

# EHF MEMOIRS

## *Amarcord*

*Memories of the past  
to help build the actions of  
present*



*Started by Fabio Antonaci  
September 2010*

# CONTENTS

|   |                |                                       |                |
|---|----------------|---------------------------------------|----------------|
| <b>Introduction</b>   | <i>Page 3</i>  | <b>Headache School</b>                | <i>Page 36</i> |
| <b>History</b>  | <i>Page 4</i>  | ⌘ 1992 Antalya (Turkey)               |                |
| <b>Presidents</b>   | <i>Page 6</i>  | ⌘ 1993 Stresa (Italy)                 |                |
| ⌘ Patrick Henry   |                | ⌘ 1993 1ST International Headache     |                |
| ⌘ Jean Schoenen   |                | Symposium Moscow (Russia)             |                |
| ⌘ Giuseppe Nappi  |                | ⌘ 1994 Oporto (Portugal)              |                |
| ⌘ Ottar Sjaastad  |                | ⌘ 1995 Cambridge (United Kingdom)     |                |
| ⌘ Dieter Gerber   |                | ⌘ 1996 Cyprus (Turkey)                |                |
| ⌘ Timothy J. Steiner  |                | ⌘ 1997 Copenaghen (Denmark)           |                |
| ⌘ Prammond Saxena   |                | ⌘ 1998 Kiel (Germany)                 |                |
| ⌘ Josè Miguel Lainez  |                | ⌘ 2000 Antalya (Turkey)               |                |
| ⌘ Hans Christoph Diener                                       |                | ⌘ 2001 Trinity College                |                |
| ⌘ Fabio Antonaci  |                | (Cambridge United Kingdom)            |                |
| <b>Congresses</b>   | <i>Page 16</i> | ⌘ 2002 Vilnius (Lithuania)            |                |
| ⌘ 1992 Bremen (Germany)                                       |                | ⌘ 2004 Santorini (Greece)             |                |
| ⌘ 1994 Liege (Belgium)  |                | ⌘ 2006 Castrocaro (Italy)             |                |
| ⌘ 1996 Forte-Village (Sardinia, Italy)                        |                | ⌘ 2007 Mykonos (Greece)               |                |
| ⌘ 1998 Corfù (Greece)   |                | ⌘ 2007 Glostrup (Denmark)             |                |
| ⌘ 2000 London (United Kingdom)                                |                | ⌘ 2008 Baku (Azerbaijan)              |                |
| ⌘ 2002 Istanbul (Turkey)                                      |                | ⌘ 2008 Nice (France)                  |                |
| ⌘ 2004 Rotterdam (Netherlands)                                |                | ⌘ 2009 Palma de Mallorca (Spain)      |                |
| ⌘ 2006 Valencia (Spain)                                       |                |                                       |                |
| ⌘ 2008 London (United Kingdom)                                |                |                                       |                |
| ⌘ 2010 Nice (France)  |                |                                       |                |
| <b>Other activities</b>                                       | <i>Page 26</i> | <b>EHF Video School</b>               | <i>Page 54</i> |
| ⌘ 15th Scandinavian Migraine Congress Trondheim (Norway 1990) |                | ⌘ 2009 Bucarest (Romania)             |                |
| ⌘ Bremen Declaration (Germany 1992)                           |                | ⌘ 2009 Sofia (Bulgaria)               |                |
| ⌘ 2nd Russian-German Meeting Kiel (Germany 1996)              |                | ⌘ 2010 Tunis (Tunisy)                 |                |
| ⌘ Rome Declaration on Migraine (Italy 2005)                   |                | ⌘ 2010 Tirana (Alania)                |                |
| ⌘ 1st Russian Headache Conference Moscow (Russia 2007)        |                | ⌘ 2010 Monza (Italy)                  |                |
| <b>Prizes</b>   | <i>Page 32</i> | <b>EHF News</b>                       | <i>Page 59</i> |
| ⌘ Giorgio M. Kauchtschischvili award                          |                | <b>EHF Guidelines</b>                 | <i>Page 60</i> |
| ⌘ Cluster Headache Award                                      |                | <i>National Translation Languages</i> |                |
| <b>Books</b>  | <i>Page 35</i> | <b>National Societies Cards</b>       | <i>Page 61</i> |
|   |                | <b>Journal of Headache and Pain</b>   | <i>Page 65</i> |



# Introduction



This book, but we better call it catalogue, about persons and events is a memory of what many people mentioned have done to create and develop the European Headache Federation.

I have called it EHF memoirs: Amarcord, like the better known Fellini's movie gathering pictures, events, that otherwise could have been lost in our shelf or hard disk re boot.

Working since the beginning for European Headache Federation has been from time to time a companion of your scientific carrier.

Working for a scientific organization is not only a duty but also the pleasure to travel in different cities meeting people and get friendship.

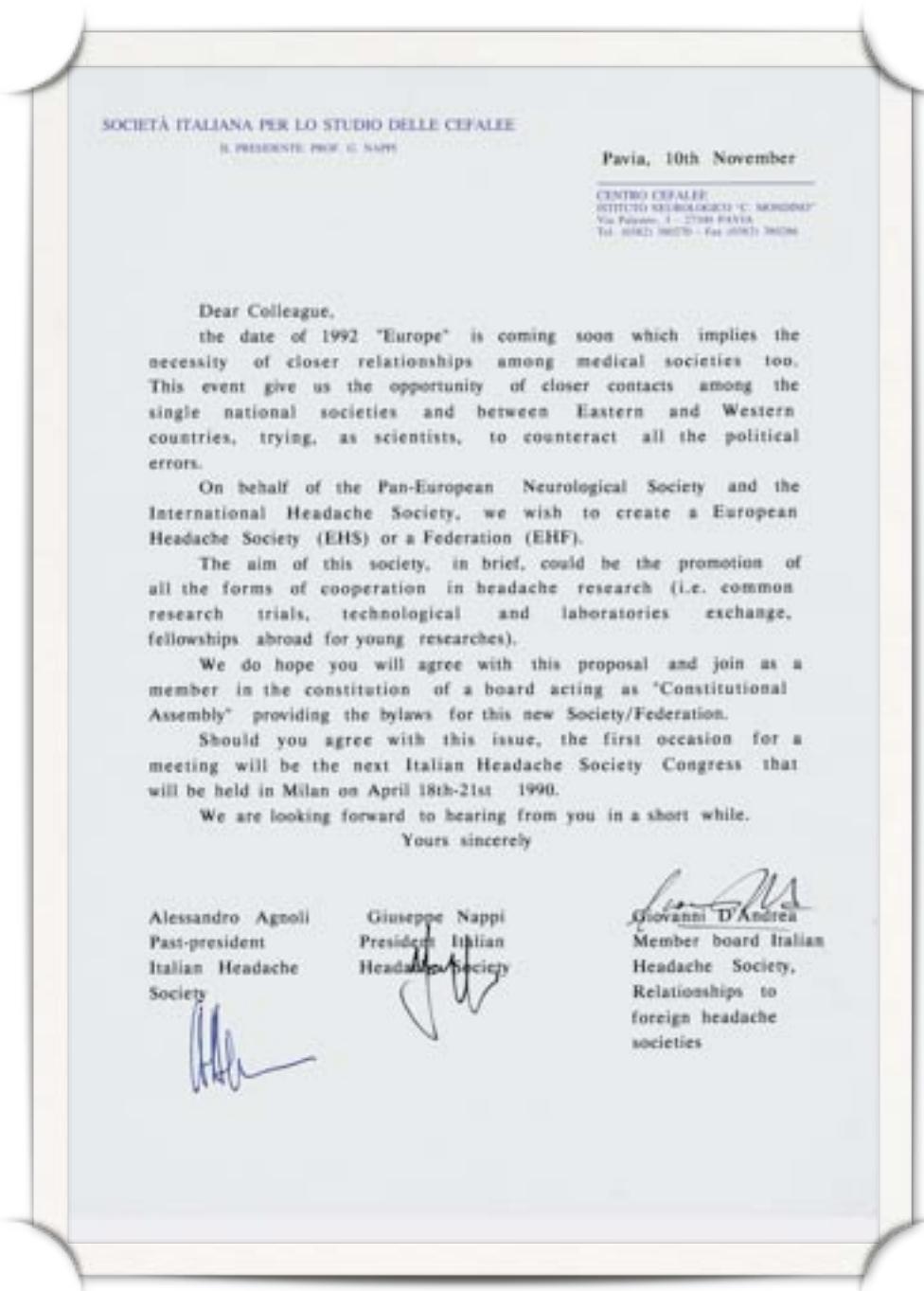
Probably most of the beautiful initiatives we have organized where drafted on a sashed piece of paper pouring a beer at table with colleagues or on tomato spatted towel in a restaurant.

Founded in Venice in April 1991, the European Headache Federation is a scientific organization made up of all the research groups and European societies involved in the area of headache.

This catalogue is intended to provide a yearly record of many enterprises which have been undertaken, as all the names of those who have helped to increase the knowledge and awareness of headache in medical circles and public opinion.

**Fabio Antonaci October 2010**

# Historical Pages



The first letter to promote the  
European Headache Federation

# Calendar of the first step to found

## •September 1989 - Italy

Prof. G. Nappi (President of the Headache Society) and Prof. A Agnoli (past-president of the Italian Headache Society) have the idea to create an European Headache Group on behalf of the International Headache Society.

## •October 1989 - Sidney

Prof. Nappi, Prof. Agnoli and with Dr. D'Andrea (member of the board of the Italian Headache Society, in charge of the relations with foreign headache societies) started having informal talks on the topic with the participants in the IV<sup>th</sup> International Headache Society Meetings.

## •November 1989 - Pavia

An invitation letter to create a board is sent to European colleagues who have worked in the Headache field (see left page).

## •December 1989 - February 1990

The proposed members have replied to the Italian proposal with a general agreement. A negative remark on the matter has made by Prof. Ekbom and by Prof. Hokkanen.

## •March 1990 - Moscow

Meeting with Prof. Vereshaghin, Prof. Wein, Dr. Kalashnikova and Prof. Prusinski; Wein have been proposed as a member of the board for USSR. Prof. Prusinski will coordinate the Eastern countries colleagues.

## •March 1990 - Pavia

During the meeting with Prof. Sjaastad it has been agreed upon that the status of this Group should be independent from the two European Neurological Societies and open to contributions from other disciplines. Prof. Gerber and Prof. Soika from West Germany have proposed to organize in Kiel the first meeting of the European Headache Group in the spring of 1992.

## •April 1990 - Milano, Congress of the Italian Headache Society

During the congress of the Italian Headache Society a meeting was held with the following participants: Schoenen, Isler, Gerber, Sjaastad, Martinez- Lange, Staunton, Agnoli, Nappi, D'Andrea, Wolff and Antonaci. These participants are only a part of the possible members of the European Headache Group, which should be composed of 25 total number. A steering committee for the by-laws was appointed including Sjaastad (head), Gerber, Schoenen, Nappi and Antonaci (secretary). During the meeting there was a discussion on various organization problems. A general agreement was reached on two main aims of the society: 1) the development of a postdoctoral educational program on headache; 2) common drug trial handling.

## •June 1990 - Pavia: Congress "Headache and Depression"

An informal meeting was held with the following participants: Prusinski, Bartko, Czanda, Hadjiev, Petrescu, Agnoli, Nappi, D'Andrea and Antonaci. It was established to include Prusinski in the steering committee to represent the Eastern Countries. It was also established to accept two proposals: 1) the foundation of a four-page European journal for general updating on headache (coming meetings, drugs, new books, etc.); 2) the writing of a textbook on headache that could be translated into each European language.

## •June 1990 - Trondheim: Scandinavian Migraine Society Meeting

During the Meeting of the Scandinavian Migraine Society the President in charge, B. Fellertsen, discussed the proposal of the creation of the European Headache Group within the board. Some previous misunderstanding were clarified and a definite answer from the Scandinavian National Society is foreseen. Sjaastad will take care of the by-laws writing.

## •July 1990

Schoenen, secretary of the IHS proposed: 1) a presentation by D'Andrea, the planned European Group at the IHS meeting; to hold an informal meeting during the symposium itself with the proposed members to discuss the by-laws and start negotiations with the Migraine Trust for the organization of the meetings.

## •September 1990 - London (Migraine Trust Symposium)

The debate on the label of the European Headache Group (Society, Association or Federation?) is still open. During the meeting it was said that it should be called federation. It was also decided: 1) the Group will be registered in Rome and Brussels; 2) the formal creation of the organization will take place in Venice on the 20th of April; 3) a financial board was appointed; 4) the by-laws have to be reviewed; 5) the first congress will be held in Kiel in summer of 1992.

