The web page of the German Migraine Society

The German Migraine and Headache Society (DMKG) was founded in 1979 by a group of dedicated headache scientists and today has more than 450 members, mainly Neurologists, Anaesthetists and General Practitioners, as well as Psychologists and Pharmacologists. It is a non-profit making organisation with the following aims:

- The improvement of treatment possibilities for patients with acute and chronic headache.
- Combining basic disciplines in the fields of Medicine, Pharmacy and Psychology with an interest in headache research.
- Improving the basic education, postgraduate education and teaching on headache and organising congresses and further education sessions for medical specialist groups.
- Making public the latest results of research in the headache field and advances in the treatment of headache.

For this reason, an index of the members of the German Migraine and Headache Society organised according to the postal codes is available, so that headache sufferers have the possibility of finding a competent medical authority more easily.

Explanations are given on various aspects of headache: Headache as a major problem in public health; how headache can affect and diminish the quality of life; the consequences of analgesic abuse with information on withdrawal treatment and institutions which carry out this type of withdrawal.

As well as this, the German Migraine and Headache Society maintains contact with health authorities, health insurance organisations and other institutions or scientific bodies and work groups with similar goals.

Membership is available to any university graduate who is active in a field that is
Two new studies on triptans

You will find hereunder information about a couple of recent publications showing interesting advances in hot clinical migraine research areas:

The first one refers to the unexpected differences found in the success rates of an acute migraine treatment depending on the underlying prophylactic treatment taken by the patient:

An independent study carried out in a Madrid University Hospital and area centres (P.E. Bermejo et al, Headache 2009; 49:1277-1283) in 345 patients showed that the use of propranolol as a prophylactic migraine treatment, apart of the prophylactic effect, allows a faster recovery from acute attacks treated with a pre-determined fixed triptan (almotriptan, selected because of its effectiveness and tolerability profile) than other common prophylactic treatments.

The acute migraine 2h pain free rates seen after taking the study triptan within the topiramate, flunarizine or control (no treatment) groups were similar, around 37%, aligned with the success rates found in published clinical trials not using early intervention, while the rate in the patients using propranolol was nearly 12 points higher, 48.7%, (p<0.05).

Although this is an open label study, it re-starts a relevant line of research about the controversial effects of migraine prophylaxis drugs, asking to consider not only their activity over the attacks frequency, but also in the improvement of the outcomes from the acute treatments used for those attacks not avoided.

The second study is about the need to restrict the number of triptans per month to avoid risk of overuse medication headache, a topic debated intensely in the US these days. Cady et al (Headache 2009; 49: 1402-13) randomized in an observer-blind manner 197 subjects to receive a limited or less limited supply of triptan tablets to treat their migraine. After 3 months, there were no differences between groups in migraine days (no more headache days), but patients with less limited access treated their migraines earlier. No differences in tolerability were seen. Treating migraine early has demonstrated in clinical trials to be more effective than treating late. Authors consider that patients would benefit from less restrictive prescriptions, and, being overuse of headache medication not an acute risk of triptans, but one that would take a long time to develop, as with other migraine acute medications, recommend physicians to monitor it as when renewing any migraine acute treatment prescriptions.

EHF Editorial Office

Postgraduate course in Headache

Since 2003 Prof. Christian Wöber and Prof. Çiçek Wöber-Bingöl have been organizing an annual postgraduate course on headache at the Medical University of Vienna. The 8th Postgraduate Course on Headache was held on 22 - 23 January 2010 and focussed on headache and facial pain from the perspective of ophthalmology, ENT, dentistry, psychiatry, psychology and neurology with participants coming from all of these fields as well as from anesthesia and general medicine.

The majority of speakers were specialists from the Medical University of Vienna. The guest lecture on trigeminal autonomic headaches was held, by Prof. Fabio Antonaci, President of EHF. Considering the interdisciplinary concept of the meeting his excellent state-of-the-art review was particularly important. The interactive part of the course followed open space technology of Harrison Owen. Participants were invited to propose a subject and host a workshop to discuss this topic with others. There were six workshops and participants were encouraged to change from one workshop to another according to the “The Law of Two Feet”: "If you find yourself in a situation where you aren't learning or contributing, go somewhere else." The workshops reflecting the thematic interests of the participants were an ideal platform for exchanging experience.

Christian Wöber (Vienna)
The Journal of headache and Pain

Volume 11 Number 1 In this issue:

- Epidemiology of headache in Arab countries by Hani T. S. et al.
- Does sumatriptan cross the blood–brain barrier in animals and man? By P. C. Tfelt-Hansen.
- A review of current European treatment guidelines for migraine by F. Antonaci et al.
- Safety and efficacy of deep brain stimulation in refractory cluster headache: a randomized placebo-controlled double-blind trial followed by a 1-year open extension by D. Fontaine et al.
- Prevention of episodic migraines with topiramate: results from a non-interventional study in a general practice setting by G Nelle et al.
- Headache and cognitive profile in children: a cross-sectional controlled study by P. Parisi et al.
- Lack of association between five serotonin metabolism-related genes and medication overuse headache by S. Cevoli et al.
- Post-infectious new daily persistent headache may respond to intravenous methylprednisolone by S. Prakash et al.
- Paroxysmal head pain with backward radiation: will epicrania fugax go in the opposite direction? By M L Cuadrado et al.
- Headache associated with moyamoya disease: a case story and literature review by V. Zach et al.
- Tinnitus in postherpetic neuralgia by M De Marinis.
Congress presentation

The 2nd European Headache and Migraine Trust
International Congress – EHMTIC 2010 will take place from October 28-31, 2010 in the beautiful city of Nice, France located on the Côte d’Azur. EHMTIC 2010 strives to further education, increase awareness, and to improve the lives of those afflicted by headache disorders worldwide. The meeting will include an enlightening comprehensive scientific programme with internationally acclaimed speakers, opportunities to submit both oral and poster presentations as well as debates, satellite symposia and educational courses.

Over 1000 delegates are expected and the target audience for this congress includes:

- Neurologists
- Physicians
- Scientists
- Researchers
- International experts and healthcare professionals with an interest in migraine

EHMTIC 2010 will be held at the Nice Acropolis complex which is just 15 minutes from Nice Airport and easily accessible with more than 50 airlines providing a regular service to destinations throughout the world. The city of Nice is steeped in culture with a history dating back to the Romans; a medieval old town including grand architectural monuments and a wide selection of museums.

Please visit the following website in order to register and submit an abstract or to enquire about available sponsorship opportunities: http://www2.kenes.com/ehmtic/
What’s on..

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

5-6 March 2010
Tunis
European Headache School Video course
Information: info@ehf-org.org

22-24 April 2010
Tirana
European Headache School Video course
Information: info@ehf-org.org

9- 23 June 2010
Berlin
20th Meeting of the European Neurological Society
Information: info@ensinfo.org

June 2010
Varsaw
European Headache School Video course
Information: info@ehf-org.org

9-11 September 2010
Monza
European Headache School Video Course
Information: einfo@ehf-org.org

European Headache Federation

Fabio Antonaci (Italy) — President
Dominique Valade (France)— 1st Vice President
Rigmor Jensen (Denmark)— 2nd Vice President
Dimos Mitsikostas (Greece)— General Secretary
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Maria Wisocha-Bakowska (Poland) — Member at large
Paolo Martelletti (Italy) — Editor in Chief JHP

H.C. Diener (Germany) - Past President

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Info EHF: www.ehf-org.org

EHF News

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Co-editor: M Vikelis (Athens)
Legal Director: R. Nappi (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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