EUROPEAN HEADACHE ALLIANCE:
Manifesto Madrid 2010

Consensus Statements

Migraine is a neurological disorder of the brain. The World Health Organization places migraine as the 12th leading cause of disability in women and 19th overall. Migraine affects 12-15% of the population. It costs the EU economy approximately €27 billion annually due to reduced productivity and workdays lost. Failure of healthcare systems to provide effective treatments to those who need them is the most significant reason for this socio-economic burden. A range of effective treatments exist. Acute therapy reduces disability during the attack and preventive therapy can reduce frequency and severity attacks long term.

We call upon the governments and health policy makers of Europe to:

• Recognize migraine as a chronic, debilitating and disabling condition
• Provide the resources and support services needed to achieve optimal headache care
• Priorities headache education/awareness programs for both the general public and health professionals
• Promote research into the causes of migraine/headache and new medicines.

Consensus Actions

During the next five years the following targets should be reached in Europe: the management and treatment of their condition should increase to 70% from the current level of 40%

• Every patient diagnosed with Migraine should receive a proper explanation of the condition and appropriate treatment on their first visit to a healthcare professional.
• All citizens affected by headache disorders should receive accurate information and the support and reassurance they need e.g. through patient organizations and headache/migraine specialist nurses.
• Migraine must be recognized as a disability and those affected should receive equal protection under national and European Disability and Employment Laws
• A multi-disciplinary approach to headache care should be promoted

CONTINUE ON PAGE 3
European Headache Award 2009

The European Headache Federation, with the unrestricted support from Almirall, organized in 2009 a competition within neurologists in Italy, France, Spain, Portugal and Belgium to award the best clinical cases in the headache area (Almirall European Headache Awards, AHEA). An EHF panel of headache experts, chaired by Prof. F. Antonaci and composed by K. Pameleire (Belgium), D. Valade (France), L. Savi / P. Cortelli (Italy), J.M. Pereira Monteiro (Portugal) and J. M. Láinez (Spain) chose the fifteen best cases, three from each participating country, and, after exposition of these selected cases by the authors, different formative awards were given to the best five. Now a summary of the 15 best presented cases, highlighting the top five, has been published in the last issue of our Journal of Headache and Pain (Grimaldi et al.). These interesting cases have been classified into four main categories: Headaches in Rare Syndromes; Secondary Headaches to Infectious/Autoimmune Causes or Post-trauma/Mass-occupation; Headaches in Unresolved Cases; and Other Relevant Cases. The review of the cases has led to a series of useful conclusions, such as that rare syndromes do occur; that concomitant diseases may impair adequate diagnosis; that repeated neurological examination and complementary tests may be required; that rare medication events may happen or that some cases may remain without a clear cause or diagnosis, requiring, nevertheless, symptomatic treatment at least. We encourage your reading of this paper, as reflects the effort of a number of our colleagues to share with us their special cases while offers good advice for our everyday practice.

The Editorial Office

EHF Video School in Tirana

A report from the Video School of the European Headache Federation

With the EHF auspices the European headache video conference course in Albania was organized from 28 – 30 April. The venue was the Mondial Hotel, at the center of Tirana. The presidents of the course were Professor Fabio Antonaci, president of EHF and Professor Jera Kruja, head of University Service of Neurology, UHC Mother Theresa, Tirana. The course was attended by 42 participants, mainly neurologists from all over Albania. There were neuropsychiatrists and trainees in neurology also attending the course. The course fee was 30 Euros. The venue offered very nice and comfortable ambient, making the course heavy days looking shorter. The communication between the participants and international and local chairmen was very friendly. The technical equipments were of high standard and no problem was evidenced during the course. The participants remained very satisfied by the direct communication with Professor Lainez, Professor Mitsikostas and Professor Antonaci, who kindly answered all the questions, some time in their original language. The local chairpersons were Prof. J. Kruja and Dr. Sc. M. Kapisyzi. At the end the participants had a short test answering 30 quiz questions. The best student won a free registration to the EHMTIC Congress. The general opinion was very good. All participants evaluated the course for the high quality of lectures, methodic and possibility of direct communication. We think that this video school course on headache was very helpful for the Albanian neurologists and we want to thank and to congratulate the EHF, especially Professor Antonaci for the idea.

