



EHF News

Newsletter of the European Headache Federation

E bulletin

Number 66, July 2010

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The Czech Migraine society



Role

The Czech Headache Society is an organisation of the Czech Neurological Society of Jan Evangelista Purkyně (JEP). It was founded by doctors of neurology who, apart from general neurology, also devote themselves to headache problems. The objective of this society is to extend knowledge about the correct diagnosis of separate types of headaches and their treatment. Our society now has about 200 members that are primarily neurologists. The management of the society section committee was elected and is of a regional character in attempt to make sure that each region of the country has a specialist who monitors the latest information about developments in the field and has knowledge of the new possibilities of treatment. The committee members also actively participate in national and international conventions and congresses, and

they demonstrate their knowledge to other specialists. They run special information centres geared towards headache problems and provide a consultancy service to neurologists and to general practitioners in their region. They rank among the top specialists in the field of headache diagnostics and treatment. The objective of the section in the period to follow

is to extend contacts with the professional and lay public, and provide information through the Internet for those interested.

Vision

The ideal objective for which, however, a lot of work still has to be done, is to find the relevant treatment for each individual patient who comes to his doctor with a headache.

History of the Czech Headache Society

In spite of the great importance attached to headaches in the everyday practice of a neurologist, it was only on September 16, 1994, during the first headache symposium in Hradec Králové that the section for headache diagnostics and treatment was founded under the Czech Neurological Society. The committee of the Czech Neurological Society approved the name "Czech Headache Society" (CHS) for contacts abroad. Similar specialised national societies have existed abroad under different names since the 1970s and their activities are remarkable. The International Headache Society (IHS) has existed since 1982 and publishes an excellent magazine entitled "Cephalalgia", which each duly subscribing HIS member receives on a regular basis. The work of the IHS work group under Professor Olesen of Denmark is also currently a valid classification of headaches dating from 1988, which is a generally

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Migraine in adolescence, an update

Migraine between 12 and 18 years of age is not rare, affecting up to ¼ of this population (Split et al., 1999), nevertheless, its diagnosis and management is difficult, as patients do not always look for medical support, and, even if they come to the offices, general practitioners and some specialists find difficulties in identifying it, as the features may differ from the usual adult migraine, having variable frequency patterns, triggers and a higher gastrointestinal symptoms presence. Few migraine clinical trials with specific migraine attacks medications have been carried out in this population: there are less than 15 publications about relevant triptan studies in adolescents, basically by the Winner group in Florida (nasal sumatriptan ('00, '06), nasal or oral zolmitriptan ('06, '07), oral rizatriptan ('02, '04) and oral eletriptan ('07), often both with children and adolescents together) or different authors with Almotriptan in adolescents (Charles '06, Linder '08). An active treatment effect is always seen, but the placebo effect happens to be even stronger than in adult studies, undermining the



statistical comparisons in some cases. As a result of this relative lack of data, the triptan labels do not acknowledge the under 18 y. old treatment in Europe. Only Almotriptan is approved in the US since 2009 for these patients. A large US open study, involving over 440 adolescents and recording over 8000 attacks evolution after treatment with almotriptan has just been published (Berenson, '10), casting more light about the management of these patients. Without placebo involved, effectiveness reaches a 40% and 65% 2h and 24h pain free rates, respectively, similar to triptan outcomes in adult rates. Early intervention proves to be also a useful practice, as pain rates were better in the attacks treated this way. Tolerability showed to be adequate, equivalent to the reported in adult studies. These patients deserve careful management and access to migraine specific medications after failure of first line treatments (NSAIDs...). Further clinical trials and label changes would be welcomed.

The editorial office

EUROPEAN GUIDELINES FOR GENERAL PRACTITIONERS



Portuguese language translation



EUROPEAN HEADACHE FEDERATION

recognised norm for diagnostics and research activity in the field of headaches. The European Headache Federation (EHF) as founded in 1991 in Venice. We based the founding of the CHS in 1994 on the following facts:

1. In the Czech Republic no such single specialised organisation had even existed before that would be engaged in the problems of headaches.
2. In the Czech Republic there was no larger centre for headache diagnostics and treatment (in England and Italy, for example, several such centres were already in existence).
3. The existing headache information centres had not proceeded in a uniform manner in the diagnostics and particularly in the treatment of headaches.
4. The new IHS headache classification was not established, and the consistently proposed classification charts and diagnostic criteria were not used.
5. There was no standard, binding algorithm for the treatment procedure of primary headaches.
6. No headache education system existed in the Czech Republic.
7. Research activities dealing with headache problems were scant and uncoordinated.
8. The state authorities provided no effective financial support.
9. The availability of specialised or professional literature in the form of magazines and books was highly inadequate.
10. We lacked adequate contact with the European Headache Federation and the International Headache Society (IHS and EHF).