# Presidents

Patrick Henry  
1991-1992

*300 words contribution.....*



# Presidents

Jean Schoenen

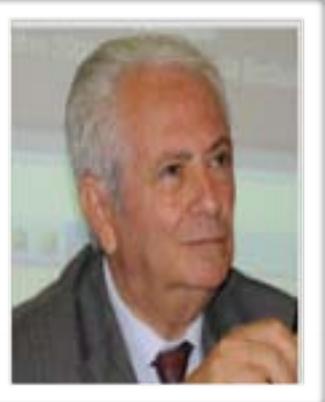
1992-1994

*300 words contribution.....*



# Presidents

Giuseppe Nappi  
1994-1996



*300 words contribution.....*

# Presidents

Ottar Sjaastad  
1996-1998

*300 words contribution.....*





# Presidents

Wolf Dieter Gerber  
1998-2000

*300 words contribution.....*

# Presidents

Timothy J. Steiner

2000-2002

*Insert picture.....*

*300 words contribution.....*

*Insert picture.....*

# Presidents

Pramond Saxena

2002-2004

*300 words contribution.....*

# Presidents

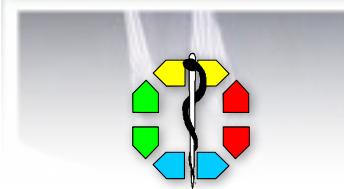
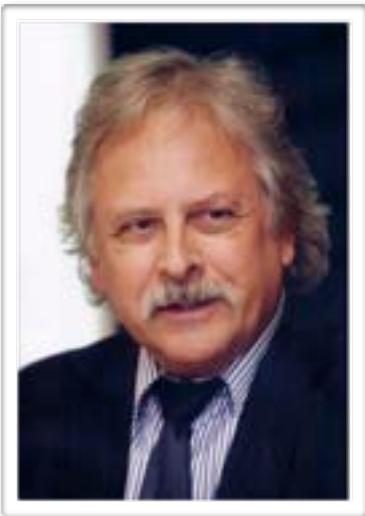
Josè Miguel Lainez  
2004-2006

*300 words contribution.....*



# Presidents

Hans Christoph Diener  
2006-2008



**H.C. Diener, MD, PhD, FAHA,  
FAAN**  
**Department of Neurology**  
**University Duisburg-Essen**  
**Hufelandstr. 55**  
**45122 Essen, Germany**

I took over the presidency of EHF from Miguel Lainez. He had organized the most successful EHF conference ever in Valencia. It became obvious that it would impossible to replicate this success in future. Funding from industry which is desperately needed to organize and run scientific meetings was dramatically decreasing. Therefore the board of EHF approached the Migraine Trust in order to find out whether it would be possible to join forces for future joint congresses between EHF and the Migraine Trust. Both institutions were aware that the times of separate headache congresses in Europe were over. When both institutions agreed to a joint future congress we founded EHMTIC which stands for European Headache Migraine Trust International Congress. The arrangement was that the location of the congress would rotate between the UK and mainland Europe in a 2 year interval. In the years in between the congress of the International Headache Society would take place. Based on this arrangement Peter Goadsby and myself were given the honour to chair the scientific committee for the first EHMTIC congress which took place in London in September 2008. The meeting was very successful and attended also by participants from outside Europe. The principle was to give posters a preferred place in the congress. The following joint congress will take place in Nice France in October 2010. The arrangement of joint congresses between EHF and Migraine Trust should continue under all circumstances. There is neither support nor reason for two separate European Headache meetings and headache researchers and clinicians would not appreciate if they would have to attend two separate meetings.

# Presidents

Fabio Antonaci

2008-2010



**Prof Fabio Antonaci**  
**University Consortium for Adaptive Disorders**  
**and Headache**  
**(UCADH)**  
**Pavia - Monza**

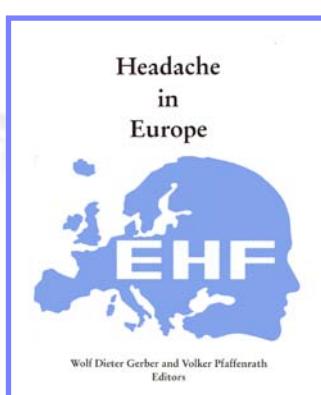
As I approach the end of my mandate as President of the European Headache Federation I am, quite naturally, asking myself whether we have achieved everything I hoped for during my period in office. After all, it can take time and sometimes an injection of fresh ideas to get results, even though, more than anything, what is needed is a good dose of enthusiasm. With the continuous help of a truly strong task force, namely the current executive committee, a formidable amount of energy has been expended over the past two years in order to hit a series of different targets. First, we recognised that the previous guidelines on how to set up a Headache School needed to be overhauled (especially in view of the new video format). Therefore, a revised version of these guidelines was published in JHP in a bid to foster and coordinate single national endeavours in this field. The EHF has also produced another resource that will be a great help to doctors and patients living in remote or inaccessible geographical areas: a service for obtaining second opinions from international experts speaking the same language. Also published in JHP is the format for history collection and the features of pain in difficult cases. The treatment of headache in children can, for example, be a difficult challenge for headache experts used to dealing with adults because, after all, children are not small adults. The latest EHF guidelines for the diagnosis and treatment of headache in children have now been accepted for publication in JHP. Last but not least, we are in the process of publishing our guidelines for standardising a Headache Centre in Europe. We feel, indeed, that the time has come, out of respect for both colleagues and patients, to define the term "Headache Centre". The strong impact, on an educational level, of the Headache Summer School has spread throughout Europe thanks to the innovative video school format. The major support of drug companies has helped us achieve this target, as has the generous support of the C. Mondino Foundation and The University Centre for Adaptive Disorders and Headache, which have helped to maintain our links with European colleagues. We have run courses involving colleagues living in areas where facilities, both for doctors and patients, are not as good as they might be. In this way, the headache video school, recorded from the frontal lectures held in Spain in 2009, was successfully replicated in Sofia, Bucharest, Tirana, Tunis, and recently in Monza, and the Warsaw one is scheduled for this November. The good results of the multiple choice test showed that the participants had much improved their knowledge; in addition, the interaction between local chairmen and the chairman abroad was particularly appreciated. In my opinion, given the economic difficulties that prevent many doctors from travelling for training, this system will prove to be the winning format for the future: learn in your own country. The current school is aimed at specialists but a primary care practitioner (PCP) version, along the same lines, is to be set up and recorded during the congress in Nice, thereby opening up this format to another level of medical consumers. In the past two years we have also worked in very close collaboration with the European Headache Alliance, jointly holding the now-traditional Migraine Day in Brussels. Should any of you ask whether I now plan to sit back and relax, I would certainly answer not just yet.



**Running up the EHF-flag in Bremen**



*Also the chairman V. Pfaffenrath helps to prepare an information board*



**"Headache in Europe". The book deals with the specific situations of Headache Research and Therapy in the European Countries.**

# Bremen

## (Germany)

The 1st European Headache Federation Conference

24 - 27 June 1992

*Organizer: Dieter Gerber*

The 1st Congress took place in Bremen/Germany and was the founding congress of the EHF. Founding-presidents and chairmen were Wolf-Dieter Gerber (Kiel/Germany) and Volker Pfaffenrath (Munich/Germany). Main organizers were W. D. Gerber and E. Hokkanen (Finland). Together with the Italian Headache Society the German Headache Society ([www.dmkg.de](http://www.dmkg.de)) promoted the foundation of the EHF. This 1st international conference is considered as milestone for the opening of headache research and treatment in Eastern Europe, because a lot of contacts and cooperations had been initiated during this 1st conference. As a result of this "opening" the book "Headache in Europe" (edited by Gerber &

Pfaffenrath) was released (see next pages). Within the EHF the German Headache Society became a "patronage" for Russia. As a result a scientific joint venture was established between the University of Kiel and the Moscow Medical Accademia, beginning with a symposium "New Aspects in Headache Research" in September 1993 in Moscow. This symposium is considered as the natal hour of the Russian Headache Research Association with Alexander Vein (Moscow) as first president

**Peter Krop (Germany)**

### European Headache Federation (EHF)

#### Executive Committee

|                            |                            |
|----------------------------|----------------------------|
| President<br>Henry         | Vice President<br>Schoonen |
| Gen Secretary<br>Antonaci  | Treasurer<br>Olesen        |
| Ihs Repres<br>Tfelt-Hansen | Repres to Ihs<br>Gerber    |
| Austria<br>Pfeiss          | Austria<br>Lechner         |

#### Board

|                         |                      |                       |                      |                    |
|-------------------------|----------------------|-----------------------|----------------------|--------------------|
| Denmark<br>Tfelt-Hansen | Finland<br>Hokkanen  | France<br>Henry       | Germany<br>Grotzemer | Norway<br>Sjaastad |
| Iceland<br>Gudmundsson  | Ireland<br>Staunton  | Israel<br>Kuritzky    | Italy<br>Nappi       | Spain<br>Titus     |
| Poland<br>Przewlocki    | Portugal<br>Monteiro | Romania<br>Petrescu   | Sweden<br>Ekblom     | UK<br>Steiner      |
| Switzerland<br>Isler    | Turkey<br>Tulunay    | Netherlands<br>Saxena | Mongary<br>Csernai   |                    |
| Russia<br>Vein          | Yugoslavia<br>Levic  |                       |                      |                    |

#### Members

National Society    Research Group

**The structure of Executive Committee and Board Members of EHF**

# Liege

(Belgium)

*Insert some pictures.....*

## The 2nd European Headache Federation Conference

15-18 June 1994

*Organizer: J. Schoenen*

The 1st EHF Conference held in Bremen had two main objectives: first to allow representatives of European Headache Societies from the East and West to become acquainted with each other and to exchange ideas; second, thought the press to inform press political and academic authorities as well as the public about the European Headache Federation and headache itself as a major health problem. Both objectives were fully achieved. A different programme has therefore been set out for the 2nd EHF Conference. This programme aims to conform to the main purpose of the EHF as stated in its Constitution, i.e. teaching and education. The Conference will thus start with a full-day Advanced teaching course on the preclinical and clinical development of antimigraine drugs. In order to put this in its correct perspective, the participants may benefit from the historical overview on Headache Research and Therapy given the night before during the opening Lecture. A certificate will be issued to all those attending the teaching Course and the presentations are to be published in an European Neurological Journal. The second day of the Conference will start with a Poster Session between: 8.00 and 9.00 a.m. during which a breakfast buffet will be served. The second poster session is scheduled on June 18, 13.30-14.30. Each poster session is followed by 2 1/2 hour session during which 15 poster selected by two chairmen will be presented by the authors. Poster prizes will be awarded for the best poster at each session. After the poster session, the second part of June 17 is devoted to Controversies in Headache. Four controversial problems have been proposed: "The role of the Neck", "Food, Wine and Migraine", "Headache: a Biobehavioral dysfunction?", "Acute Migraine Therapy: practical issues". Each section will be briefly introduced by the chairman. An expert in the field will then present a 15 to 20 min. "plaidoyer" lecture, after which the chairman will organize an extensive discussion between members from the panel and from the audience. The organization of the last section on acute migraine therapy is slightly different; it will contain brief review lectures on migraine impact and functional disability, analgesics and NSAID's, ergotamine and Sumatriptan. The 1st EHF Workshop organized in Bremen dealt with the optimal use of one discipline, Clinical Neurophysiology, to explore various CNS functions in headache patients. It was an outstanding success. The 2nd Workshop which occupies the morning of June 18 will, on the contrary, present a variety of different techniques which allow CNS transmitter system in headache patients to be investigated. The manuscripts will be published in a special issue of Cephalgia. Last but not least, in an innovative move, the 2nd EHF Conference will, on the afternoon of June 18, be organizing a session for the public and patients organizations. The "Question the Headache Expert" session will be advertised through the media and through patients organizations. Three parallel sessions are planned, one in French, one in Dutch and one in the other languages. The first two sessions will each be chaired by a medical journalist and have a panel of two or three headache specialists. The quality of the Programme of social events will hopefully equal that of the Scientific Programme. During the Opening Ceremony on June 15, a lyric piece will be performed by the famous Belgian Soprano Isabelle Kabatu and the Choral Society "Les Disciples de Gréty". The Opening Ceremony will close with a reception-buffet. The Concert on the evening of June 16 will be given by the internationally known "Orchestre Philharmonique de Liège et de la Communauté Francaise" under the direction of Pierre Bartholomée.

