



# EHF News

*Newsletter of the European Headache Federation*

**E bulletin**

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## THE 2nd EUROPEAN HEADACHE and MIGRAINE TRUST INTERNATIONAL CONGRESS

The 2nd European Headache and Migraine Trust International Congress EHMTIC 2010 took place from October 28-31, 2010 in the beautiful city of Nice, France located on the Cote d'Azur. The Congress, held at the impressive Nice Acropolis complex, brought together 1500 people from all over the world, including neurologist, physician, clinical and basic scientist and researchers. Among them leading experts on migraine and headache disorders discussed the latest research findings. The oral presentations were



organized in 12 scientific sessions where the main aspects of primary and secondary headaches were covered, while during the satellite symposia the participants had the opportunity to get in-depth knowledge and debate about some of the current hot topic in primary headaches such as PFO, chronic migraine, new trends in clinical perspective and management of migraine. The scientific committee received a large number of abstracts and 408 of those were selected and exposed in the poster session which

had to be divided in two shifts. The public responded favourably to the educational courses as well: 500 participants attended the Primary Care Physician courses (available in English and French languages) and many others took part either in the basic or in advanced teaching courses. The congress held also a workshop regarding multidisciplinary treatment of headaches and the founding meeting international forum for headache nurses. During the congress the Enrico Greppi award was granted to a young German researcher by the president of the Italian Society for the Study of Headache and the president of the European Headache Federation.

*Michele Viana, Novara*



## Migraine triggers revisited

A recent Leone et al. publication (Expert Rev Neurother. 2010 Sep;10(9): 1399-408) has highlighted the relevance of the migraine triggers issue:

In a large observational general practice study carried out in three large EU countries, the patients' migraine triggers antecedents were recorded at study recruitment, followed by careful collection of the prospective study period attacks triggers. For the study period attacks, it was examined whether trigger factors could affect headache treatment results.

More than 400 patients were enrolled, and over 1000 attacks were assessed. At study inclusion, patients reported a mean of 2.6 types of triggers as related to the start of their previous migraine attacks, and during the trial period, a mean of 1.5 trigger factors for each attack was recorded, showing that a relevant number of patients identify more than one trigger as usually related to their migraine headaches.

The most frequent trigger reported during the study was stress (37% of migraine attacks), with poor sleep (34%), fatigue (32%) and menses (19%) also being widely reported. Stress and fatigue and/or poor sleep were the most frequent trigger combinations. Early treatment with the study drug (almotriptan) improved clinical outcomes, regardless of the trigger factors involved. Similar results between triggers were observed for non-early administration, although this was less efficacious than early intervention.

As migraine triggers incidence has shown to be high and the more frequent triggers are somehow interrelated (stress, poor sleep, fatigue...), and may be modified by different strategies, it seems a logical consequence to consider that patients' triggers analyses and management are to be taken into account as a key element in the aim to reduce attacks frequency.

*The editorial office*



Nice, 31st October 2010

## Cluster Headache Award 2010

Current evidence points towards the posterior hypothalamic region as a locus of cluster headache (CH) generation. This has led to surgical targeting of the region using stereotactic deep brain stimulation (DBS) for relief in its most severe, intractable, chronic form. Though implicated in the pathogenesis of attacks, the precise nature of hypothalamic involvement remains unclear. DBS, besides offering therapeutic benefit to patients, provides a unique opportunity to observe local field activity within the vicinity of the target nucleus. During surgical implantation of the DBS electrode for cluster head pain, one of our patients suffered a CH attack. Analysis of the data reveals a characteristic structure dissimilar to that observed in the headache-free state. To the authors' knowledge this is the first recorded account of neuronal activity observed during a cluster attack, providing evidence for a specific neural rhythm associated with episodic onset. Our results both support and extend the current literature which has long implicated hypothalamic activation as key to CH generation, principally through indirect hemodynamic neuroimaging techniques. Our findings elucidate the role of the posterior hypothalamus in CH pathogenesis and provide the first empirical rationale for efficacious stimulator titration.

*John-Stuart Brittain (UK)*



EUROPEAN HEADACHE  
FEDERATION



Caserta, 3rd October 2010

## The Kauchtschischvili Award 2010

**Ped MIDAS Questionnaire for Assessment Headache-related Disability in Children and Adolescent with Migraine in Georgia.**

**Background:**

Recurrent headaches are a common symptom affecting children. Psychosocial functioning of a child can be impaired due to headaches in various areas including family, peer group, leisure time activities and work productivity at school or at work. Multiple studies have demonstrated that the PedMIDAS (Pediatric Migraine Disability Assessment) questionnaire is useful in determining headache disability in children.

**Objectives:**

The aim of our study was to measure the headache-related disability in Georgian children and adolescents with migraine using the PedMIDAS Questionnaire.

**Methods:**

The PedMIDAS 6-item questionnaire (translated in Georgian language) based on headache symptoms during the past 3 months was admitted to children between the ages of 6 and 18 years referred to Child neurological clinic of Tbilisi. The diagnose was determined according to the criteria of International Classification of Headache Disorders, ICHD-II.

