Eurolight in progress to highlight the prevalence and impact of headaches in Europe

We all are aware, limited data is available so far on headache disorders in Europe. In order to gather reliable comparable information for the global public health dimensions of headache disorders, the Eurolight team developed a survey module and ‘test van’ it in 6 different EU countries. After successful validation, the Eurolight survey tool is now produced in 8 languages: French, Italian, Spanish, Lithuanian, German, Dutch, Portuguese and English. The Ethical Committee approval and the Data Protection approval has been obtained for all the countries where needed in order to run the study according to the agreed procedure. The distribution to patients and healthy controls via postal mail is complete for Luxembourg, Ireland, Germany, The Netherlands, and it is ongoing in the Lombardia region (Pavia, Italy). In the Netherlands we have accomplished an additional parallel population based internet survey. The distribution via direct collection in the medical practice is complete in Austria, France and Spain and is ongoing in Great Britain. In Lithuania a door-to-door distribution and direct collection via specially trained medical students has started in CONTINUED ON PAGE 3
Evolution of migraine management in the past 10 years

The recent commercialization of a triptan (almotriptan) in Greece, the last EU 15 country where this drug was expected, reminds us that in the last decade we have seen an active and positive evolution of key migraine management features.

We believe it is a good moment to review these main milestones, developed by different stakeholders with neurologists support, which are fully valid today and can be considered as a significant improvement in the migraine management standards:

**Diagnosis:**
- Awareness campaigns such as the operative since 2003 EHF/WHO/IHS and WHA (World Headache Alliance) “Lift the burden of headache”, raising the knowledge about headache (and therefore migraine) in general, reaching the population, but also physicians, either specialists or not (http://www.l-t-b.org/).
- The implementation of the International Headache Society (IHS) migraine diagnosis criteria (rev. 2005), helping to a better identification of patients (http://www.i-h-s.org/)

**Treatment:**
- Renovation of guidelines for migraine treatment studies conduction: switch of endpoints, from pain relief to pain free rates.
- Progressive availability of migraine specific treatments (namely triptans), mostly across the first half of the decade, with a second generation improving efficacy and/or tolerability profiles of sumatriptan, the first drug made available in the class (Ferrari et al. meta-analyses, Lancet 2001, Cephalalgia 2002).
- Treatment guidelines based on evidence for use of acute treatments (stratified treatment after failure of NSAIDs…), early intervention recommendation, limits for the use of ergotics and preventive treatments thresholds EFNS task force (Evers et al, EJN 2009, [http://www.efns.org/Guideline-Archive.389.0.html](http://www.efns.org/Guideline-Archive.389.0.html)).

All these activities have brought about a more solid ground for migraine management. Nevertheless, there is still room for adequate communication and implementation of the mentioned achievements in our everyday activities and further improvement within migraine and other headaches areas are to be expected. All initiatives for the next decade should be welcomed!

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**EHF Video School in Tunis**

A report from the Video School of the European Headache Federation

With EHF support and Tunisian neuroscience society, a videoconference 3 days course took place in Tunis, on 4-6 March 2010. The location was at MerkSerono Head office (Berges du Lac –Tunis). The course fee was free. The course was attended by 30 participants –who came from Tunis, Monastir and Sfax. The majority of participants were trainees in neurology who participated for the first time to an EHF course. Also, the event was attended by specialists in neurology in order to expand their knowledge in headache field. This new concept of videoconference teaching course offered great possibilities to physicians to have access to the lectures of the best speakers in the headache field and more than that, to obtain answers to their questions during the exciting interactive sessions on Skype. The course content was very interesting and very useful for the clinical practice. The first course day was dedicated to migraine. In the second day of course, during the discussion forums Prof D. Valade answered participants questions and presented in an excellent manner the issues regarding headache management in emergency department, cranial neuralgias and tension headache.

The last day of course was dedicated to trigeminal autonomic cephalalgias and refractory headaches. The president of the course, Prof Fabio Antonaci chaired the last videoconference sessions. Answering to participants questions, Prof Fabio Antonaci shared generously with the participants his great experience in the management of these special types of headaches. The local chairpersons were Fr Fayçal Hentati, Fr Amel boughamoura, Pr Mourad Zouari, Dr Souheil Marrak, Dr Nadia Ammar and Pr Frih-Ayed. All course participants were pleased to be involved in the course and sent their special thanks to its president Prof Fabio Antonaci.

**Professor Faycal Hentati**
February. At the moment all accepted completed module information is controlled and processed in the central database in Luxembourg. The data will be analyzed for prevalence, burden and impact of headache, disease-management and socio-economic impact of different types of headache including comparison to healthy volunteers. Eurolight is the first independent data collection on headache at European level focusing on a holistic, patient-driven and scientifically validated approach represented by inter-play of the specific competencies of the Consortium (24 members), as well as by the composition of the consortium per se, which includes clinicians, research groups and patient organizations from virtually all the major geographic regions of Europe. To finish the EUROLIGHT project in a blaze of glory we are preparing in close collaboration with EHF a Headache Event in July in Luxembourg followed at the end of this year by a major meeting and press conference to present the EUROLIGHT results and recommendations to the European Commission and to the scientific and lay public.

Editorial Office
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/
Primary Care Physicians Headache Course:

9.30 Classification of Headache today and tomorrow Chair: F. Antonaci (Jes Olsen)
9.50 Epidemiology and burden of headache (R. Jesen)
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 CCMobidity 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)

Non Physicians Headache 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? (Marjiolin Sorbi)
Documentation and perspectives of future multidisciplinary management - discussion All
What’s on..

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

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

12-14 June 2010 Warsaw
European Headache School Video course
Information: info@ehf-org.org

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

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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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