Heart and soul walk in arm on arm on the Headache Research in Europe

It was between the end of 1989, at the time of the fall of Berlin Wall, and the beginning of 1990 that informal meeting started among Neurologist from East and West Europe with the aim of creating a European organization for the study of headache. I witness that stage and all the following steps: the founding meeting in Venice (1991) the forthcoming congresses and teaching activities. As junior neurologist, at that time I served for many year as General Secretary, EHF newsletter Editor and I had the chance, to know, personally, all the national board members, first and now, second generation. The personal knowledge, face to face meetings, is a unique opportunity to share ideas, express emotions and enthusiasm, that have gather different scientists representing different countries one from the others.

It is not necessary to open a window and tell what the European Headache Federation has achieved, a fish eye panorama is evident (books, newsletter, journal, teaching courses, congresses, awards, help in the creation of research group etc.). In this respect, I am pleased to thanks all the past Presidents (Henry, Gerber, Schoenen, Nappi, Sjaastad, Steiner, Saxena, Lainez and Diener) that continue on page 5

“Increasing our understanding of migraine to enhance treatment outcomes”

This was the challenging theme of a satellite symposium organised by Almirall laboratories on Thursday 4th September at the European Headache and Migraine Trust International Congress (EHMTIC) 2008 in London. Chaired by Professor Peter Goadsby (University of California, San Francisco), leading experts in migraine research reviewed some of the most recent advances in our understanding of the pathophysiology of this common disorder and linked this back to the patient in terms of its relationship with comorbid conditions, and most importantly clinical outcomes. With regards the underlying pathophysiology Dr. Phillip Holland (University of California, San Francisco) discussed newer findings regarding the role of key brain structures continue on page 2
EHF NEWS

Back from London

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 pathways, 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 mean 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.

Martina Allena (Pavia)

“Increasing our understanding of migraine to enhance treatment outcomes” (continue from page 1)

ing the role of key brain structures and systems that modulate the ascending transmission of peripheral sensory information and descending systems that control the sensory throughput. Multiple neurotransmitter systems are present throughout the CNS, and modulation of many of these may have an impact on primary headache. Professor Holland noted the importance of the trigeminocervical complex (TCC) and suggested that a better understanding of its role will ultimately help us to elucidate the pathophysiology of migraine. In the opinion of Professor David Dodick (Mayo Clinic, Scottsdale), increasing our knowledge of migraine pathophysiology may also provide important clues with respect to a number of comorbid diseases such as various psychiatric illnesses, stroke, epilepsy, sleep disorders and other pain conditions. Comorbidity in migraine may arise as a result of unidirectional or bidirectional causality, or due to shared genetic factors. Assessment of risk factors, appropriate management of comorbidities and attention to patient behaviour that may influence migraine progression (including possible medication overuse), should all be part of a comprehensive disease-oriented model of care.

The rationale for early treatment in migraine is aimed at avoiding activation of the central sensitization cascade, which usually occurs within 1 hour of the onset of pain, was discussed by Professor Dominique Valade (Hôpital Lariboisière, Paris). Recent findings from the “Act when Mild” study confirmed the benefits of an early intervention strategy using almotriptan 12.5 mg... Early intervention with almotriptan while migraine pain was mild within 1 hour of the start of a migraine attack provided statistically significant and clinically relevant improvement in efficacy compared with administration when pain was more severe. Summing up, Professor Goadsby noted that we need to increase our understanding of the pathophysiology of migraine, to better recognize risk factors, comorbidities and patient behaviours that contribute to comprehensive model of care, that early treatment benefits more patients and finally that treating patients according to their needs and expectations, is an opportunity to improve their health.

The Editorial Office
Master in Headache Medicine

The Master in Headache Medicine is aimed at developing excellence among experts in this field of clinical medicine. Its purpose is to promote and disseminate epidemiological, nosographic, genetic, pathophysiological, diagnostic, social-health, clinical and therapeutic knowledge of headache, a disease that has a considerable impact on the general population. This high-level post-graduate course will provide successful applicants with the instruments necessary to make a modern evaluation of headaches that will allow the correct management of affected patients.

Course participants will be able to acquire multidisciplinary competences that will enable them to relate to the problems of headache patients by means of the most widening, inter-cultural skills. The Master is included in the Global Campaign to Reduce the Burden of Headache Worldwide (GC), an initiative in collaboration with WHO, and is endorsed by the European Headache Federation. The e-learning section is organized in alliance with Springer. For further informations, please contact:

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The 2008 Enrico Greppi Award

The 2008 Enrico Greppi Award has been assigned to prof. Julio Pascual, from the University of Salamanca (Spain), for its research entitled "Headaches precipitated by cough, prolonged exercise or sexual activity: a prospective etiological and clinical study". Presentation and price-giving took place in London, during the recent EHMTIC. The Enrico Greppi Award, funded by the Italian Society for the Study of Headache and co-sponsored by Almirall S.p.A., reached now its 9th edition and saw the participation of various renowned international research teams. The awarded manuscript has already been published ex-officio in J Headache Pain (2008) 9:259-266.

