

European Headache Federation

EHF NEWS



www.ehf-org.org

European migraineurs: how many we are ?

The statistics reported in table are calculated extrapolations of various prevalence or incidence rates against the populations of a particular country or region. The statistics used for prevalence/incidence of Migraine are typically based on US, UK, Canadian or Australian statistics. This extrapolation calculation is automated and does not take into account any genetic, cultural, environmental, social, ra-

cial or other differences across the various countries and regions for which the extrapolated Migraine statistics below refer to. As such, these extrapolations may be inaccurate and only give a general indication as to the actual prevalence or incidence of Migraine in that region.

The word 'prevalence' of Migraine usually means the estimated population of people who are managing Migraine at any given time

(i.e. people with Migraine). The term 'incidence' of Migraine means the annual diagnosis rate, or the number of new cases of Migraine diagnosed each year (i.e. getting Migraine). Hence, these two statistics types can differ: a short disease like flu can have high annual incidence but low prevalence, but a life-long disease like diabetes has a low annual incidence but high prevalence.

Prevalance of Migraine: 28

continued on page 4

European Migraine Patients Call to Action

To improve the quality of our lives, we, migraine patients across Europe, call for all healthcare professionals, policy makers, patient groups, industry, employers, schools, media and the general public to ensure that we are listened to, understood and provided with the necessary tools & support to live a normal life.

Migraine patient organisations from across Europe have issued the above Call to Action, urging an improvement in the quality of life for migraineurs.

In spite of recent progress in migraine management and available treatments, migraine is still not effectively managed and that there remains a substantial need for

a clearer public and professional understanding of the condition.

This Call to Action comes in light of a recent pan-European survey entitled Migraine Experience. Over 2,000 migraineurs from 10 different countries were polled, with findings illustra-

continued on page 2

EHF News is open to host contributions and proposals from the readers. E-mail your suggestion to: neuronet@libero.it

Summary:

European migraineurs: how many we are ?	1
European Migraine Patients Call to Action	1
The Web site of the Spanish Research Group on Headache	2
8th EHF Congress	3
What'on...	4



The
journal...

The Headache Care welcomes articles, brief reports and letters detailing research findings from primary care studies, reviews and commentaries on important topics, conferences reports and book reviews
www.librapharm.com
www.mipca.org.uk

Headache Care

EDUCATION, RESEARCH AND MANAGEMENT
FOR THE PRACTISING CLINICIAN

The Web site of the Spanish Research Group on Headache

In the statutes of the Spanish Neurology Society (SEN) it is set out that the Research Groups are scientific parts of the SEN whose purpose is the deepening of research, assistance and study in the various areas of neurology. GESCEN is the SEN's Research Group on Headache. This Research Group is made up of approximately 200 neurologists with a special interest in the wide area of head pain. GESCEN spreads its efforts over three basic areas: assistance, training and research:

Assistance: The creation of surgeries and headache units is markedly improving the quality of assistance available to these patients. Also, this work is made easier by the support of research groups from other scientific societies, like sem-

FYC or SEMERGEN.

Training: Every year, GESCEN organises a Headache Course for neurology residents which is always a success both in terms of assistance and participation. Each 2-3 years the 'Recommendations of the SEN Research Group on Headache' are published, this being a small manual of some 100 pages, which is an obligatory reference document. The number of talks and lectures covering headache which many members of GESCEN have given in Health Centres, Hospitals and other forum audiences is counted by the hundred and certainly reaches the thousands. Every year there are training symposia on concrete aspects of headache, led by members of this Research Group. In the Annual Meeting of the SEN,

in addition to scientific reports, a morning is reserved to go into new ideas and controversies related to headaches. And since a year ago, GESCEN organises joint training courses with International Scientific Organisations.

Research: The number of presentations in national and international conferences given by members of GESCEN grows from year to year. The same can be said of publications in medical journals. For some time GESCEN's membership has included internationally recognised experts and the next congress of the European Headache Federation will be held in Valencia in 2006 under the presidency of a Spaniard, Dr José Miguel Láinez.

