



EHF News

Newsletter of the European Headache Federation

E bulletin

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European Headache School 2012 was held in Belgrade (Serbia) 10-12 May 2012

Page 2



European Headache School 2012 was held in Zagreb (Croatia) 4-6 October 2012

Page 2



The Journal of Headache and Pain

Page 3



Master in Headache Medicine 2012-2013

Page 4



What's on
Calendar on forthcoming events on headache

Page 4

Changing the guards in European Headache Federation

Visions and missions for EHF in the future?



It is a great honour for me to be elected as president of EHF and I would like to thank all that have trusted and supported me on the way. The EHF-board has done a great job over the last years and I would like to thank all board members for their continuous efforts. Also thanks to Professor Dominique Valade, that has served as the president of EHF for the last 2 years from 2010 to 2012. During this period EHF has managed to achieve a strong position within Europe and strengthen the collaboration within the EHMTIC organisation for future biannual congresses. So what are the future and the missions for EHF?

Since the pionering work with the IHS-classification in 1988 and the triptan era in the early nineties, the field of headache

research has expanded significantly. Slowly but steadily, headache has been moved from a trivial and neglected disorder to be respected and acknowledged neurobiological disorder illustrated by the nomination of 2012 as The Year of Headache in The International Association of Study of Pain (IASP). Almost all areas of headache research are now flourishing from genetics, experimental animal and human research, to epidemiological studies. The Eurolight study, The WHO-based organisation "Lifting The Global Burden" (LTB), The European Patient organizations (i.e. EFNA) and the European Brain Council (EBC) have managed to place headache on the Global Health Care Map with their extremely

important costs studies, where headache disorders in total outweigh the costs of epilepsy, movement disorders and MS together! Despite the scientific explosion and the improved awareness of the burden of headache, why are millions of headache patients still suffering from severe headaches, overuse of medication, significant disability and limited access to proper headache care? Headache care is demonstrated to be very cost effective but much better organization of the national services and education are absolute essentials to achieve the goals.

The main missions of EHF are education of patients, physicians and all sorts of specialists, and it is my ambition to improve and increase the educational activities during the next 2 years.

continue on page 3

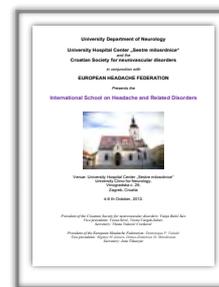


EHF Video School in Belgrade

10-12 May 2012

European Headache School (EHS) 2012, based on guidelines of the European Headache Federation (EHF), this time was for the first time held in Belgrade, Serbia. Co-organizers of this educational programme were University of Belgrade - School of Medicine, Headache Center -Neurology Clinic - Clinical Center of Serbia and Serbian Headache Society. The European Headache School 2012, was assigned 9 National CME credits and 17 European CME (EACCME) credits. The aim of particular programme was to give better insight in contemporary problem of headache worldwide, to enable participants to increase their knowledge in epidemiology, diagnosis and treatment of primary and secondary headaches, in principles of organization of the work with headache patients and in that way improve their professional and personal development. The EHS 2012 had forty attendants, mostly residents in neurology, neurologists and pediatricians from Serbia, Montenegro, Bosnia and Herzegovina and Moldova, and official language was English. The EHS 2012 started with the test consisted of thirty questions concerning different issues from epidemiology, diagnosis and treatment of primary and secondary headaches and continued with face-to-face interview with patients suffering from different types of headache. In three days various aspects of migraine, tension-type headache, trigeminoautonomic cephalalgias, other primary headaches, secondary headaches and headaches of specific subpopulations were covered through the lectures and case-presentations given by thirteen lecturers, headache experts, from Serbia, Croatia, Slovenia, Austria, Italy and Denmark. In the end of the school, the attendants were given the same test they were given at the very beginning, in order to measure their individual and collective achievement. The results of this examination showed improvement, from average 22,4 on the first test to 25,2 out of 30 points on the final test. The results of the evaluation showed that majority of participants considered themes and course content to had been inspiring, educational work methods interesting and easy to remember, technical conditions pleasant, social events and meals superb and the course dynamics very active. In conclusion, the European Headache School achieved its goal of spreading the awareness of burden of headache and increasing the knowledge about it.

Rigmor Højland Jensen (Glostrup, Denmark)



EHF Video School in Zagreb

4-6 October 2012

For the first time, the International School on Headache and Related Disorders was held in Zagreb, Croatia, October 4-6, 2012. The School was organized by the University Department of Neurology, Sestre milosrdnice University Hospital Center, the Croatian Society for neurovascular disorders of the Croatian medical association and the European headache federation. Primary objective of the course was to promote current knowledge of headache and related disorders and to exchange knowledge between participants from different countries. We were honoured that nineteen invited lecturers from Denmark, Italy, Serbia, Bosnia and Herzegovina and Croatia joined us at this 3 day event, giving us a valuable opportunity to be able to have direct interactions with these worldwide well-known headache experts.

The course attended 51 participants from Croatia and Bosnia

and Herzegovina, mostly young neurologists or neurology residents and general practitioners. The main theme of the programme from the first day was migraine, from the second day tension type headache and from the third day autonomic cephalalgias.