During the five-year activity of our society, we have managed to fulfil some of our intentions:

- Currently 17 headache diagnostics and treatment centres operate in the Czech Republic primarily engaged in more difficult cases of primary headache treatment.
- We have organised 4 headache symposia.

- We have organised over 20 refresher seminars dealing with acute and chronic headaches for neurologists and general practitioners.
- CHS members have repeatedly appeared in the media, on radio and television, to talk about the problem of migraine and other types of headache.
- Articles dealing with the diagnostics and differential diagnostics of migraine and other types of headache have been published in professional magazines.
- The problems of migraine, its differential diagnostics and therapy have also been the subject of several monographs and brochures.
- Five members of the CHS Committee have full membership of the IHS and subscribe to its official magazine "Cephalalgia".
- The committee of the section for headache diagnostics and treatment has drawn up a standard questionnaire for the information centres and a recording calendar for patients. These materials are also available to any one interested.
- In recent years the interest has increased of neurologists and general practitioners in the diagnostics and treatment of migraine and other types of headache.
- Currently the Czech Section for Headache Diagnostics and Treatment has over 200 members, primarily from the ranks of neurologists, and is also a member of the IHS and EHF.
- The Czech Headache Society Committee Chairman, Doc. MUDr. Gerhard Waberžinek, Csc. is also a member of the IHS council and Dr. Petr Dočekal is a delegate of the EHF.

The Editorial Office

The Journal of Headache and Pain



JHP'S GROWTH AND RENEWAL

The growth of *The Journal of Headache and Pain* (JHP) continues in terms of Impact Factor (IF), partnerships and development projects. The new IF increased by **2.137**. Historical alliance between JHP and the *European Headache Federation* (EHF) has been strengthened and completed through the affiliation of a further strategic partner both for EHF and JHP, namely *Lifting The Burden – The Global Campaign against Headache* (LTB).

At last, JHP will turn into an open access journal from 2011 onwards and will be relocated on Springer's new platform *Springer Open* (www.springeropen.com). We wish these three actors, JHP, EHF and LTB, great success on the new *SpringerOpen* stage.

Paolo Martelletti

*Editor-in-Chief, The Journal of Headache and Pain
Chairman, Lifting The Burden – The Global Campaign
against Headache*



2nd European Headache and Migraine Trust
INTERNATIONAL CONGRESS – EHMTIC
 NICE, FRANCE | OCTOBER 28-31, 2010



www.ehmticongress2010.com

Congress Organizers: **KENES International**
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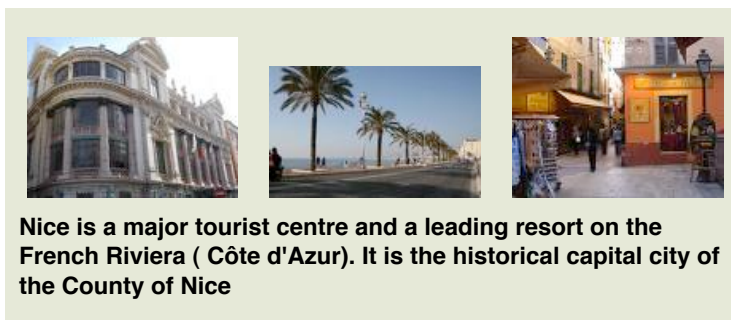
Congress presentation

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 Cote 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



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

expected and the target audience for this congress includes:

- Neurologists
- Physicians
- Scientists
- Researchers

- International experts and healthcare professionals with an interest in migraine

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/>

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

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

Saturday 30



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 Comorbidity of migraine (R.Jensen)
12.00 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)

Registration:

<http://www2.kenes.com/ehmtic/Pages/Registration.aspx>

Saturday 30



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. Géraud)
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 Chairs: 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)
14.20-14.40 Avant d'envoyer au spécialiste (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)

Sunday 31



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? (Marjolijn 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

What's on..



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



13-15 September 2010
Monza

European Headache School Video Course
Information:
info@ehf-org.org



24-26 September 2010
Varsaw

European Headache School Video course
Information:
info@ehf-org.org



14th Congress of the European Federation of Neurological Societies

September 25th to 28th, 2010
Geneva, Switzerland
<http://www.efns.org/efns2010>

EHF News

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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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