<http://www.cefales.sen.es/que.htm>

GESCEN is the Research Group on Headache of the Spanish Neurology Society (SEN). GESCEN spreads its efforts over three basic areas: assistance, training and research.



European Migraine Patients Call to Action (continue from page 1)



ting the burden and impact migraine has on the life of the patient. Issues taken into consideration included interference with a patient's family, career, general health and sex-life.

Results from this on-line survey reveal that migraine seriously impinges on a sufferer's ability to perform general everyday activities. One-third of patients experience attacks more than

30 days per year lasting more than 12 hours per week.

The Call to Action will be used by patient groups locally and at European level to further raise awareness of migraine issues among professionals, policy makers, employers and the public. It concentrates specifically on the important issues of:

Rights and responsibilities
Educating and raising awareness

Patient healthcare and professional dialogue
Migraine control and prevention

You can download a copy of the full document below. A hard copy is available by contacting us at 1850 200378 or by email to info@migraine.ie
<http://www.migraine.ie/>




 European Headache Federation (EHF)
8th EHF CONGRESS
 Valencia, Spain
 April 26-29, 2006

DEADLINES TO REMEMBER
 Abstract submission January 18, 2006
 Reduced registration fee January 26, 2006

EHF President, Chairman
 Miguel J. A. Láinez

www.ehf-org.org/8ehf

**EUROPEAN HEADACHE FEDERATION
EXECUTIVE BOARD**

- PRESIDENT
Miguel J.A. Láinez, Spain
 1st VICE-PRESIDENT
Hans-Christoph Diener, Germany
 2nd VICE-PRESIDENT
Fabio Antonaci, Italy
 GENERAL SECRETARY
Emile G.M. Couturier, The Netherlands
 TREASURER
Reto Agosti, Switzerland
 MEMBERS AT LARGE
Judit Afra, Hungary
Markus Färkkilä, Finland
D. Obelieniene, Lithuania
D. Valade, France

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

Dear Colleagues,

The organizing committee of the **8th (European Headache Federation) EHF Congress** is pleased to invite you to submit an abstract to the congress describing original research in the fields related to hea-dache.

With plenary lectures by eminent headache specialists from over 16 countries covering a variety of topics, symposia, debates, scientific sessions and a clearly recognizable programme for European General Practitioners we are confident that The 8th EHF congress will provide you with a unique opportunity for which to present your research to a truly international audience. Please visit the congress website at <http://www.ehf-org.org/8ehf/call.asp> and follow the instructions for submission.

Finally we would like to draw your attention to the extensive travel and information guide we have compiled on Valencia, host city for The America's Cup, at <http://www.ehf-org.org/8ehf/valencia.asp>

We sincerely hope that you will be able to join us in Valencia in April 2006, a truly inspirational city for what will be a truly inspirational and stimulating congress.

Sincerely Yours

Congress Secretariat

**INTERNATIONAL
SCIENTIFIC COMMITTEE**

- Julio Pascual**, Spain (Chairman)
Michel Ferrari, The Netherlands
Miguel J.A. Láinez, Spain
Volker Limmroth, Germany
Michel Lanteri-Minet, France
Pramod Saxena, The Netherlands
Laszlo Vecsei, Hungary
Giorgio Zanchin, Italy

**LOCAL ORGANISING
COMMITTEE**

- Miguel J.A. Láinez**, Valencia (Chairman)
Jesús Castillo, Santander
Samuel Diaz, Valencia
Exuperio Diez, Madrid
David Ezpeleta, Pamplona
Jesús Hernández, Madrid
Rogelio Leira, Santiago de Compostela
Valentín Mateos, Oviedo
Ascensión Navarro, Sevilla
Felíu Titus, Barcelona

European Headache Federation Executive Board

PRESIDENT

- M. Lainez (Valencia)