The lectures thoroughly covered the epidemiology, pathophysiology, clinical picture, comorbidities and the treatment of these primary headaches. Furthermore, lectures covering secondary headache disorders such as cervicogenic headache, medication overuse headache, headache caused by ophthalmologic and ENT diseases and cervicogenic headache were very interesting because the lecturers indicated their (sometimes) overlapping nature with primary headaches. Other interesting topics were cranial neuralgias, drug interactions in headache patients, side effects of antiepileptics and headaches in children. Furthermore, Rigmor Højland Jensen gave an overview of the results from the Danish headache center on

continue on page 4



EUROPEAN HEADACHE FEDERATION

My highest priorities are:

- 1) Updates and implementation of our video-schools
- 2) Creation of E-learning programme for medical students, GP's, and specialists
- 3) Establishing an European master programme for headache medicine
- 4) Promote our EHF-headache summer schools

How can we achieve these goals? In May, 2012 a very successful EHF-summer school was held in Belgrade, Serbia and a similar teaching course has just been conducted in Zagreb, Croatia in October 2012. Further similar activities are under planning in other parts of Europe and the interest is rapidly increasing. A close collaboration with LTB has been established years ago. At present, LTB- and EHF activities are ongoing with an interactive learning programme for GP's in Estonia and with 3 newly established headache clinics in Georgia. A very long list of LTB-activities is in progress and the new board in EHF aim to collaborate with these educational activities as one of their top priorities. It is impossible to achieve all our goals within a 2 year presidential period but I sincerely hope that the present EHF-organization can inspire and motivate all headache clinicians in Europe to be active and to take the lead for the future. There is so much to do but in contrast to many other medical specialities we are blessed with immediate results from grateful patients in our everyday clinical practise. If we can identify patients at risk for chronic headache and prevent medication overuse, the tremendous waste of health care costs could be redirected to all those patients that are under-diagnosed and under-treated. An effective pharmacological as well as nonpharmacological prevention could be of tremendous importance leading to optimization of resources. These challenges and exciting possibilities will be on my agenda during my presidency in EHF. Another mission is also to improve the daily life for all our patients and to tell our colleagues and the future generations that headache medicine is a very challenging and also very rewarding field. By means of combined efforts and enthusiasm in the exciting field of headache we can achieve important steps forward.

I am looking forward to chair these exciting activities within EHF in close collaboration with the new board and all the national representatives, and in humble respect for the pioneering generations and colleagues that created EHF and paved the road for us.

Rigmor Højland Jensen (Glostrup, Denmark)

The Journal of Headache and Pain



Vol. 13, n. 8 (2012)

In the current issue:

- **A systematic review of the psychosocial difficulties relevant to patients with migraine** by *Alberto Raggi et al.*
- **Ictal epileptic headache: an old story with courses and appeals** by *Pasquale Parisi et al.*
- **Depression and risk of transformation of episodic to chronic migraine** by *Sait ashina et al.*
- **Characteristics of referred muscle pain to the head from active trigger points in women with myofascial temporomandibular pain and fibromyalgia syndrome** by *Cristina Alonso-Blanco et al.*
- **Identified risk factors and adolescents' beliefs about triggers for headaches: results from a cross-sectional study** by *Astrid Milde-Busch et al.*
- **Brainstem ¹H-MR spectroscopy in episodic and chronic migraine** by *Tzu-Hsien Lai et al.*
- **Drug-dependence behaviour and outcome of medication-overuse headache after treatment** by *Ilenia Corbelli et al.*
- **White matter hyperintensities and self-reported depression in a sample of patients with chronic headache** by *Gianluca Serafini et al.*
- **Comparison of tolerability and efficacy of a combination of paracetamol + caffeine and sumatriptan in the treatment of migraine attack: a randomized, double-blind, double-dummy, cross-over study** by *Luigi Alberto Pini et al.*
- **Nabilone for the treatment of medication overuse headache: results of a preliminary double-blind, active-controlled, randomized trial** by *Luigi Alberto Pini et al.*
- **Drug-induced burning mouth syndrome: a new clinicopathological entity?** by *Giulio Fortuna & Annamaria Pollio.*
- **"Burning mouth syndrome in Parkinson's disease: dopamine as cure or cause?" Letter to the Editor Reply** by *Elizabeth A. Coon & Ruple S. Laughlin.*
- **Cesar Fernandez-de-las-Penas, Leon Chaitow, and Jean Schoenen (eds.): Multidisciplinary management of migraine** by *Aksel Siva.*

What's on..

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



Master in Headache Medicine 2012-2013



Info: w3.uniroma.it/headache

the idiopathic intracranial hypertension and hypotension as well as on the Organization of headache service: experiences from the Danish headache center, the following showed how a headache center of excellency should be organized. Fabio Antonaci gave an excellent lecture on the diagnostic and therapeutic mistakes in primary headache. The workshops provided interesting case reports, followed by a vivid discussion by the participants. This course proved that headache disorders deserve more attention among physicians, especially concerning strategies leading to adequate diagnosis, and treatment.

Vlasta Vuković Cvetković (Zagreb, Croatia)

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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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