

## EHF News 21

### Trinity II: The summer school of the EHF

September 1st to 5th BASH and EHF held their second headache course in Cambridge with great success. Delegates from 19 countries were gathered to enhance their knowledge of headache and related disorders.

The faculty list contained 22 of our greatest lecturers in Europe, and they were able to keep everyone awake from 0830 am to 0730 pm every day with their splendid lectures! The diversity of the faculty led to several interesting discussions which we all enjoyed!

The introduction was made on headache as a public health problem. The other main themes were migraine, tension-type headache (episodic and chronic), cluster headache and other short-lasting headaches and finally headaches in children. Every day there were also 2 special lectures on interesting themes like psychological approaches to HA therapy and frequent headache disorders including medication misuse headache.

Every day there were two breakout sessions where the delegates were divided into discussion groups. These groups made it possible to review the lectures and come up with questions to be discussed.

All in all the course provided useful knowledge to both the medical students, residents and neurologists attending the program and I highly recommend it!

Nina Kjaervoll  
Norway

### **The Belgian Migraine League: a non-profit forum for discussion**

The Belgian Migraine League is a young organization. It was founded in 1995, so it is barely six years old. Its core staff of active and organizing members consists of five persons, all volunteers, while the league itself is a non-profit organization. Most of the members first heard of the league in articles that appeared in the press. As migraine sufferers are mostly female, it is women magazines that most articles appear. These mention the existence of the league and list a telephone member at which it can be contacted. These people wish to receive information or advice about the problems of chronic headache sufferers. These telephone calls or letters offer these people the chance to tell their story and share their experiences with others.

Thanks to the help of a pharmaceutical company, we were able to distribute an information leaflet about the league to many neurologists.

To date, we have counted over 2500 requests (letters, telephone calls and returns of the information leaflet). All these people received a free guide discussing the problems of migraine sufferers. One should note that this is a commercially available guide and not produced by our league.

Consequently, there is a large "reservoir" of potential members and one of the league's short term objectives is to sensitize these people who contacted us and get them to join. In fact, a letter will be sent to them within the next few weeks.

The main objectives of the league are:

to improve the well-being of migraine patients,

to organize self-help groups between the members,  
to inform the members about different aspect, e.g. the different types of migraine,  
possible treatments, the addresses of specialized neurologists,  
and above all  
to encourage the patients and give them hope.

The league's activities:

telephone support (it is mainly nonmembers who telephone us),  
information sessions in several towns across the country. These are mostly a  
conference followed by question time. In future, we will give more attention to the  
exchange of viewpoints, which best suits patient's needs,  
periodically we publish a newsletter, which normally appears three time a year.  
This 4 or 5-page newsletter contains a letter from the editor, an article written by a  
physician, a section devoted to reader's letters and a calendar of activities.  
As a young organization, we are highly interested in the experiences of other  
associations and hope to benefit from these.

Michelle Raquet