EUROPEAN HEADACHE SCHOOL COURSES

EDUCATIONAL ACTIVITIES
According to its mission statement, one of the goals of the European Headache Federation (EHF) is to “educate Europe” about headache through teaching on the key players, such as young doctors, neurologists as well as general practitioners, and all those involved in headache management about the seriousness of headache disorders. The EHF news working mechanism for the past years.

EHF GUIDELINES
European principles of management of common headache disorders in primary care. To help primary care physicians correctly diagnose headache disorders, manage them well, recognize warnings of serious headache disorders and refer for specialist care when appropriate. They aim to give straightforward and easily-followed guidance to physicians who are assumed to be non-expert. The recognize that availability and regulatory approval of drugs, and reimbursement policies, vary from country to country. For that reason, different possible options are set out wherever appropriate. Otherwise, the emphasis is on unambiguous advice.

VIDEO CONFERENCE COURSES
In order to breach the gap in education in developing countries, a new type of Headache School - video conference courses - is offered for different targeted audience. Lectures given by key leaders at EHF Headache Schools and EHF educational session have been registered on CD Rom and are provided to course organizers as a basis of the teaching course locally organized. A representative from a local hosting institution can act as facilitator to mediate between video lectures and discussion forums. Internationally renewed speakers join the course online and participate at the discussion forum.

3 DAY VIDEO CONFERENCE COURSE
Video recorded session of the EHF Headache School, held in Mallorca are available for educational and training purposes. Lectures were carefully reviewed and updated during 2011. Participants Medical doctors and specialists (neurologists, clinical pharmacologists, etc.) with an interest in headache wishing to improve their skills in the diagnosis, treatment and management of headache.

1 DAY VIDEO CONFERENCE COURSE
Since 2010 a 1 Day Video Course is offered to general practitioners (GP) to increase knowledge, skills, and understanding of headache disorders. CD Rom contains educational session recorded at the EHF congress (EHMTIC) held in Nice in 2010. Participants General Practitioners with an interest in headache wishing to improve their skills in the diagnosis, treatment and management of headache.

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It is well known that drug-resistant chronic cluster headache (dCCH) is a desperate condition. Various neurostimulation procedures have recently provided encouraging results in dCCH, among them percutaneous occipital nerve stimulation (ONS). The mode of action of ONS in dCCH remains elusive. The long delay to significant improvement suggests involvement of slow neuromodulating processes. In order to better understand the central mode of action of ONS authors used 18-FDG positron emission tomography (PET) to study the metabolism of CNS areas involved in cluster headache pathophysiology and pain processing/control. The results showed that 10 of 15 dCCH patients treated with ONS accepted to undergo 18-FDG-PET at several time points varying between 0 and 30 months after electrode implantation. After 6-30 months ONS, 7 patients responded i.e. were pain free or had a ≥ 90% reduction of attack frequency. In all patients, compared to healthy volunteers, several areas were hypermetabolic before ONS: the cingulate cortex, cerebellum, ipsilateral hypothalamus and pulvinar, midbrain and ipsilateral lower pons. All normalized after ONS, except the hypothalamus. Switching the stimulator ON or OFF had little influence on brain glucose metabolism. The perigenual anterior cingulate cortex (PACC) was the only area that was more active in ONS responders than in non-responders.

That ONS is nothing but a symptomatic treatment is illustrated by the persistent hypothalamic hypermetabolism. The lack of short-term changes supports the hypothesis that ONS acts in dCCH through slow neuromodulatory processes. Selective activation in responders of PACC, a pivotal structure in the top-down endogenous opioid system, suggests that ONS might restore balance within dysfunctioning pain control centres.

At the last Executive Committee meeting of the European Headache Federation the past president F.A. proposed the patronage of the EHF from 2013 award edition and it has been approved unanimously.