**J. Schoenen (Belgium)**



3rd Conference - Sardinia

# Forte-Village

(Sardinia, Italy)

The 3rd European Headache  
Federation Conference

5-8 June 1996

Organizer: G. Nappi and T. Steiner

The 3rd European Headache Conference was held in Forte Village, Sardinia, Italy, from the 5th to 8th June. It was organised by Prof. G. Nappi and Prof. T. J. Steiner. The Conference consisted of 4 special session dedicated to opening lectures, epidemiology, putative markers in Headache and abortive treatment of primary headache and special symposium on the media and headache, effective use of the modern information technology in headache research and teaching, chronic daily headache and headache and depression. Joint meeting of EHF and IHS on the socio-economic impact of headache and towards a standard for services to headache patients took place on Saturday 8th June. Symposium devoted to relation between media and headache were very interesting to use of modern technology of the information in research and teaching in headache. P. Goadsby (London) illustrated three areas of immediate practical use and communication: the information access to database using medline, electronic mail (E-Mail) and Internet access for World Wide Web. The CIS net network, a "private" network is the target of P. Cristiani and al (Pavia), three service will be available on the CISnet network: diffusion of databases for infotechnologies, research service and health care services. Pfaffenrath investigated the pathophysiology of Tension Type Headache, at present a multifactorial basis is being discussed. The management strategies of Chronic Daily Headache Task force, the CDH Task Force, proposed to conduct an international multicenter prospective study to document the patterns of headaches and ameliorative treatment of CDH. Professor Blau, session I Epidemiology, developed the concept of the effect of national life styles in migraineus patients. In session III Putative markers in Headache were discussed, L. Friberg (Copenhagen) proposed the cerebral blood flow studies to detect the intracranial hemodynamics during headache with aura and migraine without aura. M. Sandler (London) indicated that patients with migraine are more sensitive than normal subjects to the pain-producing properties of Nerve Growth Factor (NGF), this hypothesis is now under investigation. The bioavailability of ergotamine, 5-HT receptors agonist and others drug in headache treatment was examined by F. C. Tulunay (Ankara) in the final session. Intriguing information was reported during the joint meeting of EHF and IHS on socio-economic impact of migraine, a very real innovation in headache meetings. The socio-economic impact of migraine include direct cost, associated with medical care, drug use, utilisation of health services resources, and indirect costs, associated with lost productivity and working day lost due to headaches. Leonardi (Geneve) indicate that the total cost of headache in Europe economy has been estimate around 10 billion Ecu/year. Finally, delegates enjoyed the natural beauty of Sardinia during the conference: an excellent mix between beauties of nature and science.

**Giorgio De Matteis (University of L'Aquila-Italy)**

# Corfu

(Greece)

## The 4th European Headache Federation Conference

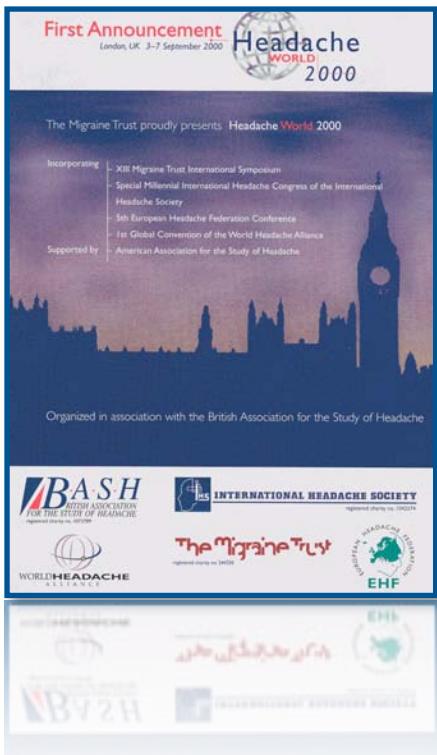
13-16 June 1998

Organizer: J. Milonas - O. Sjaastad



The 4th EHF Congres was held in Corfu, Greece in a joint meeting with the Hellenic Society for the Study of Headache. Six hundred colleagues from all over Europe were there to attend the works of a meeting that along the line of the previous ones proved to be most productive and interesting. First, and before the official opening of the meeting, the post-graduate course was a lively meeting with the professors type of session with Drs. Sjaastad and Blau providing the attendees with what it was the stated goal of the course: a practical approach to the headache patient. In the opening session of the congress, Saturday June 13, Dr. Blau (London) lectured on the mode of lecturing and wondered in a provocative manner whether headache conferences are productive, while Dr. Karageorgiou (Athens) in her lecture elaborated on what the Greek contribution to the headache field might be. Saturday was a busy day. The morning session focused on Pain in the neck/back of the head. Thorough presentation by Drs. Lomo (Oslo), Westgaard (Trondheim) and Janig (Oslo) covered every aspect of neck pain pathophysiology, while the clinical aspects of tension-type and cervicogenic headache were covered by experts in the field, such as J. Shoenen (Liege), R. Jensen (Copenhagen), M. Vincent (Rio de Janeiro) and J. Maciel Jr (Campinas). The commorbidity of migraine afternoon session hosted three distinguished guests from the other side of the Atlantic, Drs. K. Merikangas (New Haven), P. Mitsias (Detroit) and N. Mathew (Houston), who attempted to explore the interface of migraine with depression, stroke and hypertension. The session on Epidemiology of headache and experience from different areas of Europe led to different methodological approaches, Prof. Waters was the guest of honor in this session, and Drs. Merikangas (New Haven), Rasmussen (Copenhagen), Pereira (Porto), Mitsikostas (Athens) and Sjaastad (Trondheim) contributed to the discussion by presenting data from studies contacted by them. Monday morning session focused on different aspects of headache treatment with NSAIDs. Topics such as mechanism of action, efficacy in prophylaxis and symptomatic treatment, and NSAIDs indeed headache were covered by experts in the field, such as F. Tulunay (Ankara), P. Tfelt-Hansen (Copenhagen), T. Steiner (London) and P. Pfaffenrath (Munich). Despite a most warm and bright afternoon, a full room attended the afternoon course on periocular pain where clinical aspects of various syndromes were covered in full detail. Dr. P. Goadsby (London) caught the audience when he presented recent findings from PET studies in cluster headache patients. The EHF Gala dinner at Achillion Palace was the glamourous ending of a really dusy day. Tuesday morning was devoted to pediatric headache in childhood, clinical diagnosis and diagnostic criteria for various types of headache, and non-pharmacological treatment of pediatric tensio-type headache were discussed by Drs: Sillanpaa, Aromaa and Metsahonkala from Turku, Woeber-Bingol from Vienna, Guidetti from Rome and Larsson from Uppsala. Two session on non-Pharmacological approaches to headache treatment emphasized that headache has its biobehavioral aspect and means of therapeutic intervention that focus on that often neglected side do exist. In addition to these round table session that overwhelmingly attracted the interest of the participants, numerous poster presentations were made, although it was quite disappointing that a remarkable number of abstracts accepted for presentation were finally not presented by their authors. Definitely this is an issue that has to be dealt with in the future. Two satellite symposia sponsored by Pfizer Inc. and Merck & Co., Inc. brought under focus two new players that seem quite ready to jump on-board the triptan migraine treatment ship: eletriptan and rizatriptan. Comprehensive data on efficacy and impact on daily lives of migraineurs were presented. A third satellite symposia sponsored by Radionics Instruments focused on radiofrequency procedures in cervicogenic headache. To be Mentioned, during the EHF Board Meeting W. D. Gerber was elected to lead the federation for the next 2 years. Finally, for his assiduos efforts for the success of the meeting Prof. Sjaastad has to be acknowledged, along with Prof. I. Milonas. Probably, their most tough opponent was the island of Corfu itself which proved to be a Sirene constantly calling their colleagues out of the congress room. However, their Odyssey came to a rather happy end. The meeting was a successful one.

**Joannis Milonas (Thessaloniki)**



# London

## (United Kingdom)

### The 5th European Headache Federation Conference

### 3-7 September 2000

*Organizer: T. Steiner*

Headache 2000, a headache conference sponsored for the first time by the World Health Organization, was attended approximately by 2500 doctors from 60 countries covering all continent and 150 headache patients. This meeting was organized by Dr. T. Steiner; chairman of the organizing committee and Prof. Goadsby, chairman of the scientific committee. Headache 2000 incorporated the following organizations: International Headache Society, European Headache Federation, Migraine Trust, American Headache Society and World Headache Alliance. This meeting the current thinking and advances in the diagnosis, prevention and treatment of headache disorders were discussed; particular interest has been focused on Neuroimaging, the impact of genetics, headache in children and adolescents, cluster headache. Out of 415 abstracts presented 82 were selected for oral presentation; 98 speakers. This arrangement lent itself to free and valuable discussion. One satellite symposia each day was supported by pharmaceutical companies. For the first time, headache sufferers are being invited to participate in a major scientific conference with many of the world's leading experts in headache disorders. At this purpose a parallel public programme included session on headache at school, headache and hormone, coping with headache and a career, conventional and non-conventional therapies for headache and migraine.

**Fabio Antonaci (Pavia-Monza)**



*Insert some pictures.....*

# Istanbul

(Turkey)

The 6th European Headache  
Federation Congress

26-30 June 2002

*Organizer: F. Cankat Tulunay*

*400 words contribution.....*

Reducing the  
Global Burden  
of Migraine



Friday, June 18, 2004, 08:30-10:00

gevuld programma 08:30-10:00



European Headache Federation (EHF)  
**7th EHF CONGRESS**



Rotterdam, The Netherlands  
June 18-19, 2004

# Rotterdam

(Netherlands)

The 7th European Headache  
Federation Congress

16-19 June 2004

Organizer: Pramond Saxena

*400 words contribution.....*



# Valencia

## (Spain)

### The 8th European Headache Federation Congress

26-29 April 2006

*Organizer: José Miguel Lainéz*

The Congress in Valencia was a priority objective of the Executive Committee. Our objective was to increase the number of attendants and to attract European General Practitioners. We had started the negotiation process with the Migraine Trust in order to merge a joint biannual meeting and we needed a strong Congress in order to have a strong position in the negotiations. Thanks to the preceding effort made in the promotion of the congress by all the member countries and the hard work of the Executive the Congress was very successful in a time when the support of the pharmaceutical companies started to decline. All the member countries were represented at the meeting.

We had close to 1000 participants from 55 countries and over 200 high quality abstracts were presented both orally and as poster presentations.

The general feeling of the Organisers and many participants, sponsors and exhibitors was that this was a very successful meeting from the perspective of science, quality of the presentations and the general interactions between participants.

A variety of topics were covered in symposia,

debates scientific sessions and plenary lectures by eminent headache specialists. The participants were given a unique opportunity to present their research to a truly international audience.

In addition, a clearly recognisable programme was presented for European General Practitioners, in which they had the opportunity to discuss problems of specific interest to them.

Another important achievement was the publication of the abstracts in The Journal of Headache and Pain. The previous year we signed an agreement and the Journal became the Official journal of the EHF.

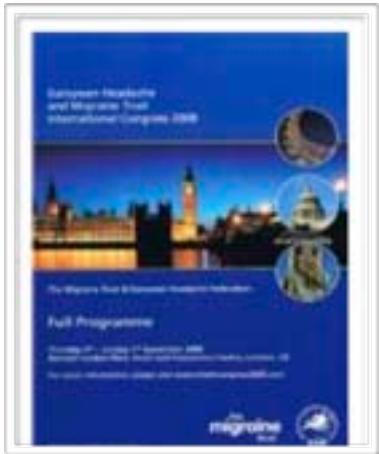
#### J. M. Lainéz (Spain)



Members of the local organizing committee



Speakers dinner



*Insert some pictures.....*

# London

## (United Kingdom)

### The 9th European Headache and Migraine Trust International Congress

4-7 September 2008

*Organizer: Hans Christoph Diener*

The European Headache and Migraine Trust International Congress (EHMTIC) was successfully held in London, UK from 4th September to 7th September 2008. This meeting, attended by more than 800 participants, represented the first joint bi-annual congress on Headache organized by the collaboration between the Migraine Trust and the European Headache Federation. Two teaching courses opened the meeting and ensued on the afternoon of Thursday 4th September. Teaching Course I was dedicated to the diagnosis and management of primary and secondary headache disorders, while Teaching Course II, entitled "Scientific Basis of Headache" was dedicated to the pain path-ways, pain mechanisms and the role of drugs in relation to headache and migraine. After the welcome address by the International Scientific Advisor Committee Joint Chairmen, the congress extended over a period of three days and was divided into many daily sections, covering new therapies, developments and research in the main area of the field of headaches. Moreover, seven poster viewing and chaired discussion sessions formed an integral part of the scientific programme and a specific and parallel paediatric session was organized. During the meeting, the Italian Society for the Study of Headaches (SISC) announced the winner of the Enrico Greppi Award 2008. The award have been granted to the best selected unpublished original paper on headaches, the "Headache precipitated by cough, prolonged exercise or sexual activity: a prospective etiological and clinical study", presented by J.Pascual from Spain. Lastly, the Cluster Headache Award was heralded to a research group which has given a relevant contribution in the field of cluster headache. The winner was the paper "Treatment of medically intractable cluster headache by occipital nerve stimulation: long-term follow-up of eight patients", presented by P. Goadsby from California.

