

## Russian Headache Research Society: Focusing on the Regions.

Since the 1<sup>st</sup> Russian Headache Conference in December 2007, which was strengthened by participation of European experts in the field, and our dear friends Cristina Tassorelli, Zaza Katsarava, Messoud Ashina and Timothy Steiner, the Russian cephalgology made another step forward. In May 21-22 in the city of **Smolensk** under the auspices of the Russian Headache Research Society, the Sechenov Moscow Medical Academy and with enthusiastic support of the Medical Academy of Smolensk, the Interregional Scientific Conference **"Headache as an actual interdisciplinary problem"** was held. The conference was the first event organized by the Russian Headache Research Society (RHRS) after its re-registration according to the new state requirements. Now the RHRS has the rights of an official independent public organization with its By-laws. This "second breath" will serve to encourage the RHRS to intensify and widen activities focused on physicians' and patients' education in the field of headaches. The conference in Smolensk was one of the steps towards this aim. Smolensk is one of the oldest Russian cities located in the Western part of the country, at the source of the Dnepr river, close to the boarder with Belarus. The history of Smolensk goes back more that 11 centuries. Nowadays the city takes care of its ancient churches of the 12<sup>th</sup> century, fortress towers



Logo of the Russian Headache Research Society (RHRS)- Interregional Public Organization

and majestic monuments. As a mirror, Smolensk reflects the most important and tragic events of Russian history. During the war with Napoleon in 1812, the joining of the two Russian armies under Smolensk broke Napoleon's plan to rout them one by one and predetermined the outcome of the Battle of Borodino. In 1941 during the Great Patriotic War, Smolensk stood in the path of Nazi armies who were advancing toward Moscow. Fierce fighting went on in the city for two weeks, interrupting Hitler's "blitzkrieg plan" and protecting Moscow from Nazi occupation. Smolensk today is a city with a population of 350 000, a center of scientific, business and cultural events. More than 300 neurologists and GPs from Smolensk and the surrounding cities - Kaluga, Kaliningrad, Pskov, Tula, Orel, Bryansk - attended the conference.

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## New data on Almotriptan coming into the picture

In the 2009 International Headache Society Congress, to be held next September in Philadelphia, U.S., new results about the usefulness frame of triptans when treating migraine are to be presented. Experts will present data about their last studies in migraine,

such as a large observational study carried out in an European primary care level migraineurs sample sponsored by Almirall, start study, where the importance of treating the pain when it is still mild, within the first hour since onset, will be described,

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### Short News:

- IN MAY 21-22 IN THE CITY OF SMOLENSK, THE INTERREGIONAL SCIENTIFIC CONFERENCE "HEADACHE AS AN ACTUAL INTERDISCIPLINARY PROBLEM" WAS HELD.
- INTERNATIONAL HEADACHE SOCIETY CONGRESS SEPTEMBER-PHILADELPHIA, U.S. "NEW RESULT ABOUT THE USEFULNESS FRAME OF TRIP-TANS WHEN TREATING MIGRAINE ARE TO BE PRESENTED".
- THE ENRICO GREPPI AWARD 2010 IS OPEN TO RESEARCHERS OF ALL NATIONALITIES.

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### Enrico Greppi Award 2010



"THE ITALIAN SOCIETY FOR THE STUDY OF HEADACHES".

The Italian Society for the Study of Headaches (SISC) announces the competition of the biennial Enrico Greppi Award 2010. The award will be granted to the best unpublished original paper dealing with epidemiological, genetic, pathophysiological or therapeutic aspects of headache. The prize amounts to € 10,000 and is open to researchers of all nationalities. The papers must be submitted in accordance with the editorial instructions of *The Journal of Headache and Pain*. The winning article will be published *ex officio* in *The Journal of Headache and Pain* within three months of the Award presentation. The

remaining papers are considered as submitted to *The Journal of Headache and Pain* and may be published after undergoing the peer-reviewing process. The Award is endorsed by the European Headache Federation (EHF) and the winner is invited to present the paper at the European Headache and Migraine Trust International Congress 2010 (EHMTIC), to be held in Nice, France on 28-31 October 2010.

Manuscripts should be sent by e-mail to the President of SISC at [sisc@sisc.it](mailto:sisc@sisc.it) no later than 28 June 2010.

*The Editorial Office.*

“ THERE ARE NEW STUDIES ABOUT THE TREATMENT OF THE RELATIVELY HIGHLY PREVALENT MESTRUAL MIGRAINE, SUCH AS THE LATEST ITALIAN RANDOMIZES PLACEBO CONTROLLED STUDY WITH ALMOTRIPTAN

### New data on Almotriptan coming into the picture. (continue from pag.1)

as it has been already done at neurologist practice setting, finding there better results when treating early.

Details about subpopulations evolution will be reviewed, considering the patients medication history and other possibly impacting factors. More studies about the treatment of the relatively highly prevalent menstrual migraine will also be shown, such as the latest Italian randomized placebo controlled study with Almotriptan.

It is important to see that further research with the already available migraine treatments is being carried out both at everyday clinical practice and with clinical trials, to further establish the possibilities that treatments can have.

Data from the daily activity are needed, away from the necessary but somehow rigid placebo controlled clinical trials methodology, which usually limit the participation of certain patients because of their restrictive selection criteria or more or less complicated procedures.

Clinical trials and observational studies complement each other in defining the available treatments real profile.

