THE 2nd
EUROPEAN
HEADACHE and
MIGRAINE
TRUST
INTERNATIONAL
CONGRESS

The 2nd European Headache and Migraine Trust International Congress EHMtic 2010 took place from October 28-31, 2010 in the beautiful city of Nice, France located on the Cote d’Azur. The Congress, held at the impressive Nice Acropolis complex, brought together 1500 people from all over the world, including neurologist, physician, clinical and basic scientist and researchers. Among them leading experts on migraine and headache disorders discussed the latest research findings. The oral presentations were organized in 12 scientific sessions where the main aspects of primary and secondary headaches were covered, while during the satellite symposia the participants had the opportunity to get in-depth knowledge and debate about some of the current hot topic in primary headaches such as PFO, chronic migraine, new trends in clinical perspective and management of migraine. The scientific committee received a large number of abstracts and 408 of those were selected and exposed in the poster session which had to be divided in two shifts. The public responded favourably to the educational courses as well: 500 participants attended the Primary Care Physician courses (available in English and French languages) and many others took part either in the basic or in advanced teaching courses. The congress held also a workshop regarding multidisciplinary treatment of headaches and the founding meeting international forum for headache nurses. During the congress the Enrico Greppi award was granted to a young German researcher by the president of the Italian Society for the Study of Headache and the president of the European Headache Federation.

Michele Viana, Novara
Migraine triggers revisited

A recent Leone et al. publication (Expert Rev Neurother. 2010 Sep;10(9):1399-408) has highlighted the relevance of the migraine triggers issue:

In a large observational general practice study carried out in three large EU countries, the patients' migraine triggers antecedents were recorded at study recruitment, followed by careful collection of the prospective study period attacks triggers. For the study period attacks, it was examined whether trigger factors could affect headache treatment results.

More than 400 patients were enrolled, and over 1000 attacks were assessed. At study inclusion, patients reported a mean of 2.6 types of triggers as related to the start of their previous migraine attacks, and during the trial period, a mean of 1.5 trigger factors for each attack was recorded, showing that a relevant number of patients identify more than one trigger as usually related to their migraine headaches.

The most frequent trigger reported during the study was stress (37% of migraine attacks), with poor sleep (34%), fatigue (32%) and menses (19%) also being widely reported. Stress and fatigue and/or poor sleep were the most frequent trigger combinations. Early treatment with the study drug (almotriptan) improved clinical outcomes, regardless of the trigger factors involved. Similar results between triggers were observed for non-early administration, although this was less efficacious than early intervention.

As migraine triggers incidence has shown to be high and the more frequent triggers are somehow interrelated (stress, poor sleep, fatigue...), and may be modified by different strategies, it seems a logical consequence to consider that patients' triggers analyses and management are to be taken into account as a key element in the aim to reduce attacks frequency.

Cluster Headache Award 2010

Current evidence points towards the posterior hypothalamic region as a locus of cluster headache (CH) generation. This has led to surgical targeting of the region using stereotactic deep brain stimulation (DBS) for relief in its most severe, intractable, chronic form. Though implicated in the pathogenesis of attacks, the precise nature of hypothalamic involvement remains unclear. DBS, besides offering therapeutic benefit to patients, provides a unique opportunity to observe local field activity within the vicinity of the target nucleus. During surgical implantation of the DBS electrode for cluster head pain, one of our patients suffered a CH attack. Analysis of the data reveals a characteristic structure dissimilar to that observed in the headache-free state. To the authors' knowledge this is the first recorded account of neuronal activity observed during a cluster attack, providing evidence for a specific neural rhythm associated with episodic onset. Our results both support and extend the current literature which has long implicated hypothalamic activation as key to CH generation, principally through indirect hemodynamic neuroimaging techniques. Our findings elucidate the role of the posterior hypothalamus in CH pathogenesis and provide the first empirical rationale for efficacious stimulator titration.

John-Stuart Brittain (UK)
The Kauchtschischvili Award 2010

Ped MIDAS Questionnaire for Assessment Headache-related Disability in Children and Adolescent with Migraine in Georgia.

Background:
Recurrent headaches are a common symptom affecting children. Psychosocial functioning of a child can be impaired due to headaches in various areas including family, peer group, leisure time activities and work productivity at school or at work. Multiple studies have demonstrated that the PedMIDAS (Pediatric Migraine Disability Assessment) questionnaire is useful in determining headache disability in children.

Objectives:
The aim of our study was to measure the headache-related disability in Georgian children and adolescents with migraine using the PedMIDAS Questionnaire.