**Marta Allen (Pavia)**



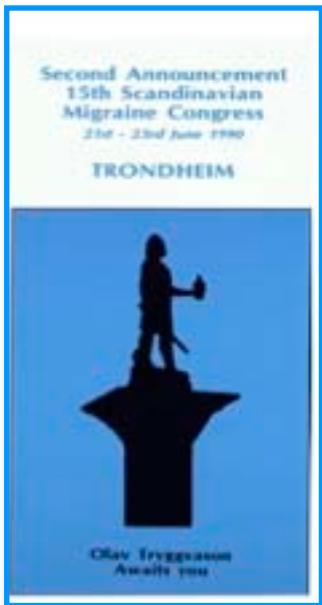
# Nice (France)

The 2nd European Headache and  
Migraine Trust International Congress  
EHMTIC

28-31 October 2010

Organizer: H.C. Diener - P. Goadsby

*400 words contribution.....*



# Other activities

15th SCANDINAVIAN  
MIGRAINE CONGRESS  
21st-23rd JUNE 1990  
TRONDHEIM, NORWAY



Trondheim, Norway 1990

# Bremen Declaration

June, 26 1992

Almost one in four Europeans suffer from severe headache (for example, migraine or tension-type headache). This causes an enormous burden on health system and national economies in general - headache costs European economies almost 10 bn Ecus a year simply from disruption to daily life. We, the participants of the First international Conference of the European Headache Federation in Bremen declare:

- ❖ In light of the significance of the common ailment headache, we demand that European national politicians responsible for health care and research and the EC government for research programmes in the field of headache and migraine.
- ❖ Considering the importance of headache and related phenomena to individual patients, as well as the economic impact on health systems and economies, the current priority for independent headache researches activities is lacking in European countries. There exist scientific institutions which occasionally carry out researches on a self-funding basis or with financing from the pharmaceutical industry. Nevertheless, the latter for the most part finances research in the form of drugs trials - and leave unfunded other research projects that deal with the real prevalence of various types of headache, their causes, prevention and treatment. Multinational studies are required.
- ❖ We consider that a scientific assessment of the precise prevalence of headache and drugs consumptions is the priority in a number of European countries. Only approximations are currently available so that the actual number of headache sufferers in Europe is considerably underestimated.
- ❖ Furthermore there are few strategies that aim to prevent and treat headache in a satisfactory way. For example it is of great importance to establish a methodology which could prevent headache, or at least reduce its frequency, as a means of reducing drugs consumption. Preliminary studies have suggested that a combination of drugs and behavioral therapies is the most effective treatment for patients with severe headaches. But there exists a lack of well-trained medical doctors and other therapists in the field.

As a result, diagnostics and the various headache therapies should be emphasized in the education and training of medical practitioners.

**Dieter Gerber (Kiel)**

# The 2nd Russian-German Headache meeting

September 13-16 1996  
Kiel (Germany)



The 2nd meeting took place in Kiel/Germany. Speakers came from Moscow, Liège, Pavia, Wuppertal, Kiel, and Munich.

The topics were "Migraine as a problem in stimulus-processing", "Migraine in childhood", "Migraine and Tension-type Headache", "Central effects of Aspirine", and "Treatment procedures".

A special guest lecture was done by the president of the German Migraine and Headache Society at that time, Volker Pfaffenrath: Chronic daily headache – current status.

**Peter Krop (Germany)**



# Migraine

## “The Forgotten Epidemic”

### A European Perspective

### 11 June 2005 Rome, Italy

11 June 2005  
Rome, (Italy)



UNIVERSITÄT  
DUISBURG  
ESSEN

#### “EHF/WHA Rome Declaration on Migraine”

Migraine “The Forgotten Epidemic” A European Perspective 10-11 June 2005, Rome, Italy

##### Consensus Statements

Migraine is a neurovascular disorder of the brain.

The World Health Organization recognises that migraine is the 12th highest cause of disability in women and the 19th highest cause of disability amongst both sexes:

- it affects approximately 50 million people in Europe
- every day nearly 2 million Europeans have a migraine attack
- it costs the European economy well over 10 billion euros every year.

A range of effective treatments exist. Acute therapy reduces disability during the attack and preventive therapy can reduce the frequency and severity on a long term basis.

Failure of healthcare systems to provide effective treatments to those who need them is the most important reason why this socio-economic burden persists.

We call upon the governments and health policy makers of Europe to:

- match our commitment to people affected by migraine
- recognise the priority that migraine deserves
- provide the resources that these initiatives require.

We would like to emphasise that the cost of these resources will be offset by recovered work productivity.

##### Consensus Actions

Over the next 5 years these are the targets we wish to achieve in Europe:

- the percentage of migraine patients in the care of a physician should increase from the current level of 30% to 50%
- the number of patients receiving effective therapy for acute migraine attacks should increase from the current level of 40% to 70%
- at least 50% of patients requiring migraine prevention therapy should be receiving this treatment.

By working together, the professional and patient organisations active in Europe will:

- set up awareness initiatives for the general public in order to create recognition of the need for treatment of migraine
- set up educational programmes for healthcare providers in order to improve their ability to diagnose and treat migraine
- produce and disseminate diagnostic aids, management guidelines and instruments for outcome evaluation.

To achieve this, we will also:

- publish a literature review on current knowledge, perception and attitude of physicians and patients as a first step in awareness and improving the treatment of migraine across Europe
- develop active communication between patient organisations, healthcare providers and governments on migraine, its disabling effects, its public-health importance and its management
- promote use of tools that increase physicians' knowledge, support them and sustain their compliance with nationally-established guidelines
- challenge governments and health policy makers to promote programmes to diminish the social and economic burdens of migraine
- urge physicians to encourage their patients to communicate freely their personal concerns and experiences in order to understand the true impact of the disorder
- apply measures of outcome to optimise acute and preventive migraine therapy.

We will work with the WHO on their public-health report which will publish the trends and burden of migraine including:

- collation of national data on risk factors, incidence and prevalence
- a clear definition of the burden of migraine (both direct and indirect costs) and a definitive report on the associated health economics
- the need to screen for conditions co-morbid with migraine and to help patients understand that migraine can lead to co-morbid states.

We will monitor the effects of these initiatives to demonstrate beneficial change.





**The logo of the Russian Headache Research Society (RHRS) - Interregional Public Organization**

**Глубокоуважаемые коллеги!**

13-15 декабря 2007 года в Наркно-исследовательском центре ММА им. И.М. Сеченова (10909, Москва, ул. Трубников, д. 8, стр. 1) проходит Российской научно-практическая конференция с международным участием и специализированная выставка «ГОЛОВНАЯ БОЛЬ – 2007» (п. 115 Приказа Минздравсоцразвития России, РАМН, РАН от 29 декабря 2006 г. №884/91/268 «О планах научно-практических мероприятий»).

К участию в конференции приглашаются специалисты, чья профессиональная деятельность связана с изучением, диагностикой и лечением головной боли, а также ученые, практиционеры и поставщики медицинской техники и технологий.

Темы докладов: Бург (глубокая) и обструктивная миграция конфигураций. Текущие направления по адресу: headache2007@gmail.com.

Срок представления тезисов – до 15 сентября 2007 года. Интернет-страница мероприятия: <http://www.mma.ru/event/dz25844>

**ОСНОВНЫЕ НАУЧНЫЕ НАПРАВЛЕНИЯ КОНФЕРЕНЦИИ**

- Эпидемиология и классификация ГБ
- Патогенез и этиология первичных ГБ
- Методы диагностики и лечения первичных ГБ
- Вторичные ГБ: клиника и принципы диагностики
- Тренировка головы: методы циферблат и редкие формы ГБ
- Современные принципы лечения ГБ

Заведующий кафедрой нервных болезней  
Московской медицинской академии им. И.М. Сеченова,  
академик РАМН, профессор Н.Н. Яхно

**Министерство здравоохранения и социального развития Российской Федерации**  
ГУ ВПО Московской медицинской академии им. И.М. Сеченова  
Клиника нервных болезней им. А.Я. Кожевникова  
Всероссийское общество неврологов  
Московское общество неврологов  
Российская ассоциация по изучению боли

**РОССИЙСКАЯ НАУЧНО-ПРАКТИЧЕСКАЯ КОНФЕРЕНЦИЯ  
С МЕЖДУНАРОДНЫМ УЧАСТИЕМ**

**СПЕЦИАЛИЗИРОВАННАЯ ВЫСТАВКА**

**«ГОЛОВНАЯ БОЛЬ – 2007»**

13 – 15 декабря 2007 г. Москва

**Invitation to the 1<sup>st</sup> Russian Headache Conference with international participation  
“Headache-2007” (under the auspice of EHF and the Moscow Medical Academy)**

# The 1<sup>st</sup> Russian Headache Conference “Headache 2007”

14-15 December 2007

Moscow

1<sup>st</sup> Russian Headache Conference with international participation “Headache-2007” under the auspice of EHF and the Moscow Medical Academy; conference language – Russian; 150 participants, local and foreign speakers EHF enthusiasts, colleagues and friends: Cristina Tassorelli, Timothy Steiner, Zaza Katsarava and Messoud Ashina

Vera Osipova (Moscow)



**Enthusiastic members of the Russian Headache Research Society (RHRS) – the organizers of headache conferences in Russia with conference banner. From right to left: Prof. Guzyal Tabeeva – President of the RHRS, Vera Osipova – representative of the Russian Federation in the EHF, Natalia Fokina, Julia Azimova, Prof. Tatiana Voznesenskaya.**

# Patronage



**Italy - Albania**  
**Patronage 3 August 1993**



**Italy - Albania**  
**Patronage 10-11 April 1994**

## ● *Austria - Bulgaria*

1 year stage (1 doctor)

## ● *Austria - Croatia*

2 months stage (1 doctor)

## ● *Austria - Slovakia*

3 months stage (1 doctor) Belgium - Hungary

6 doctors invited to the 2nd EHF Congress in Liege

## ● *Germany - Russia*

Visits to Kiel and Moscow Joint meeting September 1993

2 months stage (1 student) 1 year stage (1 student)

## ● *Italy - Albania*

1 year stage (1 doctor) 2 weeks stage: postgraduate course

(7 doctors) 1 week stage: postgraduate course (3 doctors)

Postgraduate course: Albania, 3 August 1993 (with Italian speakers) Epidemiological study (1 technician) 1 week stage (2 doctors) Joint meeting 10-11 April 1994

## ● *Italy - Slovenia*

1 month stage (1 doctor) Mailing of book and articles

Joint meeting February 1994

## ● *Italy - Russia*

1 year stage (1 doctor)

## ● *Italy - Croatia*

Support of editorial activities

## ● *Norway - Lithuania*

2 months stage (1 doctor) 4 months stage (1 doctor)

8 months stage (1 doctor)

## ● *Norway - Poland*

3 months stage (1 doctor)



**Giorgio Kauchtschischvili**  
Berlin 1923 - Milano 1975

**"The qualities of this prominent man, should be a model for young generations of researches"**



Pavia (Italy), 1974. The collaborators of Prof. Kauchtschischvili: on right Giuseppe Nappi, Marco Poloni, Giorgio M. Kauchtschischvili, Paola Bo, Giorgio Bono, Gianpaolo Papandrea.

# PRIZES

## The Giorgio M. Kauchtschischvili Award

Through the generosity of the University Centre for Adaptive Disorders and Headache (UCADH) and the Centro Italiano Ricerche Neurologiche Applicate (CIRNA Foundation), a prize was established in 1992 in the name of Prof. Giorgio Kauchtschischvili which is awarded every two years to outstanding young European and Near Eastern researchers involved in stage and advanced headache research projects.

