



Registered charity
no. 1084181.

EHF NEWS

An e-newsletter from the European Headache Federation

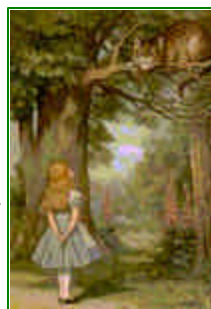
Childhood idiopathic headache: recommendation before you are a grown up

The management of idiopathic headache in children and adolescents requires not only knowledge about and experience of the principles of diagnosis and treatment, but also a certain style dealing with all the people involved, including the patient and her or his parents as well as others in the patient's environment, particularly teachers. Knowing the expectations of patients and the family is very important. Most of the patients want to know the cause of the pain, to get relief and receive reassurance that they did not have a brain tumor. If the doctor can fulfill a great part of those expectations, than she/he

can also stop Doctor shopping, which is surely an uncomfortable situation for a child.

It is essential to explain the diagnostic steps and to clarify that a careful history and clinical examination in patients presenting with headache are prerequisites for further diagnostic and therapeutic management. The history must include the family history, the patient's previous history, the headache history, as well as questions about the social environment. Taking the history in a child requires more time and patience, but those information are of big importance. This is also the place, which we can make the first steps in differential diagnosis between symptomatic and idiopathic headache.

in case of idiopathic headache it is very important to have a big in-



formation about the trigger factors. Unless the trigger factors are not known, it is nearly impossible to treat sufficiently. One very important trigger factor in children with headaches are the learning disabilities, which can be treated well if they are found early enough.

Trigger Factors can also be found in the way of child life.

It is important to provide information to the child and parents about a certain lifestyle, including

In this issue:

Childhood idiopathic headache: recommendation before you are a grown up 1

The Danish Migraine association 1

What's on..... 2

The 6th EHF Congress 2

Subscription to receive EHF news:
neuronet@libero.it

Continues on page 2

The Danish Migraine Association

The Danish Migraine Association is an independent patient organization that works for the benefit of Danish migraine patients and their relatives.

We provide information about migraine, its treatment and causes, and support research about migraine. We also provide a forum for the exchange of experiences and advice to

migraine patients.

The Danish Migraine Association aims to inform patients and society at large about all aspects of migraine. We arrange lectures and publish a quarterly magazine (in Danish) with excerpts from the latest scientific research, letters from members, and general information of interest to migraine sufferers. The Danish Migraine Association works

for migraine patients and their relatives. We inform patients about what they themselves can do to have a better life (this home page is part of that information) and we have meetings, lectures and publish a magazine four times a year.

Contact persons around the country form local groups that meet informally and we have lectures in Copenhagen as well as around the country. MigræneNyt (our



magazine in Danish) contains summaries of the latest news from research, and the contact telephone is open throughout the day for anyone who needs a chat or a sympathetic ear. For more information please contact The Danish Migraine Association migraene@adr.dk

What's on...

◆ 26-30 June 2002,

Istanbul, Turkey

6th Headache Congress
Information: www.6thehf.org

◆ 26-30 August 2002,

Vilnius, Lithuania

EHF Summer School 2002
Information:
audroneja@hotmail.com

◆ 19-21 September 2002

Marrakech, Morocco

1^{er} Congres Francophone du Groupe
Francophone d'Etude des Cephalées
Information:
gfec@b-c-a.fr

◆ 23-26 September 2002, London
UK

14th Migraine Trust
Information:
www.migrainetrust.org/research

Note

Abstract submission for
Istanbul is extended to
March 15th

6th European Headache
Federation Congress



26-30 June 2002 Istanbul - Turkey Main Themes

- Case Study based teaching course
- Challenging neurovascular headache syndromes
- Migraine and the Human Genome
- Neglected causes of head and facial pains
- Paediatric headache & Burden of headache

Information:
www.6thehf.org

EHF NEWS

Editor: F. Antonaci (Pavia)
Co-editor: F.C. Tulinay (Ankara)
Legal Director: S. Angeletti (Milan)
Registration n° 464/1996
Publisher: Tipografia Viscontea, Pavia,
Italy

EHF Newsletter is published monthly by the European Headache Federation, whose business offices are located at the Department of Neurological Sciences "C. Mondino" Foundation, University of Pavia, Via Palestro 3, 27100, Pavia, Italy.

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.

*Questo periodico
e' associato alla
Unione Stampa
Periodica Italiana*



EHF Summer School
2002



26-30 August 2002 Vilnius - Lithuania Main Themes

- Acute and chronic primary headaches: pathophysiology, treatment guidelines
- Symptomatic headache and its treatment

Information:

audroneja@hotmail.com

Thanks to an unrestricted educational grant from Pfizer, there will be a limited number of bursaries to Vilnius offering reduced-rate or free registrations for those who could not otherwise attend.

EHF News Issue 27 page 2



European Headache Federation

PRESIDENT

T.J. Steiner (London)

PAST PRESIDENT

W.D. Gerber (Kiel)

1st VICE-PRESIDENT

P. Saxena (Rotterdam)

2nd VICE-PRESIDENT

F.C. Tulinay (Ankara)

GENERAL SECRETARY

C. Wober-Bingol (Vienna)

TREASURER

J. Pereira-Monteiro (Oporto)

European Headache Federation is incorporated in England and Wales as a company limited by guarantee; registered charity no. 1084181

EHF web site:
www.ehf.ws

Continues from page 1

sufficient sleep, a morning free of stress, regular meals, adequate drinking, enough breaks while studying, and sufficient physical exercise.

The aim while dealing with children must include patience in advising and controlling the strategies given to the child, since in most of the cases the child will have its headaches for a long time in its life. Only in such a consequent way we can fight against a later drug abuse.

In patients with refractory headaches or headaches which change the symptomatology or headaches which occur in the night, a re-evaluation of the diagnosis is necessary.

C. Woeber-Bingol (Vienna)