



EHF News

Newsletter of the European Headache Federation

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Number 67, September 2010

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Have we hit our targets? The EHF work must go on

As I approach the end of my mandate as President of the European Headache Federation I am, quite naturally, asking myself whether we have achieved everything I hoped for during my period in office. After all, it can take time and sometimes an injection of fresh ideas to get results, even though, more than anything, what is needed is a good dose of enthusiasm. With the continuous help of a truly strong task force, namely the current executive committee, a formidable amount of energy has been expended over the past two years in order to hit a series of different targets. First, we recognised that the previous guidelines on how



to set up a Headache School needed to be overhauled (especially in view of the new video format). Therefore, a revised version of these guidelines was published in JHP in a bid to foster and coordinate single national endeavours in this field. The EHF has also produced another resource that will be a great help to doctors and patients living in remote or inaccessible geographical areas: a service for obtaining second opinions

from international experts speaking the same language. Also published in JHP is the format for history collection and the features of pain in difficult cases. The treatment of headache in children can, for example, be a difficult challenge for headache experts used to dealing with adults because, after all, children are not small adults. The latest EHF guidelines for the diagnosis and treatment of headache in children have now been accepted for publication in JHP. Last but not least, we are in the process of publishing our guidelines for standardising a Headache Centre in Europe. We feel, indeed, that the time has come, out of respect for both colleagues and patients, to define the term "Headache Centre". A tremendous amount of work is currently going into the preparations for the biannual congress of the EHF and Migraine Trust, intended as broad European initiative, and we

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Migraine over counter treatment

Migraine is a neurological condition with a relevant number of patients not seeking for medical help, considering that there is no solution to their pathology, especially when they have familiar antecedents. A number of these patients self-treat themselves with over-the-counter products during many years, but they can only find unspecific analgesic medications available at the pharmacists, with sometimes underestimated risks.

To try to overcome this situation, apart of public awareness campaigns and information to primary care, in some European countries, specific migraine medications are being approved for over-the-counter (OTC) use.

In 2006 Germany was the first country to approve naratriptan 2.5 mg for an OTC use. The United Kingdom approved that same year sumatriptan 50 mg, but there the pharmacists have to fulfil a specific patient adequacy questionnaire. Sweden came soon after, approving in 2007 zolmitriptan nasal and Germany again has just approved almotriptan 12.5 mg tablets for OTC use. The German experience since 2006 shows that after over 4 million tablets of naratriptan dispensed through OTC, no tolerability or safety issues have been raised and that the initial reluctance of some physicians has disappeared. Indeed, the benefits of having more informed pharmacists and well treated

patients enables not only to free physicians from repetitive prescriptions or unnecessary visits from already diagnosed patients but also improves patients' accessibility to the medication. Undiagnosed patients can take advantage of this convenience but also those already diagnosed that sometimes run out of medication at week-ends and can now fully benefit from an early intervention intake. Naratriptan OTC has been introduced in the German Headache Society treatment guidelines, and German doctors are proactively asking patients to use OTC triptans. No increase in the overuse medication headache cases has been detected. The British and Swedish experiences have, conversely, brought in a limited OTC use, most probably due to the need of the pharmacists' questionnaire in the first case and the reimbursement status in the second country. The approval of almotriptan in Germany, a triptan with high efficacy and tolerability ratings in the available pooled analyses, widens the choices in this country for OTC triptans. It would be interesting to see more countries following the German example, rather than a more restrictive approach to continue improving migraine management and patients' quality of life.

The editorial office



EHF Video School in Monza

Report from the European Headache Federation Video School in Italy

The European headache video conference course was organized on 13, 14 and 15 September, in the Polyclinic of Monza, with the EHF support. The presidents of the course were Professor Fabio Antonaci, president of EHF and Professor Cristina Tassorelli. The course, covering all aspect of primary and secondary headaches, was attended by neurologists from Bulgaria, Greece, Portugal and Russia. The new concept of videoconference teaching course offered 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 an interactive sessions via Skype. The first course day was dedicated to migraine: clinical pictures, treatment and differential diagnosis. The second day of the course, covered topics like tension-type headache, headaches in children and the headache management in emergency room. During the last day of the course, teaching was focusing on trigeminal autonomic cephalgias and refractory headaches. The participants appreciated the online communication with the international faculty including Professor Jensen, Professor Mitsikostas and Professor Valade, who kindly answered all the questions raised. The local chairman discussing the single sessions were Prof. F. Antonaci (UCADH Pavia and Headache Medicine Centre Monz), Prof Bono and Prof Termine (University of Insubria, Varese) and doctor E. Guaschino (C. Mondino Foundation, Pavia and Headache Medicine Centre, Vercelli) and Prof. Tassorelli (Headache Science Centre and UCADH Pavia). At the end the participants had an interactive 40 multiple choice questionnaire test. The general opinion was very good. All participants evaluated the course for the high quality of lectures, method of training and possibility of direct communication.