### The winners of the previous editions:

- 1992 Vera Osipova - Medical Academy, Moscow, Russia
- 1994 Rigmor Jensen - University of Copenhagen, Denmark
- 1996 Ivan Milov - National Hospital, Sofia, Bulgaria
- 1998 Alberto Proietti Cecchini - C. Mondino Foundation, Pavia, Italy
- 2000 Tsotcho Ivanov Kmetski - University of Sofia, Bulgaria
- 2002 Marina Alpaidze - University of Tbilisi, Georgia
- 2004 Dessislava Bogdanova - University of Sofia, Bulgaria
- 2006 Michelangelo Bartolo - University of Rome La Sapienza, Italy
- 2008 Zaza Katsarava - University of Essen, Germany
- 2010 Sophia Natriashvili - State Medical University, Georgia



**The Giorgio M. Kauchtschischvili Award 9th Edition**  
**1st October 2008 Milano (Italy)**



**The 1st edition London September 23 2004**  
**Prof. Sjaastad receiving the award from Prof.**  
**Antonaci (on the right)**  
**and Prof. Goadsby**



# Cluster Headache Award

*The Cluster Headache Award is given yearly to a research group which, following the tradition of the Headache Centre over the last three decades, has given a relevant contribution in the field of cluster headache.*



**The 2nd edition**  
**Cernobbio (Italy) October 10 2005**



**The 3rd edition London September 2006**  
**Prof. Jean Schoenen reciving the award from**  
**Prof. Antonaci**

## **The 1st Edition : London September 23rd 2004**

The Winner of the first edition has been the article: "Cluster headache prevalence. Vågå study of headache epidemiology". *Cephalgia*. 2003 Sep;23(7):528-33 written by Ottar Sjaastad and Leiv Sigmund Bakkeiteig.

## **The 2nd Edition : Cernobbio (Italy) October 10th 2005**

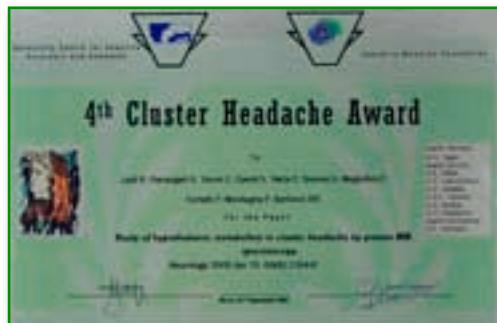
The Winner of the second edition has been the article: "A polymorphism of the hypocretin receptor 2 gene is associated with cluster headache". *Neurology* 2004 Oct 12;63(7):1286-8, written by I. Rainero, S. Gallone, W. Valfrè, M. Ferrero, G. Angilella, C. Rivoiro, E. Rubino, P. De Martino, L. Savi, M. Ferrone, and L. Pinessi.

## **The 3rd Edition : London 20th September 2006**

The winner of the 3rd Edition (year 2006) is the following paper: "Hypothalamic stimulation in chronic cluster headache: a pilot study of efficacy and mode of action". Written by: Schoenen J, Di Clemente L, Vandenhende M, Fumal A, De Pasqua V, Mouchamps M, Remacle JM, de Noordhout AM. Appeared in *Brain*. 2005 Apr;128(Pt 4):940-7

## **The 4th Edition: Pavia 2007**

The winner of the 4th Edition (year 2007) is the paper: "Study of hypothalamic metabolism in cluster headache by proton MR spectroscopy", written by: Lodi R, Pierangeli G, Tonon C, Cevoli S, Testa C, Bivona G, Magnifico F, Cortelli P, Montagna P, Barbiroli B.R Appeared in: *Neurology*. 2006 Apr 25;66(8):1264-6.



**The 4th edition**  
**Pavia September 2007**

# Cluster Headache Award



The 5th edition  
London September 2008



The 6th edition Bari October 2009  
Dott. A. Perrotta  
receiving the award from Prof. Antonaci

## The 5th Edition: London, 7th September 2008

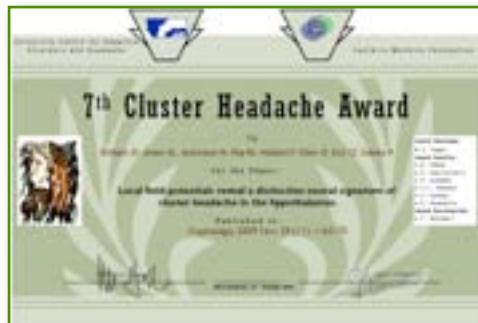
The winner of the 5<sup>th</sup> Edition (year 2008) has been the paper: "Treatment of medically intractable cluster headache by occipital nerve stimulation: long-term follow-up of eight patients" written by Burns, B., L. Watkins, and P.J. Goadsby,. Appeared in Lancet, 2007; 369 (9567): p. 1099-106.

## The 6th Edition: Bari (Italy), 3rd October 2009

The winner of the 6<sup>th</sup> Edition (year 2009) is the paper: "Reduced habituation of trigeminal reflexes in patients with episodic cluster headache during cluster period", written by Perrotta A, Serrao M, Sandrini G, Bogdanova D, Tassorelli C, Bartolo M, Coppola G, Pierelli F, Nappi G. Appeared in: Cephalgia. 2008 Sep 28;(9): 950-9.

## The 7th Edition: Nice (France), 31 October 2010

The winner of the 7<sup>th</sup> Edition (year 2010) is the paper: "Local field potentials reveal a distinctive neural signature of cluster headache in the hypothalamus", written by P. Davies, JS Brittain, AL Green, N. Jenkinson, NJ Ray, P. Holland, JF Steiner, TZ Aziz. Appeared in: Cephalgia 2009 Nov; 29(11): 1165-73.



The 7th edition  
Nice October 2010

# Books



## European Headache Federation (EHF) The 1st International Conference European Headache Federation

**Editors:** K. Ekbom, W.D. Gerber, P. Henry, G. Nappi V. Pfaffenrath, P. Tfelt Hansen.

**VI. Bremen Arcis Verlag: Munchen 1992.p.1 - 110**

## Drug Abuse in Headache

**Editors:** P. Henry, G. Nappi, F. C. Tulunay.

*Functional Neurology 1992 vol 7, Suppl. No. 6, p.1-40*

## Migraine in General Practice - Basic Concepts

**Editors:** K. Ekbom Smith-Gordon: London 1993 p. 1 - 109

## Headache in Europe

**Editors:** W.D. Gerber, V. Pfaffenrath

Munchen: Arcis Verlag: 1993 p. 1 - 104

## The Acute Treatment of Migraine Attack

**Editors:** G. Nappi, J.M. Pereira Monteiro ,W.D.Gerber

*Functional Neurology 1994, vol 9, Suppl No. 2 p. 1 - 47*

## European Headache Federation (EHF)

### 2nd Conference

**Editors:** J. Schoenen, M.D. Ferrari

*Cephalgia, 1994 vol 14*

## Headache Research Worldwide

**Edited by:** The International Headache Society and the European Headache Federation Arcis Verlag:

Munchen 1995 p. 1 - 193

## L'Emicrania nella Pratica Clinica

**Editor:** K. Ekbom.

*Translation by G. Nappi and F. Antonaci*

*Smith-Gordon: London 1995 p. 1 - 119*

## Headache Research Centre in Europe

**Edited by:** W. D. Gerber, J. Schoenen, G.

Nappi and F. Antonaci 1996 p. 192

## Proceeding of the 3rd Congress

**Edited by:** G. Nappi, Steiner, Antonaci 1998

*Insert some pictures.....*

# Headache School 1992 Antalya (Turkey)

*Organizer: F. Cankat Tulunay*

1st European Summer School on Headache was held in Antalya, Turkey in October 29 November 4, 1992. One hundred twenty-five participants and 15 faculty members from 21 countries participated to the summer school.

Under secretary of Turkish Ministry of Health, Pro. Dr. I. Ozdemir, opened the summer school. Professor Schoenen and Professor Tulunay talked on behalf of EHF and Turkish Headache Society, respectively.

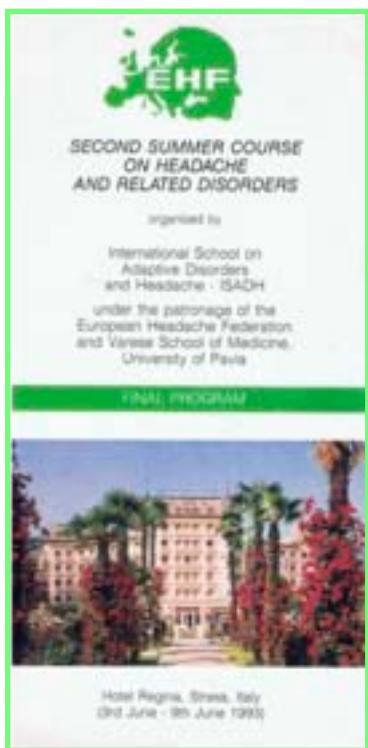
The following topics were discussed by the faculty members:

- Classification and epidemiology of headache; T. J. STEINER
- Clinical features of migraine; H. ISLER
- Differential diagnosis of migraine; D. HADJIEV
- Pathophysiology and treatment of migraine; P. R. SAXENA and M. FERRARI
- Chronic paroxysmal hemicrania and hemicrania continua; O. SJAASTAD
- Pathophysiology of tension-type headache; J. SHOENEN
- Clinical features of tension-type headache; G. SANDRINI
- Treatment of tension-type headache; V. PFAFFENRATH
- Pharmacological aspects of antidepressant drugs; O. PALAOGLU
- Practical application of non-pharmacological methods; G. D. GERBER and M. G. BUZZI
- Pathophysiology of cluster headache; O. SJAASTAD
- Clinical features of cluster headache, P. HENRY
- Differential diagnosis of cluster headache; A. PRUSINSKI
- Treatment of cluster headache; F. C. TULUNAY
- Etiology of drugs induced headache; G. D. GERBER
- Headache in the emergency room; A. SIVA and S. ERDINE
- Secondary causes of headache; P. MONTEIRO

A mini symposium was also held at the end of the summer school on "Drugs Abuse in Headache" P. Henry (chairman); W. D. Gerber, M. Monteiro, T. Steiner, F. C. Tulunay, G. Sandrini, V. Pfaffenrath and H. Isler were discussed the different aspects of the topic: Proceeding of the symposium is published in Functional Neurology (Vol. VII, No: 6, suppl., 1992)

Apart from the scientific session, the participants had a chance to enjoy the social activities as well as touristic tours.

**F. Cankat Tulunay (Ankara)**



# Headache School

## 1993 Stresa (Italy)

*Organizer: Giuseppe Nappi*

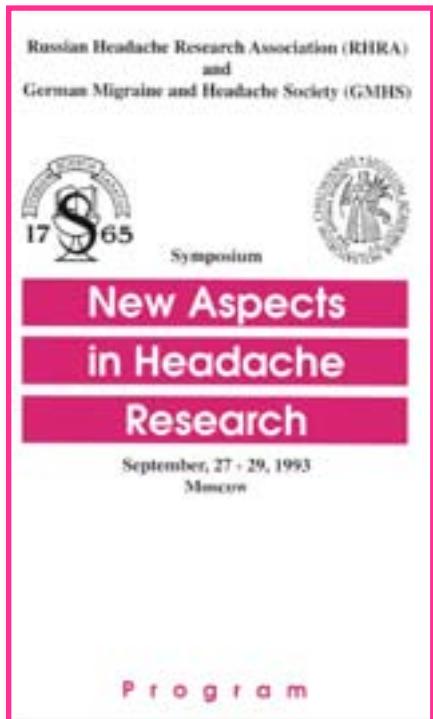
The most senior professor in Europe met in Stresa for a course designed to teach European doctors how to treat headaches. The European Headache Federation gathered in Italy for a high level update course designed to improve European doctor's ability to deal with the complexities of headache. The current preparation of specialised doctors, and therefore, general practitioners, represents one of the cornerstones for a new approach to headache; an approach which is finally able to lead to solutions enabling patients to avoid long-winded and tortuous diagnostic trials and treatment which are often based on erroneous evaluations by badly informed doctors who over - or undervalue the illness - and in the process can, for example, mistake disorders associated to headache for alterations related to vascular disorders, "arthrosis" or emotional disorders. The solution to this illness is not a miracle drug, however, rather the possibility of uniting the interdisciplinary efforts of researchers in a common line of research capable of highlighting both the best strategies to adopt and the most widespread errors in treatment. "A further advantage of this initiative..." explains the Vice-President of the European Federation, Prof. Giuseppe Nappi, who is Scientific Director of C. Mondino Neurological Institute in Pavia and Organizer of the course in Stresa "...is that of unify the technical language of European researches so that the headache of a patient in Sofia is the same as that of a patient in Pavia. The aim is to pull down the diagnostic Tower of Babel which until a few years ago made studies by different parts of the University of Europe impossible to compare". The European course in Stresa has been organised in the framework of an already established tradition of teaching carried on for a number of years by the Headache Centers belonging to UCADH (Interuniversity Center for Headache and Adaptive Disorders); by means of national courses and conventions this has helped to generate interest and improve the preparation of Italian specialists for treating headache. The course organized in the relaxing atmosphere of Lago Maggiore, lasted a week (3-8 June). It consisted of lessons on theory in the morning and practice in the afternoon, using videotapes as well as diagnostic and treatment equipment, such as biofeedback, pupillometry, neck movement evaluation, surface electromyography, algometry and doppler. In this way even the youngest doctors have been able to familiarise themselves with specific diagnostic methods under the attentive gaze of the most renowned European experts in an unrepeatable learning opportunity. There were 18 foreign and 16 Italian teachers on the course, coming from the most prestigious university institutes and hospitals in Europe and Italy. They took it in turns to illustrate a broad range of subjects relating to the so-called primary and secondary headaches, in other words the headache forms which arise without a discernable reason or those which instead lead to a variety of illness which may involve the head alone or the entire disturbances or infections. A mini-symposium was also held on drugs therapies in acute migraine attacks. The pros and cons of the most common drugs currently available to doctors were discussed using a chart outlining best use. The mini-symposium was so interesting that it has been decided to publish the proceeding on a special issue of Functional Neurology. It is well known that the Summer School is a cornerstone within the Education Committee activity of the EHF. The success of Antalya '92, Stresa '93 are a clear witness. But the Summer School did not stop, it is ready to leave again; the task has been given to Prof. Pereira Monteiro who is organizing the course. For beginners and trained "cephaliatrists" the venue is Oporto.