*The Editorial Office.*



## The 14<sup>th</sup> Congress of the IHS

The 14<sup>th</sup> Congress of the International Headache Society will be held September 10-13, 2009 in Philadelphia, Pennsylvania, USA.

The location is a perfect setting for headache specialists to continue their goal towards liberating patients from pain and suffering so they can enjoy quality of life independent from disabling headache.

The scientific committee has designed a program, for physicians, psychologists, researchers, scientists, and other healthcare professionals, that offers an update in the state of the science of headache medicine and state of the art in the care of headache sufferers.

The congress will consist of platform and poster presentations teaching courses, scientific session, satellite symposia and, of course, the opportunity for informal interchanges.

The faculty is composed of internationally known thought leaders, researchers, and clinicians.

The American Headache Society® is proud to be the hosting society for the International Headache Congress this year, and shares with the International Headache Society a strong commitment to promote

“freedom from headache” through research, education and teaching.

Visit the Congress website

[www.ihc2009.org](http://www.ihc2009.org)

for additional information and to register.

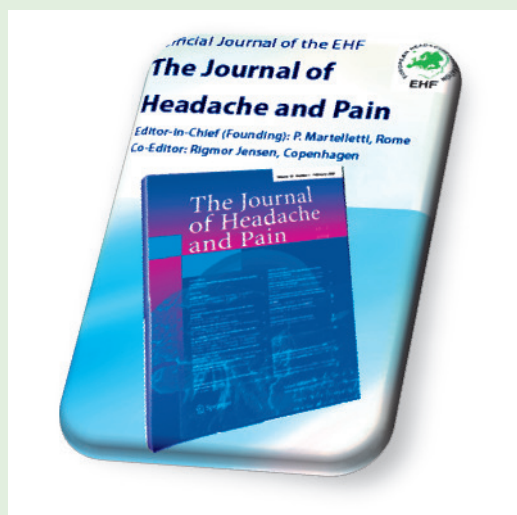


*The Editorial Office.*

## The Journal of Headache and Pain with IF !

It is a great pleasure for me to announce that The Journal of Headache and Pain officially received its Impact Factor for 2008, which is of 1.875. This information is available at the **Journal Citation Reports website**. This try, accomplished two years in advance, would not have been possible without the scientific support of the entire European Headache Federation. Thank you for your belief in this project.

*Paolo Martelletti (Rome 23th June 2009)*



## What's on...



- ↪ **10th-13th September 2009, Philadelphia, USA**  
14th International Headache Congress/ 51st Annual Scientific Meeting of the American Headache Society.  
Information:  
[E-mail: ahshq@talley.com](mailto:ahshq@talley.com)
- ↪ **12th-15th September 2009 Florence, Italy**  
13th Congress of the European Federation of Neurological Societies (EFNS)  
Information:  
[www.kenes.com/efns2009](http://www.kenes.com/efns2009)
- ↪ **14th September 2009 15.00-16.00**  
**The EHF Annual General Meeting Room 15, First Floor Palazzina Lorenese Firenze Fiera during the 13th EFNS Congress in Florence, Italy.**
- ↪ **12th-14th November 2009 Bucharest, Romania**  
European Headache School 2009 Videoconference Course.  
Information:  
[cezar747@yahoo.com](mailto:cezar747@yahoo.com)
- ↪ **13th-15th November 2009 Sofia, Bulgaria**  
European Headache School 2009 Videoconference Course.  
Information:  
[jdokova@abv.bg](mailto:jdokova@abv.bg)
- ↪ **28th-31st October 2010 Nice, France**  
**2nd European Headache and Migraine Trust International Congress.**  
Information:  
[ehmtic@kenes.com](mailto:ehmtic@kenes.com)



## EHF News: e-bulletin of the European Headache Federation

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“Smolensk: 18th century Assumption Cathedral”.

#### EHF NEWS

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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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### Russian Headache Research Society: Focusing on the Regions (continue from page 1)

The programme covered all the main topics connected with headaches. The 1<sup>st</sup> day started with presentations on general aspects of headaches, including socio-economic impact, classification, “myths about headaches”, diagnostic principles of primary and secondary headaches with examples of misdiagnoses, and underestimation of primary headaches. In “Migraine” section pathophysiology, genetic aspects, heterogeneity of migraine, pathophysiological mechanisms of aura, migraine and reproductive function, modern practical approaches to acute and prophylactic treatments were discussed. The section “Chronic headaches”, which opened the 2<sup>nd</sup> day, included presentations on CDH, MOH, TTH, chronic migraine with focus on risk factors for headache chronification and progression, and the role of comorbidities in primary headaches. In the section “Secondary headaches” the following aspects were discussed: cervicogenic headache, peculiarities of headaches associated with cerebro-vascular disorders, venous dysfunction, head trauma, and the relation be-

tween headache and dizziness. Special attention was paid to “red flags” and clinical indications for instrumental investigations. The programme also included special sections “Pediatric headaches”, “Facial pain”, and “Non-pharmacological approaches to headache patients”. The conference was accompanied by Pharmaceutical Companies Exhibition. According to the comments from the participants, the conference related to headache problems was of great interest and practical importance, since modern principles of headache diagnosis and treatment still remain an obscure sphere for neurologists and GPs in Russian regions. The success of this interdisciplinary meeting inspires the Russian Headache Research Society to arrange similar conferences in other regions of Russia.

*Vera Osipova, MD, PhD, Dr.Med  
General Secretary of the RHRS  
Representative of the Russian Federation in the EHF*