**Results:**

62 patients (41 girls, 21 boys) participated in the study. The headache disability was rated in following range: 29 (46,7%) patients were PedMIDAS grade I, 21 (33,8%) were PedMIDAS grade II, 8 (12,9%) had a grade III disability and 4 (6,6%) were PedMIDAS grade IV.

**Conclusions:**

PedMIDAS Questionnaire should be widely adopted in Georgia to help physicians to assess the migraine related disabilities in children, as well as the need for preventive medication and the response to treatment. Further research using a larger population are needed

*Natriashvili G. Kapanadze N, Natriashvili S, Wöber-Bingöl Ç*

## The Journal of Headache and Pain



Volume 11 Number 4 Year 2010

- **The Journal of Headache and Pain keeps gaining consensus** by *Paolo Martelletti*
- **Prevalence of headache in Europe: a review for the Eurolight project** by *Lars Jacob Stovner at al*
- **The prevalence of headache may be related with the latitude: a possible role of Vitamin D** by *Sanjay Prakash at al*
- **Cutaneous nociception and neurogenic inflammation evoked by PACAP38 and VIP** by *Henrik Winther Schytz at al*
- **STIN2 VNT R polymorphism in the serotonin transporter gene and migraine: pooled and meta-analyses** by *Markus Schurks at al*
- **Course of adolescent headache: 4-year annual face-to-face follow-up study** by *Necdet Karl at al*
- **Familial occipital and nervus intermedius neuralgia in a Swiss family** by *Franz Riederer at al*
- **Treatment of recurrent trigeminal neuralgia due to Teflon granuloma** by *Hans-Holger Capelle at al*
- **Guidelines for telematic second opinion consultation on headaches in Europe: on behalf of the European Headache Federation (EHF)** by *José Pereira-Monteiro at al*
- **Focus on therapy of hypnic headache** by *Carlo Lisotto at al*
- **Facial pain as first manifestation of anti-Hu paraneoplastic syndrome** by *Geneviève Demarquay at al*
- **Meningioma causing gabapentin-responsive secondary SUNCT syndrome** by *Anna Kutschenko at al*
- **A case of early-onset and monophasic trigeminal autonomic cephalalgia: could it be a SUNCT?** by *Vittorio Sciruicchio at al*
- **A case of tension-type headache in fibromyalgia** by *Giuseppina Stifano at al*
- **Is headache related with Vitamin D insufficiency?** by *Yi Yang at al*
- **Headche may be telated to vitamin D deficiency** by *Sanjay Prakash*



## The web page of the SISC

The Italian Society for the Study of Headaches (SISC) was founded on June 14, 1976. The **Founding Members**: A. Agnoli, B. Anselmi, G. Bono, E. De Amicis, E. Del Bene, P.L. Del Bianco, M. Fanciullacci, G. Franchi, M. Giacobazzo, N. Martucci, S. Michelacci, G. Nappi, G. Nattero, M. Poloni, F. Rosano, F. Savoldi, F. Sicuteri, distinguished clinical researchers in the field of cephalic pain, had decided that Florence would be the seat of the Society in honour of Professor Enrico Greppi.

Professor Greppi was, in fact, the first clinician to try to systematize the clinical characteristics and to understand the pathophysiological mechanisms of migraine. SISC, has over **600 members** from different disciplinary areas such as Neurology, Child and Adolescent Neuropsychiatry, Psychiatry, Internal Medicine, Anaesthesia, Gynaecology, and Clinical Pharmacology and this multidisciplinary nature has characterised represented the educational and update initiatives of the Society.

SISC annually organises a National Congress or Update Course usually holding joint sessions with other scientific disciplines, and local events promoted by the Regional Sections presently represented by Abruzzo-Marche-Umbria, Basilicata-Puglia, Calabria, Campania, Emilia Romagna, Friuli Venezia Giulia-Trentino Alto Adige-Veneto, Lazio-Molise, Liguria-Piemonte-Valle d'Aosta-Sardegna, Lombardia, Sicilia, and Toscana. In addition, the Society endorses scientific events related to issues dealing with head pain and headache comorbidity.

Among the many initiatives promoted by SISC worthy of mention is the **Enrico Greppi Award**, granted every two years during the International Congress of the European Headache Federation (EHF).

An international committee chaired by the President of SISC, selects the best unpublished original paper dealing with the epidemiological, clinical pathophysiological, genetic, or therapeutic aspects of headache. Furthermore,

during the Society's National Congress, the **Franco Michele Puca Award** is granted to the best project presented by young researchers. The Committee is composed of the President, Past Presidente, and Vice Presidente of SISC, and two external members (chosen at a national and international level).

The winner is invited to present the results of the project at the forthcoming National SISC Congress. Since 1999 SISC is formally involved in educational activities through the **Board of Qualification** and from 2005 with the foundation of the **School of Advanced Education in Headache**, a triennial multi-modules course open to physicians from the various disciplines. The lessons are held by specialists qualified in the various disciplines and integrated with interactive and practice sessions. SISC's News bulletin "Giornale delle Cefalee", publishes editorials and scientific news of major interest in the field of headache and the calendar of events, a summary of national and local events of the Society, and also book and article reviews.