E. Guaschino (Pavia, Vercelli)



EUROPEAN HEADACHE
FEDERATION

have good reason to expect a large audience in Nice. Considerable commitment will, however, be needed to guarantee the future of this event (i.e. 2012), which merges two scientific entities with different strategic missions in pursuit of a common goal: the success of the congress. The strong impact, on an educational level, of the Headache Summer School has spread throughout Europe thanks to the innovative video school format. The major support of drug companies has helped us achieve this target, as has the generous support of the C. Mondino Foundation and The University Centre for Adaptive Disorders and Headache, which have helped to maintain our links with European colleagues. We have run courses involving colleagues living in areas where facilities, both for doctors and patients, are not as good as they might be. In this way, the headache video school, recorded from the frontal lectures held in Spain in 2009, was successfully replicated in Sofia, Bucharest, Tirana, Tunis, and recently in Monza, and the Warsaw one is scheduled for this November. The good results of the multiple choice test showed that the participants had much improved their knowledge; in addition, the interaction between local chairmen and the chairman abroad was particularly appreciated. In my opinion, given the economic difficulties that prevent many doctors from travelling for training, this system will prove to be the winning format for the future: learn in your own country. The current school is aimed at specialists but a primary care practitioner (PCP) version, along the same lines, is to be set up and recorded during the congress in Nice, thereby opening up this format to another level of medical consumers. We think the time will come when PCPs will be able to attend annual headache courses in their own countries. In the past two years we have also worked in very close collaboration with the European Headache Alliance, jointly holding the now-traditional Migraine Day in Brussels. Should any of you ask whether I now plan to sit back and relax, I would certainly answer not just yet. Drawing on all that I have seen and experienced since we started in 1989, I intend to go on promoting the spirit of the EHF, offering future presidents my support, and posting online our "EHF memoirs". Your help and material will be much appreciated in this regard. The great experience and excellent support of the Kenes secretarial staff will continue to be crucial to our success. .

Fabio Antonaci (Pavia, Monza)

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 VNTR 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 *Josè 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 Scirucchio 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*



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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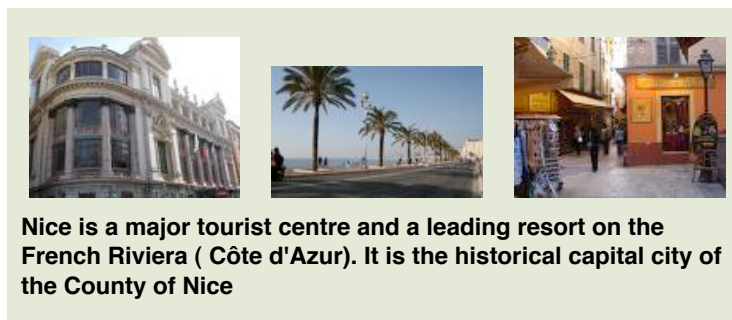
Congress presentation

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

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/>

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** Cormorbidity 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 & 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*)

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** Migraine et Epilepsie (*G. Demarquay*)
- 10.10-10.30** Traitement de la Migraine (*A. Donnet*)
- 10.30 Pause café**
- 11.00 -13.00** Migraine et Risque Cardiovasculaire (*C. Lucas*)
- 11.00-11.20 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** *Chair 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 Treatment of Headache** (*Chair: R. Jensen*)
Welcome and introduction (*Chair: R. Jensen*)
Is There a Need for a Multidisciplinary Headache Clinic? (*C. Gaul*)
Psychological Evaluation and Treatment Strategies in Headache-State of the Art (*F. Galli*)
The Role of the Specialist Nurse in the Treatment of Headache (*R. Bhola*)
The Role of the Physical Therapist in the Treatment of Orofacial Pain (*C. Visscher*)
Education of the Headache Patient - The Concept of a Headache School (*A. Rasmussen*)
Chronic Refractory Headaches, What can be Done? (*M. Sorbi*)
Documentation and Perspectives of Future Multidisciplinary Management - Discussion
All



Nice, France (Côte d'Azur)

Registration:

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

What's on..

