

ششمین کنگره
بین المللی سردرد ایران
6th International
Iranian
Headache
Congress
October 16-18, 2019
۲۴ الی ۲۶ مهرماه ۱۳۹۸



Report of the 6th Iranian International Headache Congress

The 6th Iranian International Headache Congress was successfully convened by the Iranian Headache Association from October 16-18, 2019 in Isfahan, Iran. This was the 3rd Iranian international congress which held under the auspice of International Headache Society (IHS). The congress was supported by the Iranian Neurological Association (INA).

Participants in the congress included 450 physicians, researchers and other healthcare professionals from all over Iran. Our IHS visiting professors were Prof. Jes Olesen from Denmark and Dr. Hossein Ansari from the USA. Also Dr. Parvin Allahyarova from Azerbaijan was another international invited speaker who discussed some challenging cases and participated in one of the panels.

For the first time, we used video conference where Dr. Sait Ashina from the USA delivered his presentation and Prof. Messoud Ashina, as a current president of IHS delivered a video lecture and closed the conference during closing ceremony.

This scientific meeting provided updated information on most primary and some secondary headache disorders through various lectures and workshops.

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During this international meeting, attendees also had an excellent opportunity to communicate with well-known national and international scientists in the field of headache.

For this congress, abstracts of lectures were available online on our website from the first day of the congress. Also, booklet of the abstracts were freely available to all participants upon registration.

Several scientific programs were held during the three days of the congress. The programs were divided into the following four categories:

1. *Main lectures*

- The following topics were covered by our international speakers:

Prof. J. Olesen

- Migraine aura and mimics
- Headache attributed to traumatic brain injury

Prof. H. Ansari

- Facial Pain: Diagnostic Considerations and Role of Neuroimaging

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Prof. M. Ashina

- Video conference: Targeting downstream mechanisms in migraine

Prof S. Ashina

- Video conference: What we know about CGRP in headache

Dr. P. Allahyarova

- Presentation of interesting cases
- Thirty-nine Iranian speakers also presented lectures on a variety of headache and pain disorders. Among them we highlight the following topics:

Prof. M. Togha

- Update on management of cluster headache

Prof. M Saadatnia

- Headache attributed to vascular disease

Dr. F Khorvash

- Medication overuse Headache: Is it an addiction?

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Prof M. Forughipoor

- Acute treatment of migraine headache

Dr. Soltani

- Drug interactions in migraine treatment

Dr. S. Razeghi Jahromi

- Non-medical therapies of headache

Dr. F Assarzadegan

- Reversible cerebral vasoconstriction syndrome

Dr. E. Mohammadianinejad

- Treatment of Trigeminal Autonomic Cephalgias (TACs) other than cluster

Dr. M.H. Paknejad

- Epidemiology and burden of headache disorders

Dr. MR. Gheini

- Neuroimaging in headache disorders: When to do and when not to do

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Dr. N Yamani

- Migraine with brainstem aura: defining the core syndrome

Dr. S Haghighi

- Evaluation and management of headache in emergency department

Dr. A Taghilo

- Trigeminal neuralgia: MR imaging features

Prof. M Barkatain

- Headaches and behavior: what do brain networks tell us?

Dr J Mehvari and Dr. N Tabrizi

- Headache and Epilepsy
- In addition, number of lectures on pain, neuro-stimulation techniques and various types of nerve blocks and pain injections were presented by Iranian neurologists. Fifteen lectures on different headache topics were also delivered by young researchers during the congress.

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2. Workshops

- In this section, three workshops were offered:
 - I. Botulinum toxin injection for chronic migraine was taught in the first workshop
 - II. Peripheral Nerve block in treatment of Headache
 - III. Neurosonology with emphasize in diagnosis of Giant cell arteritis
 - IV. In all work shop live patient demonstration used and participant had opportunity to have hand-on experience
- These workshops were expertly moderated by Prof. M Togha, Dr. H. Ansari, Dr. B Zamani, Prof. M. Saadatnia and Dr. N Yamani.

3. Panel

- Three panel discussions took place during the congress which explored management of trigeminal neuralgia, idiopathic intracranial hypertension; challenges in diagnosis and treatment and Giant cell arteritis (GCA). This interactive panel was new feature in this congress and at the end very positive feedback received from participants. Therefore, for future congress we will increase the time for panels.

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4. Scientific Competition for Residents

- Dr. S Haghighi, Dr. H Hemasian and Dr. P Emami conducted a competition with two runs in which 36 neurology residents from different medical universities of Iran participated. First, second and third place winners received valuable prizes.
- Early feedback from our international guests and participants was impressive and positive commending the well-organized congress and highly interactive lectures. The venue of the congress was also complemented as being accessible and easy to find. The conference hall, situated in one of the renowned hotels in Isfahan, was complemented for its excellence by interviewed participants.
- This headache congress was unquestionably able to play an important role in promoting the level of knowledge in the fields of headache and pain in Iran .Plus it increased awareness of healthcare providers about this important field. At the end of congress, 57 new health care providers, majority of them neurologist , registered as member of Iranian Headache Association (This list submitted separately) .
- Indeed, the attendance of distinguished international headache specialists with the cooperation of the International Headache Society and communication between them and esteemed Iranian neurologists and active participants from all over Iran in response to the invitation of the Iranian Headache Association has paved the way to establish a good link between the Iranian Headache Association and the International Headache Society.

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Future collaboration will surely help the advancement of the headache field in Iran and even within our geographical region.

Sincerely;

Mansoureh Togha, MD

Professor of Neurology, Tehran University of Medical Sciences

President of the 6th Iranian International Headache Congress

Chairman of Iranian Headache Association (IHA)

Hossein Ansari MD

International Liaison of Iranian Headache Association (IHA)