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Patient organisations: the Swiss experience

The first priority for the 'Swiss Migraine Trust' Foundation, founded in 1994 by Dr Hansruedi Isler, is a charity dedicated to providing quality services and programs to migraine sufferers, their families, their friends and supporting medical research.

In this time of funding cutbacks and the clear need of patients to be involved as members it became imperative in February 2001, to launch the Association Migraine Action. The Association's goal is to support the educational and patient oriented programme of the Foundation.

The task ahead of us is challenging:

Our 'Help for Headaches' phone line responds to approximately 1200 appeals for help each year. In 2001 we encourage migraine sufferers to provide active support for the management of their headaches by health seminars, self-help groups and our new self-helping kit (video).. We help them to communicate effectively with their doctor.

Our new magazine for patients 'Querkopf' is a means of reaching out to raise the level of awareness of this debilitating disorder and ensures that sufferers get the help they need to live stable and productive lives. We also develop brochures, conduct workplace presentations and develop customized packages of information for headache sufferers.

With more than 30 conferences for sufferers pharmacists and medical professions, new epidemiological information and a constant presence in the media we raise the awareness of migraine and headache; and promote and provide educational opportunities for sufferers and healthcare professionals alike.

One of the new initiatives is to expand the available amount of information on headaches with the help of the World Headache Alliance in order to keep a multicultural link among headache patients.

By C. Andrée (Basel)

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Cephalgia, a Bulgarian Journal on Headache

It is a three year-old journal, born in Bulgaria to express, two times a year, the growing interest in this chapter in East Europe.

CEPHALGIA publishes in English language original articles, reviews, short communications, case reports and letters to the editor in every aspect of the headache and pain. The editorial board is made of high qualified international experts, a guaranty of the scientific level of contributions.

The authors, who were Bulgarian in the first issues, are now more and more internationally located. The number of subscribers is rapidly increasing showing how large is the number of physicians who want to receive a qualified reading in headache. For further information, refer to: Assoc. Prof. Ivan Milanov, Vice Editor-in-Chief

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By F. Antonaci (Pavia)

Surfing the net: The BASH Web page

"To relieve those affected by the burdens of headache"

The British Association for the Study of Headache (BASH) (Company limited by guarantee; registered charity no. 1072789) has its own web page. For contact one should refer to Carol Taylor

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