**Covered Bridge over the Ticino River  
Pavia (Italy)**

**Fabio Antonaci (Pavia-Monza)**

# The 1st International Headache Symposium in Moscow

1993 Moscow  
(Russia)



At the end of September (27-29) 1993 Moscow for the first played host to the 1st International Headache Symposium in Eastern Europe. This meeting was the idea of the Russian Headache Society and their president Prof. Alexander Vein, and the Prof. Wolf Dieter Gerber, who were its most enthusiastic organizers. The Symposium came about thanks to the collaboration between Sechenov Moscow Medical Academy and the University of Kiel. We greatly appreciate the contribution made by BAYER and GLAXO Moscow representation offices to this event. Many Russian cities sent representatives to our Symposium: S. Peterburg and Perm, Smolensk and Kazan, N. Novgorod and Volgograd. We were very grateful that, in spite of the rather tense situation in the political and economic life of Moscow, 15 wellknown brave and devoted headache researchers came to Moscow and took part to our meeting. Russian neurologists and young physicians had an outstanding opportunity to learn about the latest achievements, facts and trends in the diagnosis, pathophysiology and treatment of different headache variants. The Symposium was held in the Boarding-House of Timiryazev Park in the outskirts of Moscow. We very much regret that because of financial difficulties we could not provide a more suitable venue close to the centre of Moscow and its' historical sights. In any case, we hope that our guests enjoyed the outings to Red Square, the Novedevochiy convent and old Moscow streets. Walking in the City, prof. Pradalier even had a chance to take part in the demonstration not far from Red Square and was interviewed by the press. We also had the opportunity to appreciate the dancing and vocal talents of the delegates at the gala dinner and hope that they did not feel the traditional Russian party was too noisy. As regards the professional part of the Symposium, the consensus was that Prof. Isler made the most expressive and best illustrated historical report concerning headaches in space and time. Meanwhile, Prof. Sjaastad, showed the successful points in headache research which we can be proud of, on the other, those which still remain obscure. In his report Prof. Vein said that in Russia, people had finally begun to understand the importance of the headache problem and stressed that there were a lot of things to do in this field. Prof. Prusinsky, our great friend from "socialist times", presented the original classification of rare headache forms. In the pathophysiological section, we heard Prof. Pradalier, Prof. Kolosova, Dr. Kropp and the "Italian team" (Prof. Sandrini, Dr. Antonaci, Dr. Tassorelli) and others who discussed various aspects of the headache pathophysiology, presenting personal results. On the third therapeutic approaches were discussed with particular attention to sumatriptan and cluster headache attacks. Three Russian clinics presented the results of SUMATRIPTAN clinical trials. In this report regarding behavioural treatment of headaches Prof. Gerber managed to stage the acute emotional stress followed by relaxation in this audience. Thanks to Prof. Tulinay, Pfaffenrath, Tfelt-Hansen and Dr. Evans we learned of concrete practical approaches to the treatment migraine, tensio-type and cluster headaches and some mechanisms of the action of antiheadaches agents. Obviously, not all the aspects of headache pathophysiology and treatment were covered. We hope that the first Russian experience in the headache meeting organization was a success. We are glad that Western and Eastern Europe are facing headache problems together.

**O. Kolosova and V. Osipova (Moscow)**

# Headache School

## 1994 Oporto (Portugal)

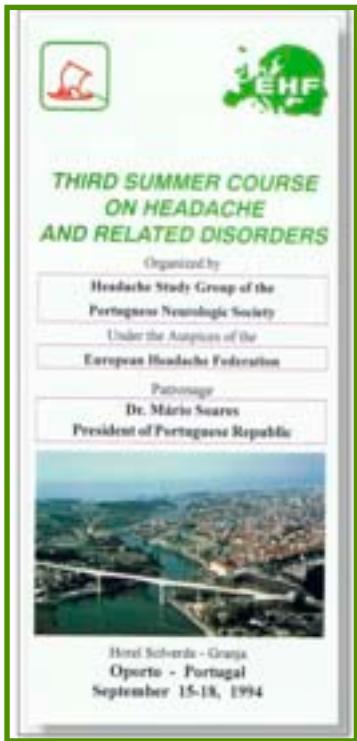
*Organizer: José Maria Pereira Monteiro*

The III summer school on Headache and related Disorders was held from the 14th to the 18th of september at the Hotel Solverde, Granja, Oporto, Portugal. This course was organized by the European Headache Study Group of the Portuguese Neurological Society under the patronage of the european Headache Federation and the president of the portuguese Republic. This course dealt with the following subjects:

- Headache - general aspects: anatomy, physiology, epidemiology and genetics, diagnosis and classification.
- Migraine - pathophysiology, clinical features and differential diagnosis.
- Cluster and CPH - pathophysiology, clinical features and differential diagnosis.
- Tension-type headaches - pathophysiology, clinical features, psychological approach and differential diagnosis.
- Special headache problems - headaches in children, in elderly, combined headaches and sexual hormones.

Satellite Symposium on treatment of Primary Headaches- pharmacological and non-pharmacological treatment of primary headaches (migraine, cluster and CPH, tension-type and combined headaches and also drug development process, drug trial analysis and drug abuse).

Secondary headaches - vascular and non-vascular intracranial lesions, infectious diseases, toxic and metabolic disorders, facial pain and cranial neuralgias and neck pain and cervicogenic headache. Overview on headache - differential diagnosis of headaches. Headache investigation - neurophysiological studies, sleep disorders and headache, CBF and platelet studies. The students coming from 21 different countries: 47 from 18 European countries, 40 from Portugal and some from portuguese ex-colonies and 24 other portuguese doctors attended only the Satellite Symposium on Treatment of Primary Headaches.



Oporto (Portugal)



# Headache

## School

*Insert some pictures.....*

1995 Cambridge  
(UK)

*Organizer: T. Steiner*

The European Headache Federation's series of annual Summer Schools on Headache and Related Disorders continued this year in Cambridge, England. An intensive residential postgraduate course was hosted by the British Association for the Study of Headache (BASH). The aim, as with the schools before it, was to expand knowledge and understanding across a broad base in medical and science graduates with an interest in the headache field. By holding the 4th school in Trinity College, BASH brought to the course the atmosphere of one of England's mediaeval centres of learning. There was also a new teaching model: 17 resident faculty members and four special lectures gave 44 separate short presentations arranged in seven major themes four "controversies" session and six special lectures. There were eight discussion periods in small groups led by faculty members; each of these was followed by a plenary session where the speakers were on the platform to answer questions and defend themselves. The organizers report mixed feedback, mainly good. The unique charms of Trinity College were unfortunately lost on some, who decamped to Novotel. Educationally, the course was rated a success in all session according to most evaluation forms, if long and somewhat tiring. Different people attached most value to different parts of the course. There were teething problems with organization of the discussion groups but, nevertheless, the majority of students found the idea of these particularly useful. The opportunity to speak informally with faculty members and other students, less inhibited by any language difficulties, was welcomed. A "guide tour" of medieval European music and its instruments accompanied the final Saturday night feast in hall. Future schools must seek for balance the overall length of the course with its level of intensity and comprehensiveness. This is not easy. These schools represent the only formal postgraduate course available at international level in Europe. Hard work should be an acceptable price for good quality. A high standard of quality can lead to an accreditation with meaning for those who take the course. Guaranteed quality should represent the solution to the other problem facing organisers: covering the financial cost

**L.U.C. Schultz and T.J. Steiner (London)**

# Headache School

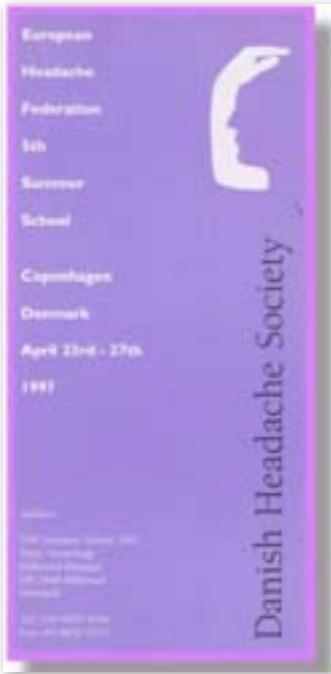
## 1996 Cyprus (Turkey)

*Organizer: F. Cankat Tulunay*

*Insert some pictures.....*

The 1st Turkish Headache School was held in Famagusta, Cyprus, under the auspices of the European Headache Federation from November 14th to 17th 1996. The meeting was organised by the Turkish Headache Society, the Headache Research Center of the Ankara University Medical School and Bayer Turk. F. C. Tulunay, President of the Turkish Headache Society and President elect of the EHF was the meeting and faculty of more than 25 national and international experts working on various fields of headaches research and management who held a total of 28 lectures to 150 participants. The meeting was opened by the minister of health of North-Cyprus, E. Hasipek, followed by a review of headache in ancient times given by H. Denktas, Chairwoman of the department of Neurology of the Cerraphasa Medical School of Istanbul. The opening lecture was given by V. Pfaffenrath, chairman of the IHS Educational Committee. Pfaffenrath discussed the problem of chronic daily headache. He demonstrated that this headache type may consist of various components including migraine, tensio-type headache, ergotamine induced headache and/or analgesics abuse headache and he stressed the importance of modifying the current IHS classification by considering not only the headache symptomatology but also the presence or absence of medication abuse. During the following two and a half days the lectures covered the Pathophysiology, clinical features, diagnostic strategies in idiopathic and symptomatic headaches. The first section dealt with the approach to the headache patient, relevant features of the history and the neurological examination in headache patients. M. Wilkinson, doyenne of the International Headache Community and former head of the Princess Margaret Migraine Clinic in London gave an excellent review of the warning symptoms and signs in headache patients. A. Siva (Cerraphasa Medical School, Istanbul) talked about the differential diagnosis of acute headaches and headache as an emergency. Reviewing the value of the EEG Ch. Wober (Vienna, Austria) pointed out that the EEG is not useful for the routine evaluation of headache patients. The lectures on idiopathic headache covered epidemiology and classification as well as the pathophysiology and clinical features of migraine (M. Wilkinson) and tensio-type headache (H. Isler, Zurich, Switzerland). F. Antonaci (Pavia, Italy) discussed cluster headache and chronic paroxysmal hemicrania using a multimedia show. Concerning the treatment of idiopathic headache the vice president of the EHF, W. D. Gerber, stressed the importance of a comprehensive management of migraine patients; he introduced the headache patient seminar concept and illustrated psychological and psychophysiological mechanism in migraine patient as well as non-medical therapeutic strategies like relaxation techniques and behavioural therapy. F. C. Tulunay discussed the pros and cons of 5HT1 agonists also giving practical tips in dealing with headache patterns and F. Idiam (9 Eylül Medical School, Izmir) reviewed the therapy of cluster headache pointing out various trigger mechanisms. Celebrating the 100th anniversary of aspirin three papers dealt with the mechanism, indications and side effect of this compound. Several papers focused on causes of symptomatic headache including hypertension, TIA, stroke, eye diseases and sinusitis. L. Inan (Medical School, Ankara) gave an overview about cervicogenic headache differentiating it exactly from other headache types like tensio-type headache. The problem of analgesic induced headache was discussed by H. Isler. C. Wober-Bingol (Vienna, Austria) reviewed special issues diagnosis and treatment of childhood headache. The 1st Turkish Headache School was a well organised, successful meeting that provided comprehensive information on headache to physicians dealing with headache patients in daily clinical practice. We do hope that this 1st national headache school will be followed by similar meetings in other countries and that the series of international headache schools which has started in 1993 will be extended by a series of national courses. The EHF invites all societies to follow the example of the Turkish Headache Society.