Jera Kruja (Tirana)
nulla vitae elit at neque laoreet

Vivamus dapibus, risus ac congue auctor, ligula purus placerat lectus, sit

across Europe, with at least one functioning
team in each country.
• A module in headache care should be
available in every medical training school for
General Practitioners.
• Original research and epidemiological
studies should be initiated and supported by
the European Commission with the support
of national governments.
• European Migraine Day of Action (EMDA)
should be adopted in all countries across
Europe and in the European Parliament.
To achieve this, the collaboration of health
professional and patient organizations in
Europe is essential. The advocacy role of the
patient organizations is required to eradicate
the stigma and social exclusion felt by all
those affected by headache disorders. Reliable
data outlining the scale and scope of the
burden is necessary in order to influence
policy makers when they are ordering
priorities. Before the end of this five-year
time frame, all interested parties should work
together and agree measures of outcome and
evaluation. The European Headache Alliance
and partners will encourage the
implementation of this manifesto and
monitor the effects of these initiatives to
demonstrate beneficial change. A review of
this manifesto will be conducted annually on
EMDA (September 12th).

Presented in Madrid May 23rd

The Editorial office

The Journal of Headache and Pain

Volume 11 Number 3

• Diagnostic criteria for CADASIL in
the International Classification of
Headache Disorders (ICHD-II): are they
appropriate? by Simona Sacco et al
• Relationship between insomnia and
headache in community-based middle
aged Hong Kong Chinese women by
Wing-Fai Yeung et al
• Application between sleep
disturbance and primary headaches: the
third Nord-trondelag Health Study by
Siv Steinsmo Odegård et al
• Evaluation of the pathophysiology
of classical trigeminal neuralgia by
blink reflex study and current
perception threshold testing by Ming
Feng Liao et al
• Psychopathology and quality of
life burden in chronic daily headache:
influence of migraine symptoms by
A. Autret et al
• Arterial spin-labeled MRI study of
migraine attacks treated with
rizatriptan by Yuji Kato et al
• Focus on therapy: hemicrania
continua and new daily persistent
headache by Paolo Rossi et al
• Migraine treatment in
developmental age: guidelines update
by Laura Papetti et al
• Reversible cerebral
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with autonomic dysreflexia by Bengt
Edvardsson et al
• Different form of trigeminal
autonomic cephalalgias in the same
patient: description of a case by
Giuseppe Cosentino et al
• A prospective multicentre study to
evaluate of the ICS diagnostic criteria,
the usefulness of brain MRI for the
diagnosis, follow-up and treatment
management, and the outcome after
high dosage 6-methylprednisolone
therapy, in subjects with Tolosa-Hunt
syndrome by Silvia Colnaghi et al

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**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 and headache disorders

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/](http://www2.kenes.com/ehmtic/)

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Nice is a major tourist centre and a leading resort on the French Riviera (Côte d’Azur). It is the historical capital city of the County of Nice.

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EHF Courses: registration open to
Primary Care Physicians Headache Courses, Non Physicians Headache Course:

**Primary Care Physicians Course**
(English Language)

9.30 Classification of Headache today and tomorrow Chair: F. Antonaci (Jes Olesen)
9.50 Epidemiology and burden of headache (R. Jensen)
10.10 Taking the headache history with patient demonstration (group sessions)
(D. Valade, F. Antonaci, R. Jensen, M. Lainez, D. Mitsikostas)
10.30 Coffee break
11.00-13.00 Diagnosis of migraine and clinical picture, Chair D. Valade
11.20 Cormorbidty of migraine (R. Jensen)
11.40 Treatment of migraine (M. Lainez)
12.00 Classification and clinical picture of TTH (R. Jensen)
12.20 Treatment of Tension-type headache (L. Bendtsen)
12.40 Clinical picture and treatment of cluster headache (F. Antonaci)
13.00 Lunch
14.00-16.00 Migraine and depression: a serious problem, Chair: R. Jensen, D. Radat
14.20 Migraine & Medication overuse (Z. Katsarava)
14.40 Which examinations in headache (M. Magdalena, Wysocka-Bakowska)
15.00 Headache Care: A Specialist Field within the Medical Family (R. Jensen)
15.20 Before meeting the Specialist (D. Mitsikostas)
15.40 Monitoring the Patient (R. Jensen)
16.00 Migraine and cardiovascular risk (M. Lanteri-Minet)
16.30 Pauser café
17.00-18.30 Discussion de cas cliniques
(A. Autret, G. Geraud)
18.00-18.30 Migraine et Dépression: un sérieux problème (F. Radat)
18.45-19.15 Migraine et vie hormonale (A. Ducros)
19.15-19.45 Migraine et abus médicamenteux (M. Lanteri-Minet)
19.45-20.15 Déjeuner

