

European Headache Federation

EHF NEWS



The European Headache Federation programme

Since its foundation in Venice in 1991, the EHF has performed many activities directed essentially to education and has especially devoted itself to organizing the Congresses as its main activity (the 8th Congress will be held in Valencia in 2006), amongst many others such as organizing summer schools in Western and Eastern Europe and publishing some books. It is obvious that all these activities are part of our main objective, which is to improve life for those afflicted by headache in Europe by dedicating our efforts to increasing

awareness of headache disorders and their impact amongst governments, health care providers and consumers across Europe. However, we have probably focused our efforts excessively in health professionals and we have forgotten a little about other fields such as governments and patients.

In the next years we will maintain our previous activities as summer schools and congresses, but we need to improve our position in education helping and collaborating in the development of educational programmes in all



countries which need the EHF support. We think this is especially important in Eastern European countries, where attending meetings in very far places is somehow difficult. All our educational activities should be directed to integrating all the professionals involved in headache management from primary to tertiary levels.

continued on page 2

Summary:

The European Headache Federation programme	1
The 1st edition of Cluster Headache Award	1
Migrain Action in United Kingdom	2
What'on...	3

The 1st Edition of Cluster Headache Award

On Behalf of the University Centre for Adaptive Disorder and Headache (UCADH) and the Casimiro Mondino Foundation of Pavia, Italy, 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 prize is acknowledged on the basis of a peer reviewed manuscript published the previous year. The ad Hoc Committee is made of eight world-wide scientists known in this field, who scored 34 full papers published in 2003. The Winner of the first edition has been the article: **Cluster headache prevalence. Vågå study of**

headache epidemiology. Cephalalgia. 2003 Sep;23(7):528-33 written by Ottar Sjaastad and Leiv Sigmund Bakkeiteig. The rationale of the Vågå Study stems from the demand to re-evaluate the large difference in prevalence of cluster headache reported in literature (authoritative source 70/100.000). The Authors have

continued on page 2

Migraine Action in United Kingdom



The EHF web site is under reconstruction: it will be ready soon

EHF News is open to host contributions and proposals from the readers. E-mail your

MA encourages and supports research and investigation into migraine, its causes, diagnosis, prevention and treatment.



The Migraine Action Association (formerly the British Migraine Association) is a registered charity with over 17,000 members. They bridge the gap between the migraine sufferer and the medical world by providing information on all aspects of the condition and its management. The association is committed to raising general awareness of the condition and they are a recognised source of information; the leaflets and newsletters are distributed to clinics, hospitals, libraries, doctors' surgeries and the media throughout the country.

The Association has 3 main aims:

- To provide information and friendly, positive reassurance, understanding and encouragement to migraine sufferers and



their families

- To encourage and support research and investigation into migraine, its causes, diagnosis, prevention and treatment
- To gather and pass on information about treatments available for the control and relief of migraine and to facilitate an exchange of information on the subject.

The group offer a telephone helpline, a quarterly newsletter and numerous leaflets on all aspects of migraine. Members participate in research and product trials and also collect and donate considerable sums of money to support migraine clinics and further research.

The Association is funded entirely by donations and members' subscriptions.

The Association was the first lay organisation for migraine patients and has become a model for many others which have since been formed all over the world. The Association retains contact with more than 25 lay headache organisations throughout the world and is now a member of the World Headache Alliance.

<http://www.migraine.org.uk/>

The 1st Edition of Cluster Headache Award (continue from page 1)

personally seen 1838 inhabitants of a Norwegian mountain community and diagnosed 7 cluster headache patients (prevalence: 381 per 100.000) who were unknown to the Health Care Service (never referred to university hospital, major clinics, regular hospitals and specialist practice). Several reasons could account for

no headache consultation (long remission, short active periods, mild/brief attacks). Therefore, according to the authors the diagnosis of cluster headache is underestimated and the personal interview might provide better figures for estimation the real prevalence.

The recipient has presented a

summary of his research during the Migraine Trust International Symposium in London, September 23rd. This year the prize amounts to € 5000,00 and it has been awarded by the Award Secretariat (F. Antonaci MD, PhD) to Prof. Ottar Sjaastad.

Fabio Antonaci
(Pavia)

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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.

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What's on...

17-20 September 2005,
Athens, Hellas

9th Congress of the European
Federation of Neurological Societies
Information: www.efns.org/efns2005

8-12 October 2005,
Cernobbio, Como, Italy
XXXVI Congress of the Italian
Neurological Society
Information: convent@tin.it

9-12 October 2005,
Kyoto, Japan
12th Congress of the International
Headache Society
Information:
lhc2005@convention.co.jp



The European Headache Federation programme (continue from page 1)

Another strategic objective for the EHF is to become a key influencer in the headache field and to be the single voice of headache in Europe. In order to do this we need to provide our members with the appropriate tools to help them lobby governments, teaching hospitals and universities to ensure that headache is recognised as a serious condition. For this purpose, it is important to work with other partnerships involved in headache management in Europe. In this sense, I am sure that the Global Campaign launched in Copenhagen last year under the auspices of the World Health Organisation, World Headache Alliance, International Headache Society and EHF will allow us to work closer to governments and lay organizations and to

put headache in the place that it should be.

With a view to doing all this, we need the collaboration of all our members and all of our societies. It is very important that we receive input from all our members. We will try to do our best in helping and supporting programmes that can improve the situation of headache in all countries around Europe. Please, do not hesitate in contacting any member of the Executive or the technical secretariat with all your ideas and suggestions.

With my best wishes for the New Year.

Miguel JA Láinez (Valencia)

EHF President