A Read-Out on JHP’s Rapid Expansion

The Journal of Headache and Pain held its Editorial Board in London, during the recent EHMTIC. The expansion observed in the last twelve months is expressed by a huge increase of downloaded papers and a further reduced publishing timeline JHP’s inclusion into Science Citation Index Expanded has been reported and its forthcoming inclusion into Current Contents will occur after twenty-four months, according to the usual timeline of Thomson Reuters (formerly ISI). June 2011 will be the publishing date of JHP Impact Factor in Journal Citation Report. These results are astonishing if we consider the journal’s young age (only nine years) and the keen competition in the Neurosciences area. Yet they rely on the trust of EHF members towards JHP, which they feel now as own journal, and a complete editorial independence. A new Editorial Board has been appointed and in the future the bond between the journal, its readership and EHF will be reinforced.

" PROF. JULIO PASCUAL RECEIVING THE ENRICO GREPPI AWARD AT THE 2008 EHMTIC IN LONDON" FROM PROF. V. GUIDETTI AND PROF. P. MARTELLETTI
Cluster Headache Award (5th edition)

On behalf of the University Centre for Adaptive Disorder and Headache (UCADH) and the Ganimirion 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 members of the Scientific Committee are the following: G. Nappi (Chairman), K. Elbom M. Fanciullacci, P.Goadsby, G. Manzoni, N.T. Mathew, M. Moskowitz, F. Antonaci (Secretary). The Scientific Committee has selected and scored 34 manuscripts on Cluster headache published in 2006. The winner of the 5th 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. 1059-106. Cluster headache is a form of primary headache involving repeated attacks of excruciatingly severe headache usually occurring several times a day. Patients with chronic cluster headache (CCH) have an unremitting illness requiring daily preventive medical therapy. In the paper it has been described that 8 patients with medically intractable CCH were implanted in the suboccipital region with electrodes for neurostimulation therapy (ONS). Stimulation occurred bilaterally during treatment. At a median follow up of 20 months (range 6-27 months), six of eight patients reported responses that were meaningful to them sufficient to recommend ONS to similarly affected patients with CCH. Specifically, two patients noticed a marked improvement of 90% or better. Three patients noticed a moderate improvement of 40% or better and one patient recorded a mild improvement of 25%. Improvements occurred in both frequency and severity. Improvement was noticed after weeks or months, although remarkably attacks returned in days when the device malfunctioned, such as with battery depletion. Adverse events of concern were lead migrations in one patient and battery depletion requiring replacement. Therefore, occipital nerve stimulation (ONS) in cluster headache offers a safe, seemingly effective option, and may usher a new era of neurostimulation therapy for primary headache syndromes. The prize has been delivered to the authors by Prof. F. Antonaci during the European Headache Migraine Trust International Congress held in London (7th September 2008).

The Giorgio M. Kauchtschischvili Award (9th edition)

Through the generosity of the University Centre for Adaptive Disorders and Headache (UCADH) a prize was established in 1992 in the name of Dr. Giorgio M. Kauchtschischvili. Giorgio M. Kauchtschischvili was born in Berlin of Georgian (Tbilisi) parents, in 1923. He took the high school level in Berlin, after which he moved to Milan where he graduated in medicine and surgery. In Pavia he started research on clinical, biological, neurophysiological and neuroimaging correlates of the aging brain. His death in 1975 has deprived the Pavia school of neurology of an excellent researcher and human being full of energy, enthusiasm, scientific acumen and with a great gift for communication. The qualities of this prominent man, in many senses a truly European man, should be a model for young generations of researchers.

The Prize will be delivered this year on behalf of the European Headache Federation during a Press Conference in Milan, October 1st 2008.

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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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Heart and soul walk in arm on arm on the Headache Research in Europe (continue from page 1)

alternate the scene and dedicated their time and ideas to obtained what I am going to serve now as President. The executive committee elected in London is a steel team “family size” with a formidable amount of energy that will help the next two years works.

We have the feeling that merging European initiatives, as it was and it is the case with the Migraine Trust, and helping the International Headache Society in common projects will be a fruitful and time and money saving policy.

The strong education impact obtained with the Headache Summer School will go forward, we are planning to land in new areas for increasing knowledge (Eastern and Mediterranean countries where doctors and patients have less facilities than required), and apply new technologies as the creation of a learning web platform. Last but not least, the tight collaboration with the lay organizations as European Headache Alliance will certainly improve the burden of headache in our final target: the European Headache patient.

Fabio Antonaci (Pavia)