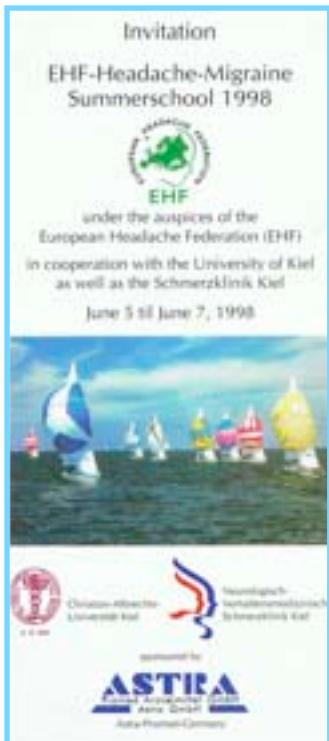
**C. Wober-Bingol (Wien)**



# Headache School

1997 Copenhagen  
(Denmark)

*Organizer: Kai Jensen  
300 words contribution.....*



# Headache School

1998 Kiel  
(Germany)

*Organizer: Dieter Gerber*

*300 words contribution.....*

*Insert some pictures.....*

# Headache School

2000 Antalya  
(Turkey)

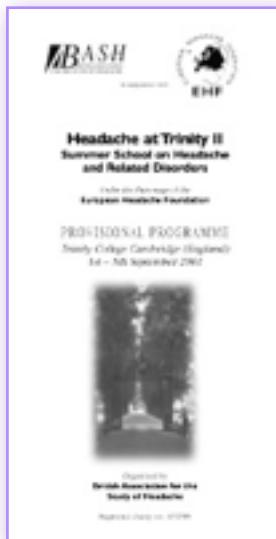
*Organizer: F. Cankat Tulunay*

*300 words contribution.....*

# Headache School

2001 Trinity College (Cambridge)

*Organizer: T. Steiner*



Trinity College:  
founded by King Enrico VIII in 1546



The Great Gate

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 08:30 am to 07:30 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)**

# Headache School

*Insert some pictures*

2002 Vilnius  
(Lithuania)

*Organizer: Diana Obeliene*

*Insert some pictures.....*

# Headache School

2004 Santorini  
(Greece)

*Organizer: Dimos D. Mitsikostas  
300 words contribution.....*

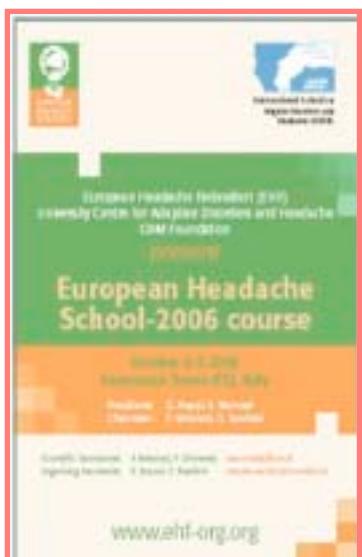
# Headache School

## 2006 Castrocaro (Italy)

*Organizer: Giuseppe Nappi*

The European Headache School held in Castrocaro 4-7 October 2006) brought together 38 participants from 7 countries and an Italian faculty of 15 Italian and 4 foreign teachers. The course was organized according to the new guidelines for organizing European Headache School (Antonaci F. et al. Guidelines for the organization of headache education in Europe: The headache School. *Funct Neurol* 2005; 20: 89-93). The general feeling of the Organisers and many participants was that this was a very successful meeting from the level of science, quality of the presentations and the general interactions between participants. A variety of topics were covered from the primary headaches to secondary and symptomatic headache form. Video-tape case report presentation was the occasion for a fruitful discussion among eminent headache specialists on one side and participants on the other. The participants were given a unique opportunity to discuss their clinical experience in front of the an international audience. In addition, they had the opportunity during the frontal lectures, to follow the topics on a syllabus with abstract and slide presentation. The multiple choice questionnaire distributed at the beginning and at the end of the course showed a 29% improvement in the correct answers. Since its foundation, the EHF has sought to improve the life for those afflicted by headache by dedicating its efforts to improving the knowledge of the specialists on headache disorders, as it did during the course. The European Headache Federation sponsored 19 registrations and accommodation to the teaching course (Bulgaria, Albania, Serbia, Romania, Slovenia, Moldova and Russia) During the course there was a drawing of five one-year free registrations to the Journal of Headache and Pain (see picture). On behalf of EHF I would like to thank you all the participants for travelling to Castrocaro, the sponsors, the Cirna Foundation, the International School on Adaptive Disorders and Headache (UCADH) for contributing to the success of the European Headache Federation Course 2006.

**Fabio Antonaci (Pavia-Monza)**



**The winner pf JHP one year subscription**





# Headache School

## 2007 Mykonos (Greece)

*Organizer: Dimos D. Mitsikostas*

The 3rd Mediterranean Headache Summer School, organized by the Hellenic Headache Society in conjunction with the European Headache Federation, was successfully held in the island of Mykonos Greece on 12- 16th September 2007. The School, which was designed so as to cover a comprehensive spectrum of the issues connected with Headache, extended over a period of three days and was divided into two daily Sections, one comprising the significant announcements relating to the developments in the main areas of the field with emphasis on Migraine, TTH and TAC's, and the other consisting of work shops discussing and enlightening the pre- sentations. The Meeting was attended by a large number of 100 doctors, mainly neurologists and general practitioners, with a 16% foreign participation, while prominent scientists, specialists in the relevant fields attended as speakers and/or work shop supervisors of which 10 scientists from foreign countries. Participants received Certificates of Attendance awarding them 18 CME credits of the European Accreditation Council and were given ample opportunity to exchange views and experiences with colleagues sharing the same interests.

**Dimos D. Mitsikostas (Athens)**



# Headache School

## 2007 Glostrup (Denmark)

*Organizer: Rigmor Jensen*



**Participants at the highly successful European Headache School held at the Danish Headache Center May 10-12, 2007.**

The European Headache Summer School 2007 in Glostrup, Denmark was a big success with 62 active regi-strants. 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, Messoud 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 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 demonstrations 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 headache 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)**

# Headache School

## 2008 Baku (Azerbaijan)



Gala Dinner at the highly successful European



The speakers and contributors of the  
European headache Summer School  
“MIGRAINE”, Baku, Azerbaijan, 29th-31st May  
2008

*Organizer: Messoud Ashina-Rigmor Jensen*

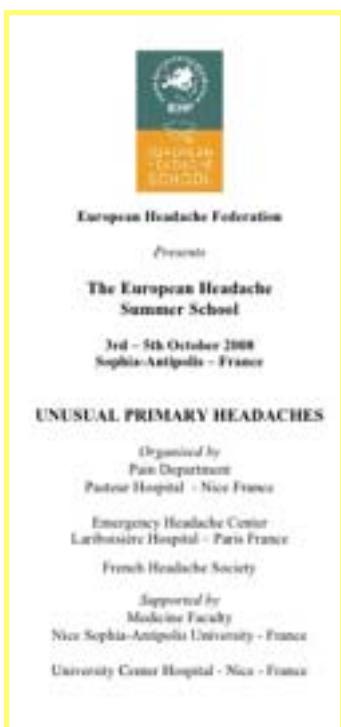
The European Headache Summer School 2008 was held in Baku, Azerbaijan Republic, from the 24th to the 28th of May 2008. The summer school brought together mainly young neurologists from the post-Soviet countries interested in headache for further training in migraine research, diagnostics and treatment with lectures from international experts. Seventy-eight active registrants from 8 different countries were not only from the post- Soviet countries but also from Turkey, Poland and Italy. The summer school was organized by Azerbaijan State Advanced Training Institute for Doctors named after A. Aliyev, Institute of Medical Rehabilitation and Azerbaijan Headache Society, C. Mondino Foundation of University Centre for Adaptive Disorder and Headache, Pavia, Italy, the Danish Headache Center, Department of Neurology, University of Copenhagen, Denmark. The programme was chaired by Professor Rena Shiraliyeva and Messoud Ashina. The speakers included T. Steiner, R. Jensen, V. Osipova, Z. Katsarava, L. Bendtsen, G. Tabeeva, T. Voznesenskaya, R. Hasanov, G. Sandrini, R. Nappi, C. Tassorelli and F. Antonaci. The special session on “Headache research in post Soviet area” included the results of epidemiological studies in Georgia and Moldova presented by Z. Katsarava and I. Moldovanu. The well-balanced program covered a broad spectrum of issues. It did not only provide state of the art knowledge but also offered the opportunity for indepth discussions including multidisciplinary treatment strategies and very stimulating interactive “Taking a good headache history” interviews with headache patients. The Headache School finalized with a multiple choice test to all the participants and a detailed evaluation to optimize and improve the future summer schools. The simultaneous translation facilities provided were very effective and made it possible to follow all lectures in English and Russian. The overall impression was that the summer school provided a unique opportunity for young researchers to meet and exchange ideas in a creative environment. It is hoped to be a long- running tradition of the academic calendar.

**Messoud Ashina and Rena Shiraliyeva (Azerbaijan)**

# Headache School

## 2008 Nice (France)

*Organizer: Michel Lanteri-Minet  
Dominique Valade*



**«Rare Primary headache» took place in Nice on October 3-5 2008. The organization was a joint venture with the European Headache Federation.**

**We had 26 participants from 10 different countries: Italy, France Germany, Greece, Romania, Moldavia, Tunisia, Morocco, Cameroun and Canada. And the same for the teachers from 6 different countries: Switzerland, Germany, Greece, USA, Italy and France. This meeting gave the opportunity to MD and specialist in the field to share their knowledge.**

*Dominique Valade*

An European Headache Summer School was held in Sophia-Antipolis from 3 to 5th October 2008. This Summer School was a 3 days course organized Michel Lanteri-Minet & Dominique Valade on behalf of by the French Headache Society (Société Française d'Etudes des Migraines et Céphalées-SFMEC), the Pain Department of the Nice Pasteur Hospital and the Emergency Headache Center of the Paris Lariboisière Hospital.

The aim of this course was to enable participants to gain knowledge, skills, and understanding in the area of unusual primary headaches. This Summer School allowed also three lectures about surgical approach of trigeminal neuralgia, dependence behavior in medication overuse headache patients and translational research in trigeminal pain.

Twentyfive participants were admitted, mainly neurologist residents. The audience was international with participants from Italy, France, Greece, Romania, Moldavia, Tunisia, Morocco, Cameroun and Canada.



