



iHEAD 2019

6th International Headache Academy (iHead) 2019 Dublin, Ireland

From Monday 2 September until Wednesday 4 September 2019 the 5th International Headache Academy (iHEAD) international was held at the award-winning Dublin Convention Centre, Dublin, Ireland. During this 3-day course delegates from all over the globe were offered a unique and highly interactive programme consisting of far-reaching insights for headache including cases, pathophysiology, diagnosis, patient management, debates on current topics and interactive workshops. A brief overview with some of the highlights.

In total 110 delegates from all over the world were present including Neurology residents, Headache Medicine fellows, other MDs and PhDs . An astonishing number of 28 different countries was represented and made their way to Dublin to learn more about headache sciences.

The first day started with three interactive clinical teaching cases by delegates presenting interesting and unique real-life histories, showing the importance of thinking outside the box. This was followed by three presentations from delegates of what they themselves thought was this year's best clinical paper. Furthermore, a very interesting lecture was given by Arne May about a relatively new topic: first division trigeminal pain. The day was concluded with two highly interactive debates in which delegates debated in two teams of two. The first debate was about the need for a better CGRP-assay. The majority of delegates was in favour although several people were convinced otherwise. The second debate was about a controversial topic in the headache community: the need to withdraw from medication before starting a prophylactic drug in migraine with medication overuse headache. It was clear that both debates touched upon relevant subjects as they resulted in a very lively discussion.

As a social event, the day ended with a visit to the Irish Emigration Museum where delegates attended a dinner within the museum.

The second day was started with three interactive lectures. Firstly Andrew Charles shared his very interesting experience on the use of CGRP and CGRP receptor antibodies in 2000 patients. Secondly Patricia Pozo-Rosich gave an insightful lecture on psychiatric disease in migraine patients. Thirdly Gisela Terwindt increased delegates' knowledge on the topic of rare genetic forms of migraine. After this delegates were involved in four types of interactive workshops ranging from more clinical (patient cases and neuromodulation in headache) to more practical (how to review a paper and improve your poster and slides) sessions. After this a lecture by Arne May on neuroimaging in headache formed a critical appraisal of what we have really learnt in which he emphasised the need for reproduction of previous study findings in imaging in particular, but also in research in general.

On the third and last day delegates' choices for one clinical and one basic science paper were covered. For clinical research Samira Younis presented results of migraine induction using calcitonin gene-related peptide and sildenafil. A discussion followed concerning the used methodology and the interpretation of the results. This presentation was followed by the basic science research by Wiliam Renthall on molecular characterization of human trigeminal ganglia at single-cell resolution. He very clearly explained the importance of single-cell genomics in subtypes of trigeminal nociceptors and how he and his team obtained the first single-cell atlas of a wide range of human neuronal cells. After this Timothy Houle was able to make statistics fun again, by giving a clear overview on the 13 most common mistakes he encounters in clinical and basic science papers. Ranging from solely reporting p-values up to (again) emphasising the need to report the plan of analysis with enough detail to allow replication. Finally, to shed more light on (future) career paths and opportunities, three interactive lectures about working in the industry were held. Ronald Zielman told us about his work as a clinician for a pharmaceutical company. The same was done by Kirk Johnson but this time in the role of a basic scientist. The series was completed with an inspirational talk by Eric Liebler on working in a start-up biotech company. He used a fantastic analogy of each type of biotech company from small to large by comparing them to a particular type of navy vessel. After this, the last day and iHEAD 2019 were concluded by some final remarks and messages by Michel Ferrari and Peter Goadsby.

On behalf of all participants, we would like to thank the organising committee (Professors Ferrari & Goadsby) with the indispensable help of Roemer Brandt, Aster Harder, Thomas van den Hoek, Iris Verhagen, Harriet Toole and Carol Taylor as well as the International Headache Society for supporting this event. Also, we would like to thank all the sponsors for sponsoring this unique event for talented and young headache researchers.

To all young clinicians and researchers who are working in the headache field who could not attend this time, please keep an eye open on future iHEAD events!

Thanks to iHEAD 2019 sponsors: Allergan, Eli Lilly, Novartis, Teva.