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



26-28 November 2010
Varsaw
 European Headache
 School Video course
 Information:
info@ehf-org.org

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 excellence among experts 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 (GC), 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 permanent attendance divided into two terms. Applicants must already have a specialist degree or title in one of the following disciplines: Medicine and Surgery, Otolaryngology, Pharmacy, Pharmaceutical Technology, Biotechnology or Psychology.
 The Master in Headache Medicine is not compatible with any contemporary academic course, including the High Preparation Courses.
 The official language is English.

Cost
 The cost of the Master is € 3,000, which must be paid in a single instalment at the time of registration and not later than 29 February 2011. The application form for the Master must be accompanied by a registration fee of € 15,00 and a stamp duty of € 14,62. In the case of delayed payment there is a cost of € 10,00 within 60 days after the date set for payment and of € 110,00 for payment after the 60th day. A fee of € 10,000 must be paid at the time of registration. The payment on the whole can be performed online at the website www.sapienza.it/students/enrollment.php. The Teaching Scientific Council may assign 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 Viminense 11, 00186 Rome, Italy, by way of an airmail by 15 December 2010. The application, which must contain the personal details of the candidate (surname, name, date and place of birth) and two recent handwritten signatures, is to be accompanied by the following documents:
 • a stamped envelope bearing the final mark, as well as a list of all of the examinations taken and their marks;
 • a certificate of a student containing the title of the degree thesis, as well as those of any post-graduate Specializations, Mastering Diplomas or theses, together with the date on which the degree was awarded and its marks;
 • a list of any other qualifications and certificates, including any publications regarding scientific, teaching and research activities after they be considered useful for the purposes of admission.

Site
 The teaching activities will take place on the teaching premises of the II School of Medicine/Sapienza University of Rome, as well as in the clinical structures belonging to the Regional Institute Headache Clinic at Sant'Andrea Hospital in Rome.

Director
 Paolo Martelletti

Dean
 Vincenzo Ziparo

Rector
 Luigi Frati

Registration
 One week after the deadline for the presentation of applications, the classification of the successful candidates will be displayed on the premises of the Master's Scientific Secretariat and published on the website <http://www.sapienza.it/medicina>. The registration must be completed by the successful candidates in accordance with the instructions that can be found on the website of the University www.infodoc.sapienza.it.

Duration and objectives
 During the one-year course, the participants will be expected to acquire:
 • a profound scientific and cultural understanding of headache medicine ranging from a detailed knowledge of the disability caused by the disease and its socio-economic impact, to its pathogenetic mechanisms, clinical aspects, diagnosis and treatment;
 • a good knowledge of the instrumental investigations supporting diagnosis, the skills necessary to allow complete autonomy in terms of patient management, and the design and performance of research protocols involving patients affected by headache under specific field disorders.
 The course is planned to start on 31 January 2011.

Training activities
 The indispensable activities required cover the following disciplines: Medicine, Biology, Epidemiology, Health Economics, Pharmacology, Clinical Pharmacology, Pharmacoeconomics, Medical Genetics, Public Health, Internal Medicine, Neuroanatomy, Neurology, Child Neuro-psychiatry, Neuroendocrinology, Neuroepidemiology, Social Politics, Psychiatry.
 The course consists of two basic modules and one advanced module. The lessons will be divided into four terms. Distance learning is available at request. There will be an online test at the end of each term, and the final examination will provide thesis discussion.

Diploma
 In order to be awarded the Diploma of Master, a student must have passed the tests relating to the individual activities, passed the final examination, and discussed the thesis.

Secretariat
 For further details, please contact: Dr. Caterina Paoletta, Master's Scientific Secretariat, II School of Medicine and Surgery, "La Sapienza" University of Rome, Via Viminense 11, I-00186 Roma, Italy (Tel: +39-06-33274633), Fax: +39-06-33274632, e-mail: masterhead@uniroma2.it, or consult the website www.sapienza.it/medicina.

EHF News

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