The close relationship between SISC and the **associations of headache patients** permits the Society to adequately divulge information, understand patients' needs and organise educational project throughout the territory. In this sense, SISC has promoted, in the past two years, a national event called "**National Headache Day**".

### *The editorial office*

## EHF MEMOIRS

### *Amarcord...*

*Memories of the past to help build the action of present.*

Connect to: [www.ehf-org.org](http://www.ehf-org.org)




# What's on..

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



**28-31 May 2011**  
**Lisbon, Portugal**  
 Twenty-first Meeting of the European Neurological Society (ENS)

## Master in Headache Medicine 2010-2011



**Sapienza University of Rome**  
**II School of Medicine**

Academic Year 2010-2011  
**MASTER'S DEGREE IN HEADACHE MEDICINE**  
**8th Edition**

**Lifting The Burden**  
 EHF

The Master in Headache Medicine is aimed at developing multidisciplinary reports in this field of clinical medicine. Its purpose is to promote and disseminate epidemiological, nosographic, genetic, pathophysiological, diagnostic, social-health, clinical and therapeutic knowledge of headache, a disease that has a considerable impact on the general population. This high-level post-graduate course will provide successful applicants with the instruments necessary to make a modern evaluation of headaches that will allow the correct management of affected patients. Course participants will be able to acquire multidisciplinary competences that will enable them to relate to the problems of headache patients by means of the most wide-ranging, inter-cultural skills. The Master is included in the Global Campaign against Headache (GIC), an initiative in collaboration with WHO, and is endorsed by Lifting The Burden and the European Headache Federation.

**Admission**  
 The Master in Headache Medicine is a one-year course of training in post-graduate studies in two years. Applicants must possess a post-graduate special degree in one of the following disciplines: Medicine and Surgery, Otolaryngology, Pharmacology, Toxicology, Biotechnology, Biotechnology or Psychology.

**Cost**  
 The cost of the Master is € 5000, which must be paid in a single installment at the time of registration and no later than 30 September 2011. The application form for the Master must be accompanied by a registration fee of € 500 and a study fee of € 100. In case of delay in payment, the total cost of € 500 will be due after the date of course of € 1000 (no payment after the 30th day). A fee of € 5000 is foreseen for first-year students. The expenses for which can be performed online at the website [www.unroma2.it](http://www.unroma2.it) and [www.unroma2.it/medicinapostgraduate](http://www.unroma2.it/medicinapostgraduate). The Teaching Scientific Council may waive study grants, which may also be obtained from private or public companies, or other bodies. Scholarships for GC will be available.

**Applications**  
 Applications for admission must be sent to Prof. Paolo Martelletti, Master in Headache Medicine, II School of Medicine, Sapienza University of Rome, Via Francesco IV, 00185 Rome, Italy. The application form must be accompanied by the following documents: a copy of a valid identity document; a copy of the diploma and transcript of the examination and their marks; a certificate from the university of the origin of the degree, as well as those of any post-graduate Specializations, Master's Degree, Doctorate thesis together with the date on which the degree was awarded and its mark; a list of any other qualifications and certificates, including any certificates regarding scientific, teaching and research activities that may be considered useful for the purposes of admission.

**Site**  
 The teaching activities will take place on the building premises of the II School of Medicine Sapienza University of Rome, as well as in the following premises: Istituto Nazionale Neurologico Carlo Besta (Via Salaria 151) and Istituto Nazionale Neurologico Carlo Besta (Via Salaria 151).

**Director**  
 Paolo Martelletti

**Dean**  
 Vincenzo Zappalà

**Treasurer**  
 Luigi Frati

**Registration**  
 One week after the deadline for the presentation of applications, the classification of the candidates will be published on the website of the School of Medicine. The registration must be completed by the intended candidates in accordance with the instructions that can be found on the website of the University [www.unroma2.it](http://www.unroma2.it).

**Duration and objectives**  
 During the one-year course, the participants will be required to acquire a profound scientific and cultural understanding of headache medicine regarding to a good knowledge of the etiology, pathogenesis, clinical aspects and management.

**Training activities**  
 The independent activities required cover the following disciplines: Medicine (Surgery, Pathology, Health Economics, Pharmacology, Clinical Pharmacology, Pharmacokinetics, Medical Genetics, Public Health, Internal Medicine, Neuroanatomy, Neurology, Child Neurology, Neurophysiology, Neuroimaging, Neurogeriatrics, Social Pediatrics, Psychiatry). The course consists of two basic modules: the didactic module, the focus of which is on the scientific literature, and the clinical module, the focus of which is on the diagnosis and management of headache patients affected by headache in either chronic or acute forms. The course is planned to start on 15 January 2011.

**Diploma**  
 In order to be awarded the Diploma of Master, a student must have passed the exams relating to the individual disciplines, passed the final examination, and defended the thesis.

## EHF News

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