**Primary Care Physicians Course**
(French Language)

8.30-10.30 Classification des céphalées: aujourd’hui et demain Chair: D. Valade
8.50-9.10 Epidémiologie, handicap et altération de qualité de vie (D. Valade)
9.10-9.30 Orientation devant une céphalée (G. Geraud)
9.30-9.50 Diagnostic et clinique de la migraine (A. Ducros)
9.50-10.10 Comorbidités de la Migraine (G. Demarquay)
10.10-10.30 Traitement de la Migraine (A. Donnet)
10.30 Pause café
11.00 -13.00 Migraine et comorbidités Chair: M. Lanteri-Minet
11.00-11.20 Migraine et risque cardiovasculaire (C. Lucas)
11.20-12.00 Discussion de cas cliniques (A. Autret, G. Geraud)
12.00-12.20 Migraine et Dépression: un sérieux problème (F. Radat)
12.20-12.40 Migraine et vie hormonale (A. Ducros)
12.40-13.00 Migraine et abus médicamenteux (M. Lanteri-Minet)
13.00-14.00 Déjeuner
14.00-16.00 Prise en charge des céphalées: une collaboration avec le médecin référent (D. Valade, M. Lanteri-Minet)
14.00-14.20 Prise en charge de la céphalée : une collaboration avec le médecin référent (D. Valade, M. Lanteri-Minet)
14.40-15.00 Le suivi après l’avis du spécialiste (D. Valade, M. Lanteri-Minet)
15.00-15.20 Migraine et enfant (A. Donnet)
15.20-15.40 Migraine et sujet âgé (A. Pradalier)
15.40-16.00 Quels examens complémentaires devant une céphalée (M. M. Wysocka-Bakowska)

**Non Physicians Course**

9.00-13.00 Multidisciplinary approach to the chronic headache patient - Welcome and introduction (Chair: R. Jensen)
Is there a need for a multidisciplinary headache clinic? (Charly Gaul)
Psychological evaluation and treatment strategies in headache-state of the art (Federica Gall)
The role of clinical nurse specialist in the treatment of headache (Ria Bhola)
The role of physical therapist in the treatment of headache (Visscher, Netherland)
Education of the headache patient - The Concept of a Headache School (A. Rasmussen)
Chronic refractory headaches, what can be done? (Marjolin Sorbi)
Documentation and perspectives of future multidisciplinary management - discussion

**EHF Travel Award**
The European Headache Federation (EHF) is offering 5 travel awards for young physicians to attend the 2nd European Headache and Migraine Trust International Congress (EHMTIC) to be held in Nice, France, 28-31 October 2010. Each travel award will have a maximum value of € 1,000. Please click here to download the application form for the EHF Travel Award – EHMTIC 2010.

**Instructions:**
Please read the criteria carefully, complete the application form and send the completed form by email ONLY to Isabelle Bourzeix at info@ehf.org.
Application without the completed form will not be accepted.
The deadline for application is 1 July 2010.
Notification will be sent to you by the EHF Award Committee by the end of July 2010.
Criteria for application:
(1) Age under 35 years (at date of application)
(2) A recommendation letter from the head of the department
(3) At least one accepted abstract

Registration:
http://www2.kenes.com/ehm09/Pages/Registration.aspx
What’s on..

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

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

13-15 September 2010
Monza
European Headache School Video Course
Information: einfo@ehf-org.org

24-26 September 2010
Warsaw
European Headache School Video course
Information: info@ehf-org.org

New Book on Headache by Doctor Levent Ertugrul Inan

EHF News

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European Headache Federation

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Dominique Valade (France) — 1st Vice President
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