice**

2nd European Headache and Migraine Trust International Congress  
[ehmtic\\_reg@kenes.com](mailto:ehmtic_reg@kenes.com)

## EHF News

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Purpose: EHF Newsletter, a European Headache Federation publication, is dedicated to increasing physicians' awareness by educating and informing them as to what is going on in the field of headache in Europe.

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.



## European Headache Federation

**Fabio Antonaci (Italy) — President**  
**Dominique Valade (France) — 1st Vice President**  
**Rigmor Jensen (Denmark) — 2nd Vice President**  
**Dimos Mitsikostas (Greece) — General Secretary**  
**Ivan Milanov (Bulgaria) — Treasurer**  
**Zaza Katsarava (Georgia) — Member at large**  
**Josè Pereira Monteiro (Portugal) — Member at large**  
**Maria Wisocha-Bakowska (Poland) — Member at large**  
**Paolo Martelletti (Italy) — Editor in Chief JHP**

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