1st VICE-PRESIDENT

- H. Diener (Essen)

2nd VICE-PRESIDENT

- F. Antonaci (Pavia)

PAST PRESIDENT

- P. Saxena (Rotterdam)

GENERAL SECRETARY

- E. Couturier (Amsterdam)

TREASURER

- R. Agosti (Zurich)

MEMBERS AT LARGE

- J. Afra (Budapest)
- M. Färkkilä (Helsinki)
- D. Obelieniene (Kaunas)
- D. Valade (Paris)

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

EHF NEWS

Editor: F. Antonaci (Pavia)

Co-editor: E. Couturier (Amsterdam)

Legal Director: S. Angeletti (Milan)

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 of Pavia, Via Mondino 2, 27100, Pavia, Italy (neuronet@libero.it).

Purpose: EHF Newsletter, a European Headache Federation publication, is dedicated to increasing physicians' awareness by educating and informing them as to what is going on in the field of headache in Europe.

This newsletter seeks to provide timely and accurate information from the most knowledgeable sources. The newsletter is mailed to EHF members, national drug companies and medical journalists in line with information given by board members. The views expressed in the articles in EHF News are those of the authors and do not necessarily reflect those of the EHF and the Publisher.

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



What's on...



📅 **Academic Year 2005-2006, "La Sapienza" University of Rome, Italy**
Master's Degree in Headache Medicine
Information:

www.uniroma1.it/headace
paolo.martelletti@uniroma1.it

📅 **15-16 February 2006, Rancho Mirage (Palm Spring Area) CA, USA**
National Headache Foundation 3rd Annual Meeting
Information:
info@headaches.org

📅 **10-12 March 2006, Copenhagen, Denmark**
15th International Headache Research Seminar
Information:
<http://www.ihrs.dk>
hagn@glostruphosp.kbhamt.dk

📅 **30 June-1° July 2006, Glasgow, Great Britain**
VII International Congress on Headache in Children and Adolescents
Information:
www.ICHCA2006.org
denise@conference2k.com

📅 **5th-7th October 2006, Castrocara Terme (FC), Italy**
European Headache Federation School, 2006 course
(International School on Adaptive Disorders and Headache)
Information:
neuronet@libero.it

European migraineurs: how many we are ? (continue from page 1)

million Americans (NINDS) **Prevalence Rate for Migraine:** approx 1 in 9 or 10.29% or 28 million people in USA.

Extrapolation of Prevalence Rate of Migraine to Countries and Regions: The following table attempts to extrapolate the above prevalence rate for Migraine to the populations of various countries and regions. As discussed above, these prevalence extrapolations for Migraine are only estimates and may have limited relevance to the actual prevalence of Migraine in any region.

Migraine in Europe (Extrapolated Statistics)		
Austria	841,519	3,174,762 ²
Belgium	1,065,263	10,348,276 ²
Britain (United Kingdom)	6,204,337	60,270,708 for UK ²
Czech Republic	128,283	1,024,6178 ²
Denmark	557,260	5,413,392 ²
Finland	536,788	5,214,512 ²
France	6,220,139	60,424,213 ²
Greece	1,096,069	10,647,529 ²
Germany	3,484,886	32,424,609 ²
Iceland	30,261	293,966 ²
Hungary	1,032,744	10,032,375 ²
Liechtenstein	3,441	33,436 ²
Ireland	408,630	3,969,558 ²
Italy	5,976,505	58,057,477 ²
Luxembourg	47,629	462,690 ²
Monaco	3,321	32,270 ²
Netherlands (Holland)	1,679,814	16,318,199 ²
Poland	3,976,241	38,626,349 ²
Portugal	1,083,367	10,524,145 ²
Spain	4,146,550	40,280,780 ²
Sweden	925,070	8,986,400 ²
Switzerland	767,001	7,450,867 ²
United Kingdom	6,204,337	60,270,708 ²
Wales	300,382	2,918,000 ²