The General Secretary of the Award announced that on behalf of the Pavia Headache Centre the 2013 edition should honou the fundamental contribution to the defining of cluster headache of Prof. Giuseppe Nappi. His team of coworkers are proud to recognise how he has influenced, with his unrelenting activity and will continue to influence, the clinical and research activity in cluster headache. Therefore, the 2013 Edition will be named: “Nappi Cluster Headache Award”

The Editorial Office
The Journal of Headache and Pain

Vol. 13, n. 7 (2012)

In the current issue:

- Future possibilities in migraine genetics by Laura Aviaja et al.
- The human ?-opioid receptor gene polymorphism (A118G) is associated with head pain severity in a clinical cohort of female migraine with aura patients by S. Menon et al.
- Body mass index and migraine: a survey of the Chinese adult population by Shengyuan Yu et al.
- An electronic diary on a palm device for headache monitoring: a preliminary experience by Marta Allena et al.
- The burden of headache disorders in India: methodology and questionnaire validation for a community-based survey in Karnataka State by Girish N. Rao et al.
- Psychiatric comorbidities of chronic migraine in community and tertiary care clinic samples by Antonio Lucio Teixeira et al.
- Impact of sex hormonal changes on tensio-type headache and migraine: a cross-sectional population-based survey in 2,600 women by Necdet Karl et al.
- Hemicrania continua in a headache clinic: referral source and diagnostic delay in a series of 22 patients by Elisa Cortijo et al.
- Migraine headache: a review of the molecular genetics of a common disorder by Cherubino di Lorenzo et al.
- Psychotic aura symptoms in familial hemiplegic migraine type 2 (ATP1A2) by José Barros et al.
- Trigeminal postherpetic neuralgia responsive to treatment with capsaicin 8% topical patch: a case report by Jennifer Sayanlar et al.
- Vitamin C for attenuating postherpetic neuralgia pain: an emerging treatment alternative by Shailendra Kapoor.
- Reply to letter to editor by Jennifer Sayanlar et al.

VIDEO COURSES

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Language
English

Fees:
A local fee for registration has been established according to the single hosting affiliation. The royalties of 500EUR per day of school will be used to further develop improve the educational material.

Accreditation:
Approval for European Continuing Medical Education (CME) credits can be requested by the local organizer.

EHF Support:
EHF intends to sponsor the registration and the accomodation of 2 doctors. Participants have to be either beginners or with a general knowledge in the headache field. The age range is limited from 30 to 40 years. Full information about the scientific program, topics and speakers of both video course formats is available at the EHF website. To find out how to apply for Headache School, please visit www.ehf-org.org

EHF HEADACHE SCHOOL

The aim of the course is to enable participants to gain knowledge, skills, and understanding in the area of primary and secondary headache as well as the organization of headache care, and thereby contribute to their personal and professional development. By the end of the course, they should have enhanced their clinical skills, including their capacity to interact appropriately with affected individuals. Ideally key aim is that the knowledge gained from the course can be applied in the participants’ various professional fields. The National Society/Research Group hosting the course will apply to the appropriate authorities, national or European, for continuous medical education (CME) credits. In this way, the participants will be attending a certified course that can be a contribution to the university career.

To find out how to apply for a Headache School, please visit www.ehf-org.org

Grants for EHF Headache Schools

European Headache Federation offers travel awards to attend the headache School. 10 young doctors (under 35) are awarded travel grants, which include complimentary registration, accommodation and meals.
**What’s on..**

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

### 4-6 October 2012

**Zagreb**

European Headache School Video course

Info: zagreb.kbcsm.headache@gmail.com

### 14 November 2012

**Sofia**

European Headache School Video course

Info: info@ehf-org.org

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**EHF News**

Editor: F. Antonaci (Pavia)
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Registration n° 464/1996
Publisher: Tipografia Viscontea, Pavia, Italy

EHF Newsletter is published bimonthly by the European Headache Federation, whose business offices are located at the Department of Neurological Sciences “C. Mondino” Foundation, University Consortium for Adaptive Disorders and Head pain (UCADH), Via Mondino 2, 27100, Pavia, Italy (neuronet@me.com)

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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**Paolo Martelletti** (Italy) — 2nd Vice President

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**Dominique Valade** (France) – Past President

European Headache Federation is incorporated in England and Wales as a company limited by guarantee; registered charity no. 1084181

Info EHF: [www.ehf-org.org](http://www.ehf-org.org)

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**Questo periodico e’ associato alla**

**Unione Stampa Periodica Italiana**