**The School was organized by the Headache Group of the Spanish Neurological Society and chaired by Samuel Diaz and Miguel JA Láinez.**

**Most of the attendees were Spanish, but for the first time we received people from the South Mediterranean countries as Lebanon or Tunisia.**

**The programme was very intensive and we had invited speakers from Italy and France. The feeling of the attendants was that the presentations and discussions were interactive and very productive. For the first time in a European Headache School the presentations were recorded by a professional company. The quality of the presentations and the recordings were excellent. This has allowed the use of the presentations of the Mallorca School in other Schools as Bulgaria and Albania with the help of some of the teachers by teleconference and with very good feeling of the participants.**

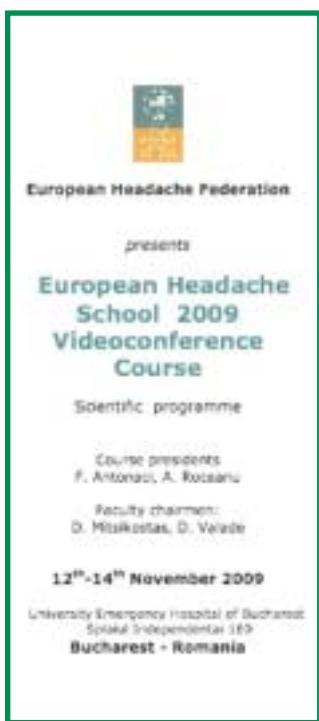
*J.M. Láinez (Spain)*

# Headache School

## 2009 Palma de Mallorca (Spain)

*Organizer: José Miguel Láinez*

The European Headache School, 2009 Course was held in Palma de Mallorca – Spain from the 12th to the 14th of March 2009. The School was organized by the Spanish Headache Group in conjunction with the European Headache Federation and was chaired by professors Miguel Láinez and Samuel Díaz, from the Hospital Clínico Universitario, Universidad de Valencia, and Hospital san Francisco de Borja, Gandía, respectively. The school brought together mainly young neurologists interested in headache for further training in diagnostics and treatment with lectures from international experts. Participants from Romania, Lebanon, Tunisia, Lithuania and Spain attended the Course. The speakers included MJA Láinez, S Díaz, P Martelletti, FJ Molina, M Sanchez del Rio, F. Antonaci, D. Valade, J Pascual and J Pareja, among others distinguished headache experts. The well-balanced program covered a broad spectrum of issues, including not only migraine, tension-type headache and trigeminal autonomic cephalgias, but also medication overuse headache, cervicogenic headache, cranial neuralgias, refractory headaches and children headaches. In addition, topics of pure clinical interest such as which examinations in headache and the headache in emergency department were also covered. The course did not only provide state of the art knowledge but also offered the opportunity for in-depth discussions.



# Headache Video School

## Bucarest November 2009

**Organizers: F. Antonaci - A. Roceanu**

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 12-14th of November 2009. The location was at the University Emergency Hospital of Bucharest, at the Neurology Department hospital situated in the heart 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 chronicification 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 cephalgias 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 (Bucarest)**



**The participants of the EHF Video School November 12-14th 2009 Bucarest**



# Headache Video School

Sofia November 2009

**Organizers: F. Antonaci - I. Milanov**

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



The participants of the EHF Video School  
November 12-15th 2009  
Sofia



**The participants of the EHF Video School  
March 4-6th 2010  
Tunis**

# Headache Video School

Tunis March 2010

**Organizers: F. Antonaci - Faycal Bentati**

With EHF support and Tunisian Neuro Science Society, a videoconference 3 days course took place in Tunis, on 4-6 March 2010. The location was at MerkSerono Head office (Berges du Lac-Tunis). The course fee was free. The course was attended by 30 participants who came from Tunis, Monastir and Sfax. 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. This new concept of videoconference teaching course offered great possibilities to 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. The course content was very interesting and very useful for the clinical practice. The first course day was dedicated to migraine. In the second day of course, during the discussion course, during the discussion forums Prof D. Valade answered participants questions and presented in an excellent manner the issues regarding headache management in emergency department, cranial neuralgias and tension headache.

The last day of course was dedicated to trigeminal autonomic cephalgias and refractory headaches. The president of the course, Prof. Fabio Antonaci chaired the last videoconference sessions. Answering to participants questions, Prof Fabio Antonaci shared generously with the participants his great experience in the management of these special types of headaches. The local chairpersons were Pr Fayçal Bentati, Pr Amel boughamoura, Pr Mourad Zouari, Dr Souheil Marrak, Dr Nadia Ammar and Pr Frih-Ayed. All course participants were pleased to be involved in the course and sent their special thanks to its president Prof Fabio Antonaci.

**Faycal Bentati (Tunis)**



**The participants of the EHF Video School**



**On line: Prof. Antonaci,  
Prof. Lainez and Prof. Mitsikostas**

# Headache Video School

Tirana April 2010

**Organizers: F. Antonaci - J. Krujia**

With the EHF auspices the European headache video conference course in Albania was organized from 28 – 30 April. The venue was the Mondial Hotel, at the center of Tirana. The presidents of the course were Professor Fabio Antonaci, president of EHF and Professor Jera Kruja, head of University Service of Neurology, UHC Mother Theresa, Tirana.

The course was attended by 42 participants, mainly neurologists from all over Albania. There were neuropediatricians and trainees in neurology also attending the course. The course fee was 30 Euros. The venue offered very nice and comfortable ambient, making the course heavy days looking shorter. The communication between the participants and international and local chairmen was very friendly. The technical equipments were of high standard and no problem was evidenced during the course.

The participants remained very satisfied by the direct communication with Professor Lainez, Professor Mitsikostas and Professor Antonaci, who kindly answered all the questions, some time in their original language. The local chairpersons were Prof. J. Kruja and Dr. Sc. M. Kapisyzi. At the end the participants had a short test answering 30 quiz questions.

The best student won a free registration to the EHMTIC Congress. The general opinion was very good. All participants evaluated the course for the high quality of lectures, methodic and possibility of direct communication. We think that this video school course on headache was very helpful for the Albanian neurologists and we want to thank and to congratulate the EHF, especially Professor Antonaci for the idea.

**Jera Kruja (Tirana)**



**Coffee break**

**The Test**

# Headache Video School

## Monza September 2010

  
**European Headache Federation**

presents

**European Headache School 2010  
Videoconference Course**

Scientific programme

Course presidents  
F. Antonaci, C Tassorelli

Faculty chairmen:  
R.Jensen, D. Valade D.D. Mitsikostas

**13<sup>th</sup>-15<sup>th</sup> September 2010**  
Policlinic of Monza  
Via Amati,111  
Monza - Italy



**The participants of the EHF Video School**  
**September 13-15th 2010**  
**Monza**

The European Headache Video Conference Course was organized on 13, 14 and 15 September, in the Policlinic of Monza, with the EHF support. The presidents of the course were Professor Fabio Antonaci, president of EHF and Professor Cristina Tassorelli. The course, covering all aspect of primary and secondary headaches, was attended by neurologists from Bulgaria, Greece, Portugal and Russia. The new concept of videoconference teaching course offered possibilities to 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 an interactive sessions via Skype. The first course day was dedicated to migraine: clinical pictures, treatment and differential diagnosis. The second day of the course, covered topics like tension-type headache, headaches in children and the headache management in emergency room. During the last day of the course, teaching was focusing on trigeminal autonomic cephalgias and refractory headaches. The participants appreciated the online communication with the international faculty including Professor Jensen, Professor Mitsikostas and Professor Valade, who kindly answered all the questions raised. The local chairman discussing the single sessions were Prof. F.Antonaci (UCADH Pavia and Headache Medicine Centre Monz), Prof Bono and Prof Termine (University of Insubria, Varese) and doctor E. Guaschino (C. Mondino Foundation, Pavia and Headache Medicine Centre, Vercelli) and Prof. Tassorelli (Headache Science Centre and UCADH Pavia). At the end the participants had an interactive 40 multiple choice questionnaire test. The general opinion was very good. All participants evaluated the course for the high quality of lectures, method of training and possibility of direct communication.

**E. Guaschino (Pavia, Vercelli)**



**EHF News N. 1 April 1993**

The logo for EHF News, featuring a green circular emblem with a stylized tree or leaf design on the left, followed by the text "EHF News" in a large, bold, serif font.

**EHF News N. 65 May 2010**

# EHF News

When in April 1993 The European Headache Federation decided to publish the first issue of EHF News twice a year, I accepted to be the first Editor who knew the heavy work I was going to face and the great possibility for the EHF to be identified as individual scientific and growing entity. After 15 years of continuous activity it is interesting to leaf the eight pages of the first issue and to see how the message provided is still actual. Jean Schoenen, President of the EHF at that time, wrote that a European newsletter, according to La Palisse, has to provide you with news. EHF was still in "childhood shoes" as it was founded in 1991 and the goal was to have first hand information circulating among those interested in headache problems widely as possible. He added that "readers have the right to know what is going on in the Federation founded on democratic principle". It is by chance that the mission of the European Headache Federation was clearly stated in the first paper issue: education (1° Summer School in Antalya) disability of headache (Bremen Declaration), prizes for researchers (1° Kauchtschischvili Prize, Jensen Prize), country patronage activity (Project Albania 1993), and the publication of the first draft of the EHF By-Laws. The message after such a long time is still actual and the EHF News that is now issued electronically every other month reaches more than 6000 physicians in and outside Europe. I am proud to mention the help of the different Vice editors, who have alternated along the years, provided a valuable source of energy to increase the importance and the diffusion of the bulletin.

**Fabio Antonaci (November 2008)**

**EHF News**  
**Editor: F. Antonaci (Pavia, Monza)**  
**Co-editor: M. Vikelis (Athens)**  
**Legal director: R. Nappi (Pavia)**  
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# Guidelines



Italian Language February 2010  
Romanian Language February 2010

## EHF GUIDELINES EUROPEAN PRINCIPLES OF MANAGEMENT OF COMMON HEADACHE DISORDERS IN PRIMARY CARE

*Translation in National Languages*

1. HEADACHE AS A PRESENTING COMPLAINT
2. DIAGNOSIS OF HEADACHE
3. TYPICAL FEATURES OF THE COMMON HEADACHE DISORDERS
4. DIFFERENTIAL DIAGNOSIS OF THE COMMON HEADACHE DISORDERS
5. GENERAL ASPECTS OF HEADACHE MANAGEMENT
6. ADVICE TO PATIENTS
7. MEDICAL MANAGEMENT OF ACUTE MIGRAINE
8. PROPHYLACTIC MANAGEMENT OF MIGRAINE
9. MEDICAL MANAGEMENT OF TENSION-TYPE HEADACHE
10. MEDICAL MANAGEMENT OF CLUSTER HEADACHE
11. MANAGEMENT OF MEDICATION-OVERUSE HEADACHE
12. HEADACHE MANAGEMENT IN PRIMARY CARE: WHEN TO REFER



Romanian Language February 2010



Russian Language March 2010



Portuguese Language March 2010

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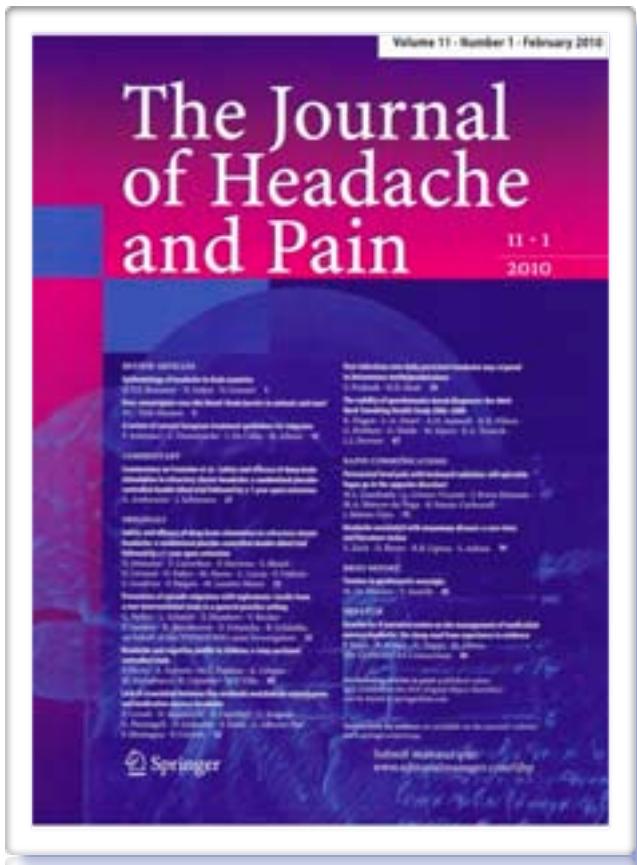
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# Journal of Headache and Pain

The Journal of Headache and Pain is specifically dedicated to researchers involved in all aspects of headache and related pain, including theory, methodology, clinical practice and care. The Journal's scope is broad, reflecting the wide application of scientific advances to every branch of headache and related pain management. Within a multidisciplinary perspective, the Journal covers headache and related pain syndromes in the following fields: genetics, neurology, internal medicine, clinical pharmacology, child neuropaediatrics, anesthesiology, rheumatology, otology, dentistry, neurotraumatology, neurosurgery, psychiatry, pain management, and addiction.

The Journal of Headache and Pain publishes original papers, reviews, rapid communications, brief reports, and letters pertinent to the various aspects of headache and related pain. Researchers in all basic and clinical fields of headache and related pain, from molecular biology to genetics, from epidemiology to classification, from quality of life assessment to clinical trials, are becoming increasingly aware of the importance of this medical specialty.

## *Contribution.....*