Methods:
The PedMIDAS 6-item questionnaire (translated in Georgian language) based on headache symptoms during the past 3 months was admitted to children between the ages of 6 and 18 years referred to Child neurological clinic of Tbilisi. The diagnose was determined according to the criteria of International Classification of Headache Disorders, ICHD-II.

Results:
62 patients (41 girls, 21 boys) participated in the study. The headache disability was rated in following range: 29 (46,7%) patients were PedMIDAS grade I, 21 (33,8%) were PedMIDAS grade II, 8 (12,9%) had a grade III disability and 4 (6,6%) were PedMIDAS grade IV.

Conclusions:
PedMIDAS Questionnaire should be widely adopted in Georgia to help physicians to assess the migraine related disabilities in children, as well as the need for preventive medication and the response to treatment. Further research using a larger population are needed

Natriashvili G, Kapanadze N, Natriashvili S, Wöber-Bingol Ç

• Guidelines for telematic second opinion consultation on headaches in Europe: on behalf of the European Headache Federation (EHF) by José Pereira-Monteiro et al
• Focus on terapy of hypnic headache by Carlo Lisotto et al
• Facial pain as first manifestation of anti-Hu paraneoplastic syndrome by Geneviève Demarquay et al
• Meningioma causing gabapentin-responsive secondary SUNCT syndrome by Anna Kutschenko et al
• A case of early-onset and monophasic trigeminal autonomic cephalalgia: could it be a SUNCT? by Vittorio Sciruicchio et al
• A case of tension-type headache in fibromyalgia by Giuseppina Stifano et al
• Is headache related with Vitamin D insufficiency? by Yi Yang et al
• Headache may be related to vitamin D deficiency by Sanjay Prakash
The web page of the SISC

The Italian Society for the Study of Headaches (SISC) was founded on June 14, 1976. The Founding Members: A. Agnoli, B. Anselmi, G. Bono, E. De Amicis, E. Del Bene, P.L. Del Bianco, M. Fanciullacci, G. Franchi, M. Giacovazzo, N. Martucci, S. Michelacci, G. Nappi, G. Nattero, M. Poloni, F. Rosano, F. Savoldi, F. Sicuteri, distinguished clinical researchers in the field of cephalic pain, had decided that Florence would be the seat of the Society in honour of Professor Enrico Greppi. Professor Greppi was, in fact, the first clinician to try to systematize the clinical characteristics and to understand the pathophysiological mechanisms of migraine. SISC, has over 600 members from different disciplinary areas such as Neurology, Child and Adolescent Neuropsychiatry, Psychiatry, Internal Medicine, Anaesthesiology, Gynaecology, and Clinical Pharmacology and this multidisciplinary nature has characterised represented the educational and update initiatives of the Society.

SISC annually organises a National Congress or Update Course usually holding joint sessions with other scientific disciplines, and local events promoted by the Regional Sections presently represented by Abruzzo-Marche-Umbria, Basilicata-Puglia, Calabria, Campania, Emilia Romagna, Friuli Venezia Giulia-Trentino Alto Adige-Veneto, Lazio-Molise, Liguria-Piemonte-Valle d’Aosta-Sardegna, Lombardia, Sicilia, and Toscana. In addition, the Society endorses scientific events related to issues dealing with head pain and headache comorbidity.

Among the many initiatives promoted by SISC worthy of mention is the Enrico Greppi Award, granted every two years during the International Congress of the European Headache Federation (EHF). An international committee chaired by the President of SISC, selects the best unpublished original paper dealing with the epidemiological, clinical pathophysiological, genetic, or therapeutic aspects of headache. Furthermore, during the Society’s National Congress, the Franco Michele Puca Award is granted to the best project presented by young researchers. The Committee is composed of the President, Past Presidente, and Vice Presidente of SISC, and two external members (chosen at a national and international level).

The winner is invited to present the results of the project at the forthcoming National SISC Congress. Since 1999 SISC is formally involved in educational activities through the Board of Qualification and from 2005 with the foundation of the School of Advanced Education in Headache, a triennial multi-modules course open to physicians from the various disciplines. The lessons are held by specialists qualified in the various disciplines and integrated with interactive and practice sessions. SISC’s News bulletin “Giornale delle Cefalee”, publishes editorials and scientific news of major interest in the field of headache and the calendar of events, a summary of national and local events of the Society, and also book and article reviews.

The close relationship between SISC and the associations of headache patients permits the Society to adequately divulge information, understand patients’ needs and organise educational project throughout the territory. In this sense, SISC has promoted, in the past two years, a national event called “National Headache Day”.

The editorial office

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

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Lisbon, Portugal
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