**iHEAD
Dublin, 2-4 September 2019**

Programme

Monday 2nd September 2019

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| 12:00 | Faculty & Delegate Reception & Lunch |
| 13:30 | <p>Welcome and Introductions</p> <p><i>Michel Ferrari & Peter Goadsby</i></p> |
| 13:45 | <p>Interactive clinical teaching cases</p> <p><i>Chair: Peter Goadsby</i></p> <p>Three cases, each by one delegate (20 min each; ≥ 5 min interactive discussion during or at end of presentation)</p> |
| 14:45 | <p>Best clinical papers since October 2018</p> <p><i>Chair: Messoud Ashina</i></p> <p>Three papers, each by one delegate (15 min each: 10 min presentation + 5 min discussion)</p> |
| 15:30 | Coffee break |
| 16:00 | <p>What is so special about 1st division trigeminal pain? (with ≥ 5 min interactive discussion)</p> <p>Arne May</p> <p><i>Chair: Andrew Charles</i></p> |
| 16:30-18:00 | <p>Two Debates (each by two teams of two pro and two con delegates)</p> <p><u>Format</u></p> <p>3 min: Chair's introduction of resolve and pre-debate voting 10 min: Pro Team (2 x 5 min)</p> |

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| | <p>10 min: Con Team (2 x 5 min) 10 min: Discussion with audience 1 min: Pro conclusion 1 min: Con conclusion <u>2 min</u>: Chair: post-debate voting and conclusion 37 min: Total (including switching of teams = 40 min)</p> |
| 16:30 | <p>Debate 1: We need a better assay for CGRP <i>Chair: Messoud Ashina</i></p> |
| 17:15 | <p>Debate 2: Chronic migraine and medication overuse: first withdrawal? <i>Chair: Patricia Pozo-Rosich</i></p> |
| 19:00 | Group Dinner |

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| Tuesday 3rd September 2019 | |
| 09:00 – 10:30 | <p>Three interactive Lectures (with each ≥ 5 min interactive discussion & questions) <i>Chair: Lars Edvinsson</i></p> |
| 09:00 | <p>Real-life experience with CGRP and CGRP receptor antibodies in 2000 patients Andrew Charles</p> |
| 09:30 | <p>How to deal with headache patients with comorbid psychiatric disease? Patricia Pozo-Rosich</p> |
| 10:00 | <p>Rare genetic forms of migraine Gisela Terwindt</p> |
| 10:30 | Coffee break |

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| | Interactive Workshops | | | |
| 11:00 | Patient cases Martin Ruttledge | How to review a paper Amy Gelfand | When is it time for neuromodulation in headache treatment and which? Peter Goadsby | How to improve your slides and posters Rolf Fronczek |
| 12:00 | Lunch | | | |
| 13:00 | What headache patients really want Audrey Craven <i>Chair: David Dodick</i> | | | |
| 13:30 | Best basic science papers since October 2018 <i>Chairs: Else Tolner & Philip Holland</i> Three papers, each by one delegate (15 min each: 10 min presentation + 5 min discussion) | | | |
| 14:15 | Neuroimaging in headache: a critical appraisal of what we have really learnt (Interactive lecture with ≥ 5 min discussion & questions) Arne May <i>Chair: David Dodick</i> | | | |
| 14:45 | Coffee break | | | |
| | Interactive Workshops Repeat from Tuesday morning for different delegates | | | |
| 15:15-16:15 | Patient Cases Martin Ruttledge | How to review a paper Amy Gelfand | When is it time for neuromodulation in headache treatment and which? Peter Goadsby | How to improve your slides and posters Rolf Fronczek |

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| 16:15-17:45 | <p>Making migraine trial designs and endpoints clinically more relevant (Two proposals presented by two teams of three delegates each)</p> <p><i>Chair: Michel Ferrari</i></p> |
| 16:15 | Clinically more relevant acute treatment trial designs and endpoints |
| 16:45 | Clinically more relevant preventive treatment trial designs and endpoints |
| 17:15 | <p>'What I always wanted to ask'</p> <p>Delegates and faculty</p> <p><i>Chair: Andrew Charles</i></p> |
| 17:45 | Close |

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| Wednesday 4th September 2019 | |
| 09:00-09:40 | <p>Participants choice (One clinical and one basic science presentation, each by one delegate, about their own work after preselