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Editorial board:

Lars Edvinsson
Stefan Evers
Oliver Summ
Ron van Oosterhout
Carol Taylor



Letter from the President

Lars Edvinsson

The state of our Society is excellent and the detailed projects that are underway are carefully listed in the Secretary's report.

My way in Clinical and Basic Science is towards novelty and in depth research. Therefore, it is with excitement that I look forward to this year's major event, the International Headache Congress (IHC) 2019 in Dublin. The programme is set, the abstract submission and registration sites are open. Notably we are coordinating with the World Federation of Neurology (WFN) and the World Health Organization (WHO) on a joint presentation in conjunction with the congress. The congress will be somewhat different this year due to the construction of the symposia with presentations of different perspectives on a chosen topic and more involved chairpersons.

Work on the subsequent IHC in 2021 in Helsinki has already begun with election of Congress Co-chairs and Chairs of the Scientific Programme Committee, and the IHS Board has also started discussing where IHC 2023 will take place, for which we have appointed MCI as the congress organiser.

We are moving towards electing new Board members, nomination of a new President-Elect and changes in Chairs for some of the Standing Committees.

Our collaboration with national and international organisations within this field has never been better. I have a good relationship with major groups such as ARCH (Asian Regional Consortium for Headache), AHS (American Headache Society), EHF (European Headache Federation), Migraine Trust and the MENA region (Middle East and North Africa). I believe it is important for IHS to continue to foster these contacts and participate as much as possible to show leadership and guidance. Thanks to the work of David Dodick we have improved collaboration with the WFN and I am pleased to announce that WNF has dedicated 2019 'World Brain Day' to migraine. We are also fostering our association with the WHO.

In research we see several new drugs being in late phase of research or being introduced in different markets. Clearly the therapies with CGRP pathway medications have added new energy to our research and care for our patients. Coming from me; this is not the last word! I see new exciting avenues for those patients who do not respond to available treatments, but more of this in Dublin (www.ihc2019.com).

With warmest wishes and I look forward to seeing you in Dublin.

Lars Edvinsson, Professor
MD, PhD
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Welcome to our two
new Affiliate Member
Societies, AMCEMIG
Mexico and the
Myanmar Headache
Society

New IHS guidelines
published



Update from the Honorary Secretary Stefan Evers

I am pleased to give an update on many IHS activities since the last Newsletter distributed in December 2018.

Membership

IHS membership numbers are so far encouraging for 2019. We hope to encourage new members to join to take advantage of the reduced member registration fee for the 19th International Headache Congress (IHC – Dublin, Ireland, 5–8 September 2019).

New IHS Affiliate Member Societies

IHS is pleased to welcome two new Affiliate Member Societies – the Asociación Mexicana de Cefaleas y Migraña (Mexico) and the Myanmar Headache Society. This brings the number of IHS Affiliate Member Societies to 53.

This is an example of the value of IHS developing country grants. The colleague from Myanmar who has helped set up the headache society was one of the first Short-stay Scholars who attended IHC in 2013 and spent 6 weeks with David Dodick before returning to his home country.

IHC 2019

The programme for IHC 2019 in Dublin is now available on the [IHC website](#). Speaker details will be added soon. See the article on IHC 2019 included in this newsletter. Registration is open and the **abstract submission deadline has been extended to 10 April**.

IHC 2021

IHC 2021 will be held in Helsinki, Finland, for the first time. The Congress Co-Chairs will be Messoud Ashina and Mikko Kallela. At the last IHS Board meeting, the Board appointed Patricia Pozo-Rosich (Spain) and Todd Schwedt (USA) as IHC 2021 Scientific Programme Committee (SPC) Co-Chairs and they are now discussing committee members and programme ideas. The first meeting of the SPC will be held in Dublin in September.

Guidelines publication

Two new Guidelines have been finalised by the Clinical Trials Committee. The 'Guidelines for controlled trials of acute treatment of migraine attacks in adults: fourth edition' have been published in *Cephalalgia* (online-first – <https://doi.org/10.1177/0333102419828967>, 27 February). Guidelines on controlled trials of preventive treatment of migraine in children and adolescents will be published very soon.

Work on guidelines on preventive drugs in episodic migraine, devices in episodic migraine and idiopathic intracranial hypertension is underway.



President-elect candidates selected: Miguel Láinez (Spain) and Cristina Tassorelli (Italy)

Trustee call for nominations – deadline 1 April

Arne May reappointed as Cephalalgia Editor-in-Chief

2019 Trustee elections

We are preparing the Trustee elections for 2019. Two candidates have been selected by the Board to stand for President for the period 2021 to 2023, succeeding Messoud Ashina who will become IHS President in September this year during the IHC in Dublin:

- Miguel Láinez from Valencia, Spain
- Cristina Tassorelli from Pavia, Italy.

Voting will be online; more information and the material for voting will be sent to all standard members by email.

In addition to the President-elect ballot, three Trustees will be elected. Mario Peres (Brazil), Patricia Pozo-Rosich (Spain) and Todd Schwedt (USA) will remain as Trustees for their second 2-year term. A call for nominations has been sent to standard members and the deadline is on 1 April.

IHC Committee update

In September 2019 some IHS Committee Chair terms will end. Luiz Paolo de Queiroz will retire as Membership Committee Chair and Anne Ducros will assume the role. Anna Andreou and Cristina Tassorelli have been invited to serve second terms as Chairs of the Electronic Media and Clinical Trials committees, respectively.

The Primary Care Special Interest Group has been disbanded. A primary care representative, Espen Kristoffersen (Norway) has been invited to join the Education Committee to represent primary care medicine.

IHS Committee Chair appointments

IHS has put out a call for applications for two Committee Chairs.

Professor Jes Olesen has worked tirelessly as Chair of the Classification Committee and guided the work of the committee and publication through all the three editions of the International Classification of Headache Disorders (ICHD), resulting in what is now an internationally-used and highly respected publication, and one of the pinnacles of the work of IHS.

Following publication of the ICHD-3, Professor Olesen has retired as Chair of the Committee and IHS is receiving applications for the position of Chair.

The new Chair will officially assume responsibility in September 2019; for the first few years there will not be much activity, but during that time the new Chair can work closely with Professor Olesen and the Working Group Chairmen to keep the ICHD-3 under review, consider new means of publication, accessibility to different specialities, and decide on when a new version is warranted.

Professor Allan Purdy became Education Committee Chair in 2015 and continued the excellent work of this important IHS committee. The new Chair will work as a Co-Chair with Professor Purdy for a 2-year period (until September 2021), when Professor Purdy will retire, and the new Chair will then continue for a further 2 years, which can then be extended for a second 4-year term if all parties are agreeable. The Chair will officially join the Committee from September 2019.

If any IHS member is interested in applying for these positions please see the application information on the [IHS website](https://www.ihs-headache.org). The application deadline is 1 May 2019.

Cephalalgia Editor-in-Chief

Arne May has been invited to serve a second term as Cephalalgia Editor-in-Chief, extending his term to December 2023.



Comments invited on
ICOP orofacial pain
classification and
ICD-11

IHS Research Grants
now available – apply
today!

ICOP orofacial pain classification

ICHD-3 thoroughly classifies primary and secondary headaches, but such an internationally accepted version for primary and secondary facial pains was until now lacking.

A collaborative group consisting of members of the Orofacial and Head Pain Special Interest Group (OFHP SIG) of the International Association for the Study of Pain (IASP), the International Network for Orofacial Pain and Related Disorders Methodology (INFORM), the American Academy of Orofacial Pain (AAOP) and IHS has worked over the past 3 years to present such a classification for facial pain.

Before publishing this first edition (which will change and adapt over time, just like ICHD) we seek advice and suggestions from researchers and clinicians worldwide. The document is available for review on the [IHS website](#) and we encourage you to take a look and send any comments by 8 April 2019.

ICD-11

The international Classification of Diseases (ICD)-11 includes a chapter on chronic pain prepared by IASP; Shuu-Jiun Wang and Stefan Evers are IHS representatives on the task force for the chapter. The chapter has been finalised and published in two articles in Pain – one on primary chronic pain, which includes migraine, and one on secondary headache, which includes symptomatic headache. ICD-11 will now undergo a 2–3-year period of field testing the criteria before final publication – comments can be made on the IASP website.

IHS research grants

For the first time the IHS Board has agreed to open applications for research grants for scientific projects. Application for any kind of research is acceptable but the research should further the mission and goals of the Society. Funding up to € 150,000 will be allocated to support between one and three research projects; preference will be given to projects that involve collaborations amongst investigators from multiple institutions and countries.

Applicants must be members of IHS and the research project must be completed within 24 months. The deadline for applications is 30 April 2019 and more information can be found on the [IHS website](#).

IHS related congresses

Several headache congresses have taken place around the world in the latter part of 2018 involving IHS representatives. The 7th Asian Regional Consortium for Headache (ARCH) meeting was held in Seoul, South Korea, in November, as part of the 16th Asian Oceanian Congress of Neurology, and the 3rd Headache Conference of the Middle East and North Africa (MENA) region was held in October in Cairo, Egypt; the conference was also named as the 2nd African Headache Conference and the 1st Egyptian Headache Conference, to encourage local and regional events in the headache field. In Mumbai, India, the 'Headache Update 2018' was held in December. Reports from all these events are included in this newsletter.

IHS-ABF joint fellowship

The joint IHS-American Brain Foundation/American Academy of Neurology Clinical Research Training Scholarship in Headache has been awarded to Faisal Amin from the Danish Headache Centre, Rigshospitalet, University of Copenhagen, Denmark. His study will focus on streamlining clinical management and neuroimaging for precision diagnosis of post-traumatic headache. Congratulations to Faisal!

Stefan Evers
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Dr James Lance – obituary



With great sadness we inform the headache world that James (Jim) Waldo Lance passed away peacefully at the age of 92 on February 20, 2019 surrounded by his family in Sydney, Australia. Jim's contribution to neurology and in particular to headache medicine is an important part of the legacy of his great life experienced to the full.

Jim was Professor of Neurology (Personal Chair) at the University of New South Wales in Sydney from 1975-1992. Earlier, he had been Senior Lecturer in Medicine (1961-1963) and Associate Professor of Medicine (1964-1974). Jim was not only interested in headache, he was, for example, also the foundation President of the Australian Movement Disorder Society.

IHS will always remember Jim as he was among its founders. Already at the first meeting in March 1980, invited by Federico Sicuteri in Florence, Jim participated among about 20 international researchers who expressed the wish to found a specific scientific society dedicated to headache. This meeting directly led to the foundation of IHS in 1982.

Jim was the 4th President of IHS from 1987-1989. He chaired the 4th International Headache Congress 1989 in Sydney. In 2015, Jim received the IHS Special Recognition Award for his important contributions to headache medicine. This award was presented at the International Headache Congress in Valencia. Many of us still remember Jim being around and talking to the audience and to many of us privately.

Also other headache societies recognised Jim's contribution to headache medicine through several awards. He received, among others, the Harold G Wolff Memorial Award and the John Graham Senior Clinician Award from the American Association for the Study of Headache and the Gold Medal from the British Migraine Association.

Jim had a keen interest in both clinical headache medicine and a strong basic science involvement. He was a master clinician: both an astute and detailed history-taker, and as elegant at physical examination as one would ever hope to see. He was a member of the Headache Classification Committee for the first and second editions of the International Classification of Headache Disorders (ICHD). Under his presidency, the first edition of ICHD was published in 1988. He described several headache syndromes and invented new terms; for example he was the first to describe headache associated with sexual activity as a distinct headache disorder. He coined the term Harlequin Syndrome, characteristically taking advantage of one of his greatest loves, his children and one of their toys. He published over 200 papers and many more book chapters and abstracts, mostly in an era without a word processor. He wrote books, the classical *A Physiological Approach to Clinical Neurology* with his colleague Jim McLeod, the very accessible *Mechanism and Management of Headache*, and *The Golden Trout* for his five children, 19 grandchildren and one great grandchild and the many more to come.



**Headache medicine
was better with him,
sadder without him,
yet always greater
for him**

In Australia and New Zealand, Jim was active in fostering neurology and headache medicine. He was the first physician appointed as a neurologist in Australia and the first Professor of Neurology. He was one of the founding members of the Brain Foundation and later of HeadacheAustralia as part of the Brain Foundation. He and his associates have devoted themselves to the understanding and treatment of migraine and other headaches since 1965. The ANZAN Young Investigator Awards named in his honour since 2003 will continue to remind the region of his great joy encouraging young people into research.

Jim was a very respected and admired person in the community. He was Commander of the Order of the British Empire (CBE) and Officer of the Order of Australia (AO). Jim was, as his daughter described him at his memorial service, unfailingly polite. This was applied to all he met, in all circles, at all times. It is said one mark of a person is how they behave to those who can do them no advantage; by this mark Jim Lance passed muster at the highest level. He was always considerate and thoughtful even when faced with braggadocious assertions, politely suggesting further reading or the possibility of another interpretation. He had a wonderful sense of humour, especially quick-witted, his quips are now legend. When the term 'short-lasting neuralgiform headache attacks with conjunctival injection and tearing' was first mooted, it was he who remarked 'the names get longer as the attacks get shorter'.

Jim and, as he described her - his wonderful love - Judy were most gracious hosts. During his career, he would annually host a party for the department, research staff and visitors. Good cheer, his stories, his children helping and Judy at the helm, a view of Sydney Harbour and a glimpse of work-life balance at its most splendid before the term was invented.

Jim's legacy in the world of headache is safe: as long as clinicians are taking a careful history and trying to understand the why and how of the patients they seek to serve, his contributions will endure. He was a doctor to his patients, a physician-teacher to his students and a clinician-scientist to the diseases he sought to ameliorate.

Jim will be missed by Judy, by his children, by his colleagues and by his patients.

Headache medicine was better with him, sadder without him, yet always greater for him.

For the International Headache Society
Lars Edvinsson, President
Stefan Evers, Honorary Secretary
Peter J Goadsby for his scholars

**Abstract submission
deadline extended
to 10 April 2019**

**Registration
now open**

**Come to Dublin to
join the debates –
One topic, two
views**

Dawn of new headache treatments – IHC 2019 Dublin, Ireland 5-8 September 2019



The 2019 International Headache Congress (IHC) will take place from 5–8 September 2019, in Dublin, Ireland. The title of our meeting is *Dawn of new headache treatments*. This may be considered a very bold statement, but we are entering an entirely novel and exciting chapter in migraine treatment. The molecular era has arrived. Antibodies against CGRP and the CGRP receptor are on the market. This is the result of many years of hard work. It is most important for our patients, as we can now provide them with a specific molecular treatment for their migraine which has a good response rate with very few side effects.

Additional novel treatments are also on the way for which data will hopefully be presented during the congress and the Presidential Symposium, titled *Novel ways in migraine therapy* will feature cutting-edge research on the therapeutic potential of molecules that target pathophysiological mechanisms that differ from those targeted by drugs that directly disrupt CGRP signalling. Other key sessions will be the IHS Special Lecture, the Cephalalgia Award Lecture, sessions on CRGP and CGRP mABs, and a joint symposium with IASP. For the first time the programme will include sessions we have entitled *One topic, two views* where key researchers will present their differing views on selected topics based on state-of-the-art data.

In Dublin, we will present delegates with the most up to date research in basic and clinical science. We will provide a broad understanding of the scientific background of primary headache disorders, thus ensuring an exciting future for headache medicine. Prior to the congress we will hold teaching courses on the hypothalamus, the neurobiology of medication overuse headache, migraine comorbidities and the challenges they add to diagnosis and management, animal models of headache and the value they add to headache medicine, biomarkers of migraine in body fluids, research for early career scientists and clinicians, and primary and secondary considerations for clinicians.

Ireland is a wonderful 'green island' and is a place known to give a warm welcome to all visitors. The country is full of interesting history and there are many sights to visit, both in Dublin and the surrounding countryside. IHC 2019 will take place at the Convention Centre Dublin which is on the river Liffey. This area is surrounded by hotels and is within a short walking distance of this beautiful and historic city. Trinity College (the Book of Kells), St Stephens Green, Kilmainham Gaol and the Guinness Brewery are only a few of the famous attractions on your doorstep. The conference will provide an ideal opportunity to meet colleagues and make new friends.

Please join us in Dublin which we are sure will be a perfect venue for the congress. We look forward to welcoming you to the emerald isle.

Lars Edvinsson and Martin Ruttledge, Congress Co-Chairs
Rami Burstein and Gisela Terwindt, Scientific Programme Committee Co-Chairs

Report of the 7th Asian Regional Conference for Headache (ARCH)



Chin-Sang Chung and
Byung-Kun Kim

In collaboration with the Asian Oceanian Association of Neurology (AOAN), the 7th Asian Regional Conference for Headache (ARCH) and the 16th Asian Oceanian Congress of Neurology (AOCN) were held together from 8–11 November 2018 in COEX, Seoul, South Korea.

The ARCH programme was organised by the Korean Headache Society (KHS) and supported by IHS. Around 1,500 delegates from 43 countries of the East and West participated in this meeting. Of around 1,100 clinical neuroscience abstracts, 81 headache science abstracts were showcased through oral and poster presentation sessions. During the 4-day meeting the participants enjoyed presentations on both headache and other clinical neuroscience topics. The 7th ARCH comprised plenary, scientific, oral and poster presentation sessions, and

workshops on the second and last days of the conference.



On the second day, the 'Botulinum toxin workshop' was the first session of the ARCH meeting, moderated by Shuu-Jiun Wang and Min Kyung Chu. This workshop session was comprehensively structured so that delegates could learn

relevant basic and practical knowledge and practice the botulinum toxin injection with instruction from experts. The first speaker was Yen-Feng Wang who presented on 'Mechanisms of botulinum toxin treatment for chronic migraine', followed by presentations on 'Diagnosis of chronic migraine and selection of patients', given by Byung-Su Kim and 'Training of botulinum toxin injection and procedures for headache' by Heui-Soo Moon. The final lecture presented by Sanghyo Ryu was on 'Practical tips on botulinum toxin injections'. At the end of day 2 there was the ARCH banquet at a traditional Korean restaurant 'Hanmiri'. All attendees could relax and enjoy the company of their colleagues and strengthen their personal friendships.

The official scientific sessions of the ARCH meeting were held over 11 hours on the third day. The two main themes of the scientific sessions were 'Diagnosis of headache' and 'Treatment of headache'.

81 headache-specific abstracts showcased in oral and poster sessions at the 16th AOCN



IHS Presidents past, present and future attend the 7th ARCH

The first session on diagnosis of headache, moderated by Norihiro Suzuki and Byung-Kun Kim, was opened by Surat Tanprawate presenting on 'What's new in headache medicine'. This was followed by Lars Edvinsson, IHS President, who provided expertise on the pathophysiology of

headache and migraine. Messoud Ashina, IHS President-elect, delivered the next mesmerising fundamental lecture on diagnosis and evaluation of headache.

After these brilliant lectures, the ARCH opening ceremony took place, hosted by Chin-Sang Chung, President of the ARCH, and Byung-Kun Kim, President of the KHS and host of the 7th ARCH meeting, who cordially welcomed all the ARCH participants on behalf of the organising committee.



The second session on diagnosis of headache was moderated by Anan Srikiatkhachorn and Calvin Chan. Bronwyn Jenkins presented a lecture on 'Headache in women'. The second speaker was K Ravishankar who gave a lecture on other primary headaches, followed by presentation on thunderclap headaches by Charles Siow Hua Chiang. The third session on diagnosis of headache was moderated by Khin Moe Oo and Kedar Manandhar. Shuu-Jiun Wang gave a presentation on 'Low pressure headaches' followed by a lecture on 'High pressure headaches' delivered by Tissa Wijeratne.

After the lunch symposium, Fumihiko Sakai and Chin-Sang Chung moderated the first session on treatment of headache. K Ravishankar talked about 'Clinical pearls in headache management', followed by Alessandro Zagami and Toshihiko Shimizu who delivered narrative lectures on acute and preventive treatment of migraine. SooJin Cho and Somchit



Vorachit moderated the second session on treatment of headache; Messoud Ashina talked about the hot topic 'CGRP antibody in migraine treatment', Richard Stark gave an in-depth presentation on 'Management of chronic migraine and medication overuse headache', and this was followed by Takao

Takeshima who presented on 'Management of cluster headache and other TACs'. The final session was moderated by Julia Shahnaz Merican and Regina Macalintal-Canlas. Shih-Pin Chen gave an extensive review on 'Neuromodulation in headache treatment' and the very

I had the chance to visit an excellent practice with very friendly and professional staff

practical and important issue of management of common secondary headache was presented by Mamoru Shibata to end the session. At the end of day 3, all the moderators and speakers of the ARCH were invited to join the AOCN Presidential dinner. The participants enjoyed an elegant music show and had the opportunity to meet and communicate with other AOCN participants.

In the plenary session on the final day, Lars Edvinsson gave an insightful lecture on 'Roles of CGRP in primary headaches'.

Shuu-Jiun Wang, President-elect of the ARCH, closed the meeting and announced that the next ARCH meeting, the 8th ARCH and 17th AOCN, will be held in Taiwan in 2020.

Headache Trainee report



Alaa Hafez, Egypt

King's College London, London, UK
Mentor: Peter Goadsby

I would firstly like to thank IHS for offering me the opportunity to visit the Headache Group at King's College Hospital in London, UK. I am grateful to Professor Peter Goadsby, Director of the Headache Group, for accepting me in his group and the way he received me and everything he taught me.

I have spent 3 months together with a prestigious team of doctors with whom I took part each day in all the activities related to clinical evaluation and management of headache disorders. I am very grateful that I had the chance to visit an excellent practice with very friendly and professional staff who were always very collaborative and welcoming. I attended all daily ward rounds for inpatients treated with intravenous (i.v.) dihydroergotamine, i.v. aspirin and those who underwent an intramuscular indomethacin test. I have learnt how to perform and interpret headache diaries and become familiar with the protocol of these different types of management. In addition I attended all outpatient clinics including trigeminal autonomic

cephalalgias, neuromodulation, intervention clinic with Botox and GON injections and SPG programming. During these I participated in various instructive discussions related to clinical interpretation, and differential diagnostic and therapeutic options of headache disorders.



During my stay I had the opportunity to attend the iHEAD headache academy, MTIS 2018 and Head Start 2018

The Trainee Programme helped me to expand my knowledge, improve my skills and adopt international experiences in headache medicine

In addition to these activities, I was very lucky to join the team in giving CGRP to the first few patients, becoming familiar with the whole process including precautions, instructions and procedure.



Although I was only an observer, which is more limiting, the Trainee Programme experience was very positive. During my stay, I was assigned to a project on 'Indomethacin sensitive headaches' which benefited me through reviewing all clinical letters in depth, gathering data,

summarising, presenting and analysing them on a spreadsheet, resulting in very interesting findings for future publication, so I hope that this good collaboration with the King's College London Headache Group will continue.

I had a great time attending the international conferences in London – the 2018 International Headache Academy (iHEAD), the 17th Biennial Migraine Trust International Symposium and the Head Start 2018 meeting. These wonderful meetings were very informative and educative for me, and also allowed me to make a lot of friends worldwide, meet many well-known genius headache experts and broaden my networking.

This was a very profitable experience, not only for my professional career but also for my personal evolution as a clinician and human being. It helped me to expand my knowledge, improve my skills and adopt international experiences in headache medicine. It is very important to me to continue my education and learn more aspects and new approaches for treatment, which I can introduce in my work practice in my country.

When I returned to my home country, Egypt, a pioneer neurology professor offered me the opportunity to collect headache patients weekly, to manage them and apply all the clinical knowledge and skills obtained from this training.



This fascinating unique experience has inspired me to modify my future career path in the right direction with clearer vision by seeking a clinical research fellow position to enforce my clinical and research experience in headache disorders and treatment, even though I had previously been awarded the IGSS Scholarship from the University Putra Malaysia for a PhD in headache.

Finally, I would like to express my thanks and appreciation to Carol Taylor for her continuous support, patience, cooperation and very rapid response. Last but not least, I can't thank Alison Worth enough for her warm feelings, guidance, enjoyable discussions and outings.

My training was an exciting opportunity to nurture my professional growth at this esteemed organisation

Short-Stay Scholarship report



Selenge Enkhtuya, Mongolia

Headache Center, Pediatric Hospital 'Bambino Gesù', Rome, Italy
Mentor: Massimiliano Valeriani

I am really thankful to IHS and Professor Massimiliano Valeriani with his wonderful team giving me a chance to study further clinical skills in the diagnosis and treatment of children with headache disorders in the 'Bambino Gesù' Pediatric Hospital, Rome, Italy. Bambino Gesù, the largest paediatric hospital and research centre in Europe, has approximately 3,300 staff including physicians, researchers, nurses, clinical technicians and office employees. They treat and take care of a large number of patients: over 1,900,000 healthcare services are provided each year to children and adolescents from all over the world. My training was an exciting opportunity to nurture my professional growth at this esteemed organisation.



During the training I participated in the regular meetings led by the head of the department with Professor Massimiliano Valeriani in the morning, where we visited patients.



I observed many children and adolescents with various types of headache and learnt new ways to approach them and how to decide the best treatment based on the characteristics of each patient.

This experience helped me get to know how to interact with patients in different ways and

taught me to be more secure in medical practices in my daily work. The training was not only an occasion to advance more in headache, but also for my individual development. This is one of the best events in my life.

Again I would like to thank Professor Massimiliano Valeriani, his colleagues Dr Michela Ferilli and Dr Laura Papetti, and their entire team for their aid and kindness. Finally, my deepest thanks to Carol Taylor for assisting me in solving any troubles.

Headache update 2018, Mumbai, India



K Ravishankar

'Headache Update 2018' was held in Mumbai on 8 and 9 December 2018. The objective of the meeting was to cover the recent advances in Headache Medicine. To make it more interesting for the neurologists who attended, the event was largely case-based and included a special session on 'Controversies in headache'. In all there were 15 case scenarios which discussed dilemmas in day to day practice and 18 didactic talks on varied topics.

Dr K Ravishankar was the Course Director for this meeting. This headache teaching course was endorsed by IHS and the expert international faculty included four IHS Presidents: Lars Edvinsson (current President), David Dodick and Alan Rapoport (Past Presidents), and Messoud Ashina (President elect), and also Allan Purdy, immediate Past President of the American Headache Society and Chair of the IHS Education Committee. In addition, a galaxy of leading Indian neurologists were invited to be part of the faculty – all teachers with vast experience.

The meeting commenced with a welcome address by Dr Ravishankar, followed by the inauguration by Lars Edvinsson who released the Proceedings book which included the abstracts and key slides of the talks. Allan Purdy set the tone for the meeting with an excellent talk on 'What makes the headache field interesting' and he listed the reasons why more neurologists should get interested in this subspecialty. This was followed by two lectures on what may be considered one of the 'hot topics' in headache; Lars Edvinsson spoke on how the CGRP story began and narrated the difficulties he encountered in bringing about this most exciting translational research work to fruition. David Dodick then discussed the CGRP antagonist trials conducted so far and gave a masterly account of the CGRP monoclonal antibodies approved by the FDA and launched in 2018.

Messoud Ashina then spoke about the other advances in the understanding of the pathophysiology and superbly analysed how these advances would impact future treatment options. Dr Ravishankar followed this up with a talk highlighting the top ten reasons 'Why headache treatment fails' and talked about measures needed to improve outcome in headache practice. Debashish Chowdhury then gave a detailed talk on the pathophysiology, the diagnostic dilemmas and treatment options for chronic refractory migraine. This was followed by Alan Rapoport's impressive coverage of current and future strategies that would be useful for the optimisation of migraine treatment.



The international faculty

Over the 2-day meeting there were 15 case scenarios and 18 didactic talks on varied headache topics

Over 300 neurologists attended the 'Update', including many young neurologists who were given the opportunity to interact with the international faculty

These didactic talks were followed by a series of interesting case scenarios where the speakers also discussed the nuances of that clinical dilemma: Allan Purdy talked about white matter lesions with numerous take-home messages; Sangeeta Rawat discussed the dilemmas in diagnosis when migraine and epilepsy overlap; Subash Kaul discussed the diagnostic aspects of stroke in a young patient with headache; David Dodick presented an atypical case scenario of spontaneous intracranial hypotension; and Anand Diwan presented



Lars Edvinsson releasing the Proceedings book, with K Ravishankar

two case scenarios of atypical idiopathic intracranial hypertension (IIH) and outlined the finer points in the diagnosis and treatment of IIH.

In the next session, there were four talks on 'Controversies in headache'. Alan Rapoport spoke on medication overuse headache and based on his vast experience in this area gave a wonderful narration of the different treatment strategies. Allan Purdy next gave his views on the enigmatic entity of new daily persistent headache (NDPH). This was a thought provoking talk that left the audience

wondering whether NDPH was more a secondary rather than a primary headache. Next Vivek Lal, a neurologist with an interest in ophthalmology, emphasised with evidence the importance of repositioning ophthalmologic migraine along with migraine instead of labelling it as RPON and including it under the neuralgias as in ICHD-3. Messoud Ashina was the last speaker on day 1 and discussed the importance of recognising tension type headache in practice and correctly positioned the role of the neck in headache diagnosis.

The second day commenced with a presentation on an interesting case of hemicrania continua by Sanjay Prakash; with his large collection of these cases in literature, he was able to effectively address the audience queries. M V Francis next discussed an unusual patient of glaucoma who presented with headache and appraised the audience of traps in the diagnosis of subacute angle closure glaucoma. Ambar Chakravarty then presented a series of unusual cases of headache, with neurological deficit and normal MRI and discussed the differential



Alan Rapoport, Messoud Ashina, David Dodick, K Ravishankar, Lars Edvinsson and Allan Purdy

diagnosis of sporadic hemiplegic migraine. S M Katrak discussed two cases from his practice where an underlying secondary condition presented looking like a primary headache. David Dodick next delivered an exemplary talk on TACs and made the complex topic look very simple. This was followed by Dr Ravishankar presenting a case scenario of an overlap between cluster headache and migraine. Sumit Singh then spoke about the important role of indomethacin in the treatment of headache.

The sensitive topic of how to treat headache in pregnancy was handled with great clarity by David Dodick. This was followed by Sudhir Kothari who spoke on the diagnostic aspects of vestibular migraine. Following this was the most absorbing case discussion session which was conducted by Allan Purdy in his inimitable style. Drs Rapoport, Ashina, Ravishankar, Purdy, Dodick and Debashish presented unusual headache cases from their

This meeting has helped enhance the focus of headache in India

practice and the audience enjoyed trying to analyse these difficult cases interactively. Through this session, Dr Purdy was able to convince the delegates that learning through cases is superior to learning through listening to didactic talks.

In the final session on functional imaging. Messoud Ashina and Shrinivas Desai showed us how the understanding of primary headaches had advanced through recent functional neuroimaging findings. The meeting concluded with a message from Lars Edvinsson on the important role of IHS. Dr Ravishankar then thanked IHS for its endorsement, the international and Indian faculty for sharing their expertise, Sun Pharma for their educational grant and the audience for their active participation.



Allan Purdy conducting the interactive session

Overall, over 300 neurologists attended this successful meeting, including many young neurologists who were able to benefit from interaction with the international faculty. This meeting has helped enhance the focus on headache in India and hopefully will be followed by similar teaching courses in the future.

Report of the 3rd MENA Headache Conference

Ramez Reda Moustafa



The 3rd Headache Conference of the Middle East and North Africa (MENA) region was held from 18–20 October 2018 in Cairo, Egypt. The conference was hosted at the prestigious Conrad Hotel in downtown Cairo, overlooking the great river Nile. It followed in the tradition of the 1st MENA Headache Conference in Dubai in 2016 and the 2nd conference held in Morocco in 2017. Additionally, the conference was also named the 2nd African Headache Conference and the 1st Egyptian Headache Conference, to encourage local and regional events in the headache field. The conference was held under the auspices of IHS, which has generously supported and endorsed the conference.

Several other learned societies and organisations supported the conference, in particular the Headache Chapter of the Egyptian Society of Neurology, Psychiatry and Neurosurgery, the European Academy of Neurology, the World Federation of Neurology, the European Headache Federation, the Pan Arab Union of Neurological Societies, and the Ain Shams University Virtual Hospital.

Over 60 presentations were given by top scientists in the field of headache from around the world and the MENA region

The conference is a strong force to advance headache research and practice in the region

More than 350 delegates attended the conference from all over the world, and 30 international speakers gave talks, lectures and workshops. The conference comprised over 13 scientific sessions over the 3 days, including two hands-on workshops on botulinum toxin injections and peripheral interventions for headache. More than 60 lectures and presentations were given by top scientists in the field of headache as well as



Derya Uludüz, Tim Steiner and Ishaq Abu-Arafah

neurologists from around the region and from Egypt. The topics included headache epidemiology, the MENA region experience, public health aspects of headache, the pathophysiology and diagnosis of migraine, CGRP, trigeminal autonomic cephalalgias, paediatric headaches and headache in special populations, secondary headaches, the use of telemedicine in headache and original research papers. There was a focus on the new CGRP-based therapies for migraine and migraine chronification. Three symposia sponsored by pharmaceutical companies were also held.

In addition to the rich scientific programme, the conference was an excellent opportunity for the delegates to see the history of Egypt through visits to the main landmarks and museums. It was also an opportunity for networking between international headache experts and local Egyptian, Arab and African neurologists interested in headache. Several joint projects were agreed upon during the conference and it promises to be a strong force to advance headache research and practice in the region.



Massimo Leone, Lars Edvinsson, Hayrunnisa Bolay, Tim Steiner, Derya Uludüz and Ramez Reda Moustafa



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2019

DAWN OF NEW headache treatments

5-8 September | Dublin, Ireland
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KEY DATES

Abstract submission opens – **26 September 2018**

Abstract submission deadline – **27 March 2019**

Early bird registration deadline – **19 June 2019**

Late breaking abstract submission – **July 2019**



International
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www.IHC2019.com



IHS Research Grants

IHS is accepting research applications for scientific projects (any kind of research acceptable) that further the mission and goals of the Society. Funding up to € 150,000 will be allocated to support between one and three research projects. Preference will be given to projects that involve collaborations amongst investigators from multiple institutions and countries.

Applicants must be members of IHS and the research project must be completed within 24 months.

Deadline for applications: 30 April 2019

For more information please visit the **IHS website**

IHS Fellowship

The IHS Fellowship award aims to support innovative and impactful research from young investigators, promote the career of young investigators in the field of headache, and increase the knowledge base of headache disorders.

Applications for basic and clinical headache research, or a combination of both, will be considered.

Deadline for applications: 22 April 2019

For more information please visit the **IHS website**

IHS Junior Travel Grants

Travel Grants for Juniors to attend IHC are available for IHC 2019
Dublin, Ireland, 5–8 September

Application criteria

Currently an under- or post-graduate student (including but not limited to medical students and PhD students) or a medical doctor training to become a specialist. For medical doctors alternatively within 3 years of obtaining medical doctorate or academic post graduate degree or specialist certification, whichever was obtained latest. For other academic groups alternatively within 6 years of obtaining latest academic degree

Deadline for applications: 22 April 2019

APPLY NOW – visit the **IHS website**



International
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IHS is accepting applications for clinical or basic headache research fellowships, or a combination of both

APPLY NOW if you are interested in enrolling in one of these international programmes

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IHS is an international professional organisation working with others for the benefit of people affected by headache disorders. The purpose of IHS is to advance headache science, education, and management, and promote headache awareness worldwide.

Visit the IHS website for more information and an application form

www.ihs-headache.org



Calendar of events

2019

4–7 April	The 13th World Congress on Controversies in Neurology (CONy)	Madrid, Spain	www.comtecmed.com/Cony/2019/default.aspx
4–10 May	American Academy of Neurology 71st Annual Meeting	Philadelphia, USA	www.aan.com/conferences-community/annual-meeting/
9–12 May	9th World Congress of the World Institute of Pain (WIP)	Dublin, Ireland	www.wip2018.kenes.com/
30 May–1 June	13th European Headache Federation Congress	Athens, Greece	www.ehf2019.com/
29 June–2 July	5th Congress of the European Academy of Neurology	Oslo, Norway	www.ean.org/oslo2019/5th-Congress-of-the-European-Academy-of-Neurology-Oslo-2019.3649.0.html
11–14 July 2019	American Headache Society 61st Annual Scientific Meeting	Philadelphia, USA	www.americanheadachesociety.org/events/61st-annual-scientific-meeting/
5–8 September	19th Congress of the International Headache Society (IHC)	Dublin, Ireland	www.ihc2019.com/
17–21 September	13th European Paediatric Neurology Society (EPNS) Congress	Athens, Greece	www.epns2019.org/
23–25 October	4th Congress of the Swiss Federation of Clinical Neuro-Societies (SFCNS)	Lausanne, Switzerland	www.sfcns2019.congress-imk.ch/
26–31 October	XXIV World Congress of Neurology	Dubai, UAE	www.wfneurology.org/world-congress-of-neurology-2019

If you would like IHS to include your meeting on the IHS website and newsletter please contact **Carol Taylor** with the details



New Open Access companion journal for Cephalalgia

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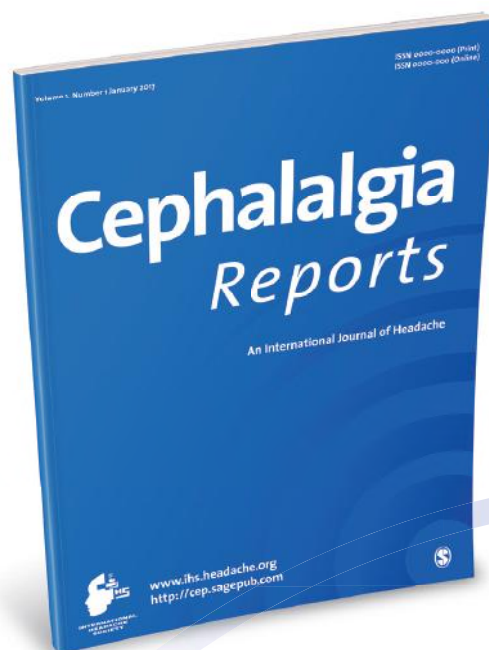
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