

Newsletter

Leading headache science, education and management globally

Letter from the President

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Messoud Ashina

Dear Colleagues

The COVID-19 pandemic has affected all parts of society and led us into uncharted waters. My heart goes out to those who have lost their loved ones and I sincerely hope that we will soon be able to tackle the COVID-19 pandemic decisively.

The headache community has felt a profound impact of the COVID-19 pandemic. This unprecedented challenge necessitates a similar unprecedented response to provide adequate care for our patients and advance headache sciences. Many of us have already taken steps to respond to this challenge by increasing the use of telemedicine. I strongly encourage you to share your experiences and innovative approaches to provide effective care and conduct research.

On another note, I would like to highlight some positive news in these difficult times. Thanks to the ideas and input from our bright junior members, the International Headache Society has now launched a new website and created a **YouTube channel**. I welcome you to check it out and provide your feedback. You will find that we release new videos and podcasts more frequently and increase our activity on digital platforms. Feel free to enjoy the benefits of being an IHS member and let us know in what ways you believe that we can improve even more.

Sincerely yours
Messoud Ashina
ashina@dadlnet.dk

Editorial board

Messoud Ashina
Stefan Evers
Oliver Summ
Carol Taylor





Update from the Honorary Secretary



Stefan Evers

I am pleased to give an update on IHS activities since the last Newsletter distributed in March 2020.

Membership

IHS membership numbers have decreased in 2020. This was anticipated as it is a non-congress year, but we believe is also affected this year by the COVID-19 pandemic which has affected all our lives in many ways. We hope that members will keep their membership active – we rely on member support to run the society's activities and programmes. IHS is increasing its member benefits with new online education and activities (see below) and in order to secure our membership the Board has agreed to keep membership fees at the same level in 2021, meaning there has been no increase in membership fees since 2015.

Cephalalgia

I am pleased to report successful data from *Cephalalgia*, our society's journal. The impact factor for 2019 has risen slightly to 4.868 (2018: 4.438). *Cephalalgia* is now ranked 30 of 204 in Clinical Neurology and 53 of 271 in Neuroscience journals. This smaller increase is due to the fact that in 2017 and 2018, the years which count to the 2019 impact factor, *Cephalalgia* published more articles than usual to decrease the print backlog. The backlog is now cleared so publication should return to its usual level.

Cephalalgia Reports, the online, open-access silhouette journal to *Cephalalgia*, has now published over 60 articles; the journal is still being evaluated for PubMed entry, but has now been accepted by the Directory of Open Access Journals (DOAJ) and Scopus.

Congratulations and thanks are extended to Arne May, Editor-in-Chief, and Wendy Krank, Managing Editor, for their tireless contribution to our journals.

IHS guidelines

The IHS 'Guidelines for Controlled Trials of Preventive Treatment of Migraine Attacks in Episodic Migraine in Adults' was published in July in *Cephalalgia*. We thank all IHS members who took the time to review and comment on the paper.

Work is continuing on guidelines on neuromodulation in migraine, idiopathic intracranial hypertension, cluster headache, registries on real life data and recommendations for health technology assessment (HTA) for the treatment of headache disorders.

Education activities

The Education Committee has created an exciting series of educational videos and podcasts, held its first webinar, and updated the Core Curriculum. More details are reported by the new Education Co-Chair, Henrik Schytz, later in the newsletter.

**Cephalalgia
impact factor
increased to
4.868**

**Guidelines on
Episodic
Migraine
published in
Cephalalgia**



Congratulations to IHS grant recipients

IHS Fellowship application deadline extended to 1 December

Two Visiting Professor meetings took place prior to the worldwide travel restrictions. The Mexican Headache Society (AMCEMIG) welcomed Carlos Bordini and Julio Pascual to Mexico (report included in this newsletter) and Tissa Wijeratne held a teaching course in Bangladesh, for which a report will be included in the next newsletter.

For the first time the Education Committee offered a Visiting Professor Plus programme, where in addition to the standard format of teaching at a meeting, one Professor will stay at the centre for 1–2 days to work more closely with the local doctors. Astrid Gendolla and myself will visit Moscow, Russia, and I will then remain for a couple of days in the Research Center of Neurology to collaborate with our Russian colleagues.

Grants and fellowships

IHS has awarded several grants to junior colleagues. The successful award candidates are:

IHS Headache Trainee Programme

Yessika Rojas, Colombia. Institution: São Paulo Headache Center, Brazil – mentor: Mario Peres

Pannathat Soontrapa, Thailand and Aliaa Wan Sulaiman, Malaysia. Institution: King's College London, UK – mentor: Peter Goadsby

The trainees will spend 3 months in the centres working with the headache teams.

IHS Short-Stay Scholarships

Renato Arruda, Brazil. Institution: Guy's and St Thomas' Hospital, London, UK – mentor: Anna Andreou

Faraidoon Haghdoost, Iran and Garik Yeganyan, Armenia. Institution: Danish Headache Center, Denmark – mentor: Rigmor Jensen

Aliya Yakubova, Russia. Institution: Danish Headache Center, Denmark – mentor: Messoud Ashina

Nooshin Yamani, Iran. Institution: King's College London, UK – mentor: Peter Goadsby

Each scholar will spend up to 6 weeks as an observer in the institution.

Due to COVID-19, these placements are likely to take place in 2021.

Also due to COVID-19, the application deadline for the 2020 IHS Fellowship was extended to 1 December 2020. **Visit the IHS website grant page** for more information and an application form.

IHS Annual General Meeting

The AGM was scheduled to be held at the European Headache Federation congress in July, however, as all meetings are cancelled we have had to adapt our plans. The Board will call the meeting in October – it will be a virtual meeting and details will be available nearer the time. We hope many members will join us.

20th International Headache Congress 2021

In light of recent events, the IHS Board has reluctantly agreed it is not possible for IHC 2021 to be held in Helsinki. The Board is currently negotiating with the European Headache Federation for a joint congress – more information on the dates and venue will be available soon. Meanwhile, the Scientific Programme Committee has commenced work and the programme is expected to be completed in the autumn. The Congress will be planned as a face-to-face meeting, however, it might be that some or even substantial parts of the Congress will be online.



Karl Ekblom

We have recently learned that Karl Ekblom, an IHS Life Member from Sweden, has passed away. He was an active member of IHS from the beginning and is well known for his research activities on cluster headache.

IHS plans to develop an historical archive library to preserve the history of IHS, headache medicine in general, and landmark papers on headache research. Any member who is interested in collaborating with this project or who holds relevant historical information is welcome to contact me.

Stefan Evers

everss@uni-muenster.de

IHS Online Education



Henrik Schytz

The Education Committee has revised the online Learning Centre as part of the new IHS website.

We are very happy to launch educational videos, webinars and podcasts on different aspects of headache and facial pain, which have been released in the Learning Centre. The Core Curriculum has also been revised and translated into Spanish, Chinese and Turkish.

To date IHS has launched videos on cluster headache, post-traumatic headache, characteristics of migraine with and without aura, medication overuse headache – diagnosis and treatment, new daily persistent headache and trigeminal neuralgia diagnosis, pathophysiology and treatment. All videos are available with English, Spanish and Chinese subtitles. Podcasts are available on the effect of the coronavirus on headache medicine, history and future of the International Classification of Headache Disorders (ICHD) and neurobiology of migraine. The first live webinar was held on 25 June and featured Dr Manjit Matharu and Dr Luise Vollesen presenting on cluster headache. Most of the Learning Centre content is for IHS members only – the webinar, however, is free to view and there is also an open video on medication overuse headache diagnosis. **Visit the IHS website Learning Centre** to watch and listen to these educational resources – if you are not a member you can join through a simple link on the website to register and be part of our network.

The Education Committee would like to thank those who have participated and contributed in making these videos and podcasts possible, and also those who have been an invaluable help in checking translations of the Core Curriculum and the video subtitles, as well as the IHS website in general. In particular, we would like to thank Dr Kuan-Po Peng, Professor Shengyuan Yu, Professor Shuu-Jiun Wang, Dr Marco Lisicki, Dr David Garcia Azorin and Dr Patricia Pozo-Rosich for their kind and invaluable help.

The Committee plans to continue to produce new videos, webinars and podcasts on various aspects of headache and would like to encourage IHS members to contribute to this, whether by making educational videos, podcasts and webinars. So if you have a

Visit the IHS website Learning Centre for educational videos, podcasts and webinars

Core Curriculum updated – available in English, Spanish, Chinese and Turkish



**Share your
expertise
with IHS**

good idea, how should you proceed? Start by mailing learningcentre@i-h-s.org and tell us about it. To produce a video, you should write a manuscript (1.5 A4 page would be equivalent to 6 minutes, which is the optimal length of an educational video), and film the video with the best possible film and audio quality. To support the video you could use PowerPoint slides or similar. Send the material to the Education Committee and we will edit the video for you. Podcasts can be done in various ways, as monologues or by conversations or interviews. Contact the Education Committee for help on this. Ideas on webinars including hosting are also welcomed. What are the advantages for you to participate in these educational activities? It can help you to promote yourself within the headache community, but most importantly you will be a part of educating about headache medicine and research within IHS.

Visiting Professor report – Mexico



Maria Karina Velez Jimenez and Ildelfonso Rodriguez Leyva

The excellent IHS Visiting Professors programme was a great experience, and allowed AMCEMIG (Mexican Association for the Study of Headache and Migraine) for the first time to hold a course in Mexico where general practitioners and specialists could gain knowledge on headache medicine and research through two most distinguished teachers under the auspices of IHS.

The objective of the course was to update and disseminate knowledge and interest in headache among neurologists, internists, and other doctors who work in Mexico. The course had the support of one of the most prestigious private Schools of Medicine in the country, the Anahuac University, and was attended by distinguished and accredited Mexican neurologists.

**Carlos Bordini
and Julio
Pascual shared
their knowledge
of headache
medicine with
Mexican doctors**



The meeting was held in the Auditorium of the Hospital Angeles Inter-Lomas in Mexico City and was attended by 114 people who gave great teacher-related feedback, with excellent audience interaction by the Visiting Professors, Drs Julio Pascual (Spain) and Carlos Bordini (Brazil), and the Mexican teachers, who all showed great generosity to share their experiences and excellent quality and warmth when interacting with the delegates.

Luis Partida Medina, Carlos Bordini, Julio Pascual, Alejandro Marfil Rivera, Maria Karina Velez Jimenez, Ildelfonso Rodriguez Leyva, Manuel Gudiño Castelazo and Marco Martinez Gurrola

The course was highly interactive, featuring clinical cases from the most common to the most clinically challenging, and ending with a botulinum toxin application workshop.

We appreciate all the support received from the IHS for this amazing experience.

IHS Visiting Professors: Julio Pascual (Spain), Carlos Bordini (Brazil)

Mexican Professors: Maria Karina Velez Jimenez, Ildefonso Rodriguez Leyva, Luis Roberto Partida Medina, Alejandro Marfil Rivera, Silvia Garcia, Manuel Gudiño Castelazo, Erwing Chiquete Anaya, Jaime Levetman Grimberg, Miguel Angel Collado Ortiz, Luis Enrique Amaya Sanchez, Sandra Quiñones Aguilar, Miriam Soffer



Carlos Bordini



Julio Pascual

Australian Fellowship report



Prevalence of cervical dystonia in subjects with chronic migraine and prevalence of chronic migraine in subjects with cervical dystonia

Lin Zhang

Fellowship from February 2018 to February 2020
Alfred Hospital Melbourne, Melbourne, Australia
Mentor: Elspeth Hutton

This project was designed as a multi-site observational study on disease prevalence in selected cohorts, aiming to:

- determine the prevalence of cervical dystonia (CD) in subjects with chronic migraine (CM) in our migraine cohort from the Alfred Health/Caulfield Hospital Headache clinic
- determine the prevalence of CM in subjects with CD in the CD cohort from the Cervical Dystonia/Botulinum Toxin Clinics from three sites (Alfred Hospital, Neurology Network Melbourne and Monash Medical Centre).

The recruitment target for each cohort was 100 patients.

The primary outcomes were the prevalence of CD in the CM cohort and the prevalence of CM in the CD cohort. CM patients who had clinical features suspicious for CD were referred to the Movement Disorders Clinic at Alfred Hospital for assessment and definitive diagnosis.

Research summary

CM Cohort

One hundred patients were enrolled with a mean age of 45.7 (± 14.6) years; 79 patients (79%) were female, a gender ratio of 3.77:1. The mean duration of migraine was 25.4 (± 16) years (range 2–65) with mean age of onset 15 [11–27] years. 67.7% (67) of patients had migraine with aura (MVA). The average monthly headaches were 17.2 (± 10.3).



The fellowship provided both subspecialty training in headache medicine and a grounding in clinical research methods

CD Cohort

Eighty-two patients were enrolled with a mean age of 60.27 (± 13.91 ; median age 63) years. This cohort was also female dominant (75.61%) with a female:male ratio 3.2:1 (62:20). The mean disease duration was 8.90 (± 1.67) years and median duration of 10 years. The mean age onset for cervical dystonia was 43.98 years.



Primary analysis

The prevalence of CD in the CM cohort was 19% (19/100), much higher than in the general population (5–9/100, 1000). The prevalence of high frequency episodic migraine (HFEM) and CM in the CD group was 18.29%. The overall migraine (not specifically HFEM and CM) prevalence in patients aged ≥ 50 years is reported as between 0.85–23% in the literature.

Secondary analysis

There was no statistically significant difference in demographic characters including headache severity, anxiety/depression score between patients with concurrent CM and CD and those with CM only.

Fellowship experience

This combined clinical and research fellowship has met my goals by providing both subspecialty training in headache medicine, in addition to providing a grounding in clinical research methods. In addition, the research project has allowed me to undertake a research Master’s Degree with Monash University. The fellowship has also founded an ongoing research interest in our service, with further projects already underway (and having attracted some research funding support).

Thanks to this training I have therefore been able to start a career as a headache neurologist at the Alfred Hospital since February this year, and I am also continuing to be involved in the research activity of the unit, supporting the next Master’s candidate who is working on the extension of my original project.



A combined clinical and research fellowship is ideal for neurologists who are aiming for a joint career as a clinician and a clinical researcher. The ability to focus on headache training also provides the candidate with a solid grounding for an independent career in headache medicine, raising the profile and capacity of headache within neurological practice.





Master of Headache Disorders

MHD welcomes students from different academic backgrounds who have a significant interest and experience in headache and pain and a solid scientific background

Rigmor Jensen and Henrik Schytz

The Master of Headache Disorders (MHD) is an international academic professional master programme developed in collaboration with the University of Copenhagen and the Danish Headache Center for which graduates receive 60 ECTS.

The programme aims to attract people with interest and clinical experience in headache and with medical, pharmaceutical or equivalent qualifications. The MHD programme equips graduates with solid scientific and clinical knowledge, skills and competences within the headache field, and will hopefully contribute to the significant need for skilful and dedicated headache specialists and more awareness of headache disorders.

The first 18 students (MHD1) graduated in June 2018, and this year a total of 23 new students (MHD2) will graduate. The students in MHD2 came from 17 different countries, including Asia and USA. They had different academic backgrounds, but all with a significant interest and experience in headache and pain as well as a solid scientific background. The programme has profited from highly dedicated students and brilliant lecturers selected from leading scientists and the international faculty (www.mhd.ku.dk).

In the shadow of the COVID-19 pandemic, we plan to start the third MHD (MHD3) in October 2020, and have received more than 25 excellent applications.

Below are reports from three MHD2 graduates from different regions of the world.





David Garcia Azorin Spain

In the MHD programme they dissect all the headache disorders and invite some of the top experts from around the world to teach

We learnt from all the headache centre team, not only the headache experts but also the physical therapists, psychologists, research nurses, etc.

It is not an easy task to learn about headache medicine. Despite the vast prevalence of headache disorders, I just had a 1-hour lesson on headache medicine during medical school. In my residency programme, headache was not an obligatory rotation. I took an optional rotation and I became amazed about how much we can improve patients' lives. However, there are many different headache disorders, with specific techniques, and the research in this field differs from other neurological conditions.

After my residency, I tried to subspecialise in headache disorders, however, it is really complicated to do comprehensive training. There are many wonderful headache clinics and centres across the globe, but most of them are more specialised in a specific aspect of headache: genetics, migraine, idiopathic intracranial hypertension, other primary headache disorders. You can get an overview by doing short-stay rotations, attending the different headache congresses and courses hosted by IHS, but the level of detail in which the topics are covered is not always the deepest.

In the MHD programme they dissect all the headache disorders and invite some of the top experts from around the world, who together with the great team from the Danish Headache Center present different topics and invite us to discuss and debate. I liked also that they gave the opportunity to young researchers, fellows and residents to present their projects and to also give us feedback on how to build a career.

I was a little concerned about the mix of people with so different backgrounds: neurologists, residents, physiotherapists, nurses, osteopaths, odontologists. I thought that it would not be easy to adapt the lectures, however, both the professors and all the students did an awesome adaptation and I think that it substantially improved the quality of the discussions and the learning process.

We enjoyed the lessons in the University of Copenhagen campus, and we created a group of classmates who became friends. People from many different countries and settings were represented, which is also a great opportunity to create networks for future studies and initiatives. During the MHD, many of us met in the different congresses and I hope that we can see each other soon. It is not easy to do effective group work and in this case, it was really nice.

Another relevant issue from my perspective is the type and format of exams. We were asked to write short (1–3 page) reports or projects on specific issues about the ongoing topics, in a scientific format. We were allowed to use the materials from the course and consult other sources. This was great training for writing manuscripts and projects, and we got a very updated review of almost every topic of headache medicine.

We also had the opportunity to do a 3-week immersive course in the Danish Headache Center. We learnt from all the team, not only the headache experts, but also the physical therapists, psychologists, research nurses, etc. We visited the different departments, learning how important it is to establish an effective network and to organise the multi-disciplinary work.

I recommend my colleagues to enrol in such educative initiatives and I want to thank IHS and all the partners and founders that made it possible. Education in headache disorders is the first step to change our patients' lives and to go further into the discovery of the intriguing pathophysiology of headache disorders.



**Attending
the MHD
programme
has really
changed my
clinical career
Now I can
better serve
my national
people**



Abdul Malik Pakistan

The support from IHS to attend the MHD programme in Denmark was the most important support that has really changed my clinical career.

In my country no headache specialist has a relevant formal postgraduate qualification after having qualified in neurology, and for me to attend the MHD was only possible after the Will of Allah (SWT) and commitment of the IHS grant support.

Through the MHD programme, I gained knowledge not only on headache disorders academically, but also had the opportunity to learn from the top headache specialists from all over the world who have contributed to the field of headache medicine.

As my programme ran over 2019, in collaboration with the other MHD students I was able to contribute to World Brain Day on headache, giving me the unique opportunity for awareness activities worldwide. Almost 20 video messages in 16 languages from 14 countries, including USA, UK, Denmark, Sweden, Italy, Spain, Greece, Latvia, Philippines, Slovenia, Ireland, Columbia, Nigeria and Pakistan were created. It was a great leaning and interactive experience.

I am thankful to the IHS Board and committees for accepting my grant application. Now I have qualified with the MHD degree, I can better serve my national people and will make myself available to IHS for any educational, research or advocacy task requested of me in future so I may be able to be part of the IHS mission.

I must offer thanks to:

- Professor Messoud Ashina, who initially informed me about the MHD programme – I will never forget him for his guidance
- Professor Rigmor Jensen, the mentor who was always supportive and positive – for her inspiration
- Dr Henrik Schytz, the coach and kind heart encouraging teacher – always compassionate
- Mariel, my most frequent contact during the whole course
- Faisal Amin, who not only taught us during the MHD programme, but also guided and supported wherever possible.



Nooshin Yamani Iran

During and after my neurological training I was always very interested in the field of headache, and my ultimate goal was to do my subspecial education and research in headache.

During the 5th Iranian Headache Association congress in October 2017, I spoke about this with Professors Jes Olesen and Rigmor Jensen and they advised me to apply for the MHD programme.



The MHD programme was an amazing, interesting and dynamic experience for my professional growth as a headache specialist

The MHD programme was a true brainstorming programme with presentations from very well-known experts throughout the world, debates and exciting ideas of interacting closely with young researchers and PhD students presenting the results of their original research and experiences. While attending the programme, I had the chance to meet very nice colleagues from different countries and backgrounds, and we shared our experiences. We had a great time with each other and we will definitely continue our friendship after our graduation.

The Danish Headache Center is one of the best headache centres in the world to offer a multidisciplinary approach to the diagnosis and treatment of patients with rare or severe headache disorders and cranial neuralgias, and during the clinical course we spent time in the multidisciplinary headache clinic to receive training in clinical aspects of headache. The centre experts include Professors Jes Olesen, Rigmor Jensen, Lars Bendtsen, Messoud Ashina and Henrik Schytz, plus many other doctors, scientists, PhD students, nurses and physiotherapists, all sharing their valuable experiences on different aspects of headache medicine.

By attending the MHD programme, I gained new knowledge that I can use for further research in the field of headache, and also grasped current knowledge about headache in its full extent to help patients by treating them as well as possible.

The MHD programme was an amazing, interesting and dynamic experience for my professional growth as a headache specialist and is the obvious programme to attend and learn a lot about headache medicine, both clinical and research.

It is a very big help that IHS provides funding opportunities for young doctors and I am very grateful to the society for its generous support. I thank all the organisers, especially Professor Rigmor Jensen, Dr Henrik Schytz and Ms Mariel de Guia Britanico for their continued support and assistance throughout the programme. Further I thank Professor Jes Olesen, my master thesis supervisor and Professor Mansoureh Togha, my chief in Iran, who are a great inspiration for me in my career. Without their support attending this programme would not have been possible.





Calendar of events

Date	Event	Country	Contact/information
2020			
23 Aug	ANZHS Headache Update	Virtual	Visit website
24–27 September	3er Congreso Internacional de la Asociación Mexicana de Cefaleas y Migraña	Virtual	Visit website
1–4 October	14th World Congress on Controversies in Neurology (CONy)	Virtual	Visit website
3–9 October	18th Migraine Trust International Symposium	Virtual	Visit website
22–24 October	XXXIV Congresso Brasileiro De Cefaleia	Brasília, Brazil	Visit website
28–31 October	Global Migraine & Pain Summit, 4th MENA Meeting & 2nd Turkish African Meeting of Headache and Pain Management	Virtual	Visit website
19–22 November	Scottsdale Headache Symposium	Virtual	Visit website
2021			
1–3 April	8th Asian Regional Conference of Headache (ARCH)	Taipei, Taiwan	Visit website
25 April–1 May	American Academy of Neurology Annual Meeting	Toronto, Canada	Visit website
27 Jun–1 Jul	IASP 2021 World Congress on Pain	Amsterdam, Netherlands	Visit website

Important note: Events may be cancelled, postponed or go virtual due to the COVID-19 pandemic. Please check each event website for updated information.

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



IHS Fellowship Awards 2020

IHS is accepting applications for basic or clinical science headache research, or a combination of basic and clinical research

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

12-month award value: £ 50,000

Fellowship Award open to IHS members

Deadline: 1 December 2020

Tell your colleagues about the IHS Fellowship 2020

Spread the word in your institution

IHS is an international professional organisation working with others for the benefit of people affected by headache disorders. As a charity, 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



New Open Access companion journal for Cephalalgia

Cephalalgia Reports: A fully Open Access Journal

Published on behalf of the International Headache Society, *Cephalalgia Reports* is a peer-reviewed, open access publication providing an international forum for original research papers, review articles, clinical perspectives, technical reports and short communications.

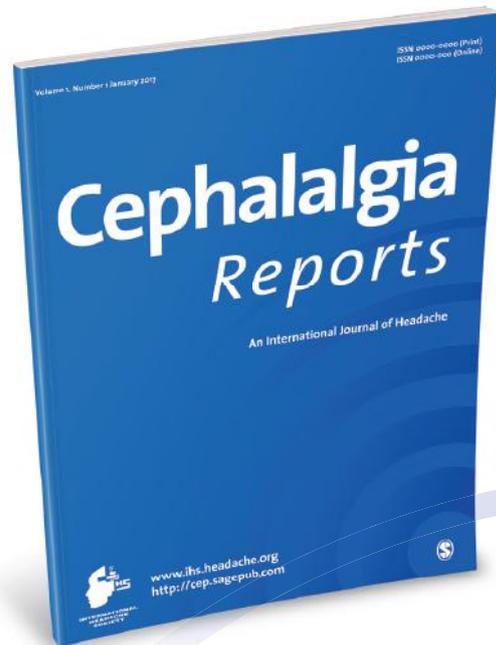
It actively encourages high quality papers in the following areas:

- Emerging observations with translational potential not yet realised
- Reports limited to regional relevance which may validate and add to existing studies
- Negative outcomes
- Technical reports
- Articles with a more clinical emphasis
- Pilot trials which may stimulate therapeutic innovation
- Confirmatory studies

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International
Headache Society

To advance headache science, education and management and promote headache awareness worldwide

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Free access to the IHS Online Learning Centre

Early access to IHS International Guidelines

Eligibility to apply for IHS Fellowships and other awards

Reduced registration to the bi-ennial International Headache Congress

Free download of the *Cephalalgia* app



To learn more about our different membership categories and related benefits please visit us at

www.ihs-headache.org