The national advisory and support charity for people affected by migraine

(www.migraine.org.uk)

About Migraine Action

Migraine Action is a registered national charity which, for over 50 years, has been providing support to those affected by migraine, whether individuals, families, employers or employees and medical professionals.

We do this by providing:

- Advice (whether on the phone, online or in person).
- Information (through booklets, our websites, including specific sites for young migraineurs, and the support of a nurse specialist on our dedicated helplines).
- Research (collaborating with academic institutions in order to understand the causes of, and reduce the impact of migraine).
- Providing a link between medical professionals and those who are affected by migraine.

Through our advisory services we help migraineurs to take control of their migraine and reduce its impact, both in their home life and in the workplace. Please visit the relevant areas of the website for further details of our service for migraineurs or get in touch to find out more.

All of our services are made possible through donations and by people becoming members of Migraine Action.

Migraine Action: What We Do

Migraine Action is the UK’s leading support charity for people affected by migraine.

We:

- Gather and pass on information about treatments and management techniques available for the control and relief of migraine, and facilitate an exchange of information on the subject.
• Provide friendly, positive reassurance, understanding and encouragement to migraineurs and their families to help reduce the impact of migraine.

• Work with employers and employees to reduce the impact of migraine in the workplace.

• Campaign and lobby government, industry bodies and scientific organisations on issues affecting the lives and well being of migraineurs.

• Act as ‘the voice of migraineurs’ throughout the UK, highlighting the realities of living with migraine, increasing understanding of this misunderstood condition and raising its profile through our work in the media.

• Encourage the opening of specialist headache clinics and support their work. Encourage, support and help to raise funds for research and investigation into migraine, its causes, diagnosis and treatment.

• Enable migraineurs to share experiences in numerous ways, including at our patient support and education days and facilitate the setting up of support group meetings around the UK.

**Just a few of the ways we could help you**

• Help you to understand and manage your migraine more effectively, such as helping you identify your trigger factors and early warning signs.

• Eliminate feelings of isolation by providing support and keeping you in touch with other migraineurs, including a penpal service which can put you in touch with those with similar experiences and through articles and feedback in our members’ magazine, Challenging Migraine.

• Provide information on various aspects of migraine in over 100 different Department of Health accredited booklets, including details of the latest treatments to help bring your condition under control.

• Keep you informed about the latest migraine research. Highlight volunteer appeals by specialists in the field for clinical research trials and other studies.

• Provide access to web forums including an ‘Ask the experts’ area to help you speak to other migraineurs and specialists. Help you to find the best way forward with regards to treatment and management via our Specialist Headache Nurse telephone service.

All of our services are made possible through donations and by people becoming members of Migraine Action.

**The Migraine Action Team**

Established in 1958 (as the British Migraine Association), Migraine Action is one of the oldest and most prominent migraine charities in the UK, dedicated to supporting migraineurs.

With over 4,000 members we are committed to assisting migraineurs and their families. We help to create a better understanding of this debilitating condition by providing unbiased information on all aspects of migraine, its causes, diagnosis and treatment. We help eliminate the feeling of isolation experienced by most migraineurs by giving them information and support, and keeping them in touch with other migraineurs. Our activities are mainly funded through subscriptions, donations and legacies.

Additional funding may be obtained from different sponsors for certain projects, to assist with research and raising awareness of migraines.

The charity is governed by our board of trustees. Our medical advisory board and office team exist to effectively engage with our members.
The G. Nappi Cluster Headache Award 10th Edition

The G. Nappi Cluster Headache Award 10th Edition (2013) was delivered to the authors during the award section at the XXVII Congress of the Italian Society for the Study of Headaches (SISC) which took place in Perugia, Italy (Sept. 28, 2013).

The winner of the G. Nappi Cluster Headache Award 10th Edition (2013) is the paper: “Lateralized central facilitation of trigeminal nociception in cluster headache.”

Written by: Holle D, Gaul C, Zillessen S, Naegel S, Krebs S, Diener HC, Kaube H, Katsarava Z, Obermann M.
Appeared in: Neurology 2012 Mar 27;78(13):985-92

The editorial office
What’s on..

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

31 May - 3 June 2014
Istanbul, Turkey
Joint Congress Istanbul 2014
European Neurological Society - ENS
Info: http://www.jointcongressofeuropeanneurology.org

18-21 September 2014
Copenhagen, Denmark
4th European Headache and Migraine Trust International Congress - EHMTIC
Info: www.ehmtic2014.com

EHF News
Editor: F. Antonaci (Pavia)
Co-editor: M. Vikelis (Athens)
Legal Director: R. Nappi (Pavia)
Registration n° 464/1996
Publisher: Tipografia Viscontea, Pavia, Italy
EHF Newsletter is published bimonthly by the European Headache Federation, whose business offices are located at the Department of Neurological Sciences “C. Mondino” Foundation, University Consortium for Adaptive Disorders and Head pain (UCADH), Via Mondino 2, 27100, Pavia, Italy (neuronet@me.com)
Purpose: EHF Newsletter, a European Headache Federation publication, is dedicated to increasing physicians’ awareness by educating and informing them as to what is going on in the field of headache in Europe. This newsletter seeks to provide timely and accurate information from the most knowledgeable sources. The newsletter is mailed to EHF members, national drug companies and medical journalists in line with information given by board members. The views expressed in the articles in EHF News are those of the authors and do not necessarily reflect those of the EHF and the Publisher.

European Headache Federation
Rigmor Jensen (Denmark) — President
Dimos Mitsikostas (Greece) — 1st Vice President
Paolo Martelletti (Italy) — 2nd Vice President
Cristian Lamp (Austria) — General Secretary
Zaza Katsarava (Germany) — Treasurer
Vera Osipova (Russia) — Member at large
Lars Edvinsson (Sweden) — Member at large
K. Paemeleire (Belgium) - Member at large
A. Silva (Istanbul) - Member at large
Dominique Valade (France) - Past President

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

Info EHF: www.ehf-org.org

EHF Administrative office
Kenes International
info@ehf-org.org

Questo periodico e’ associato alla
Unione Stampa Periodica Italiana

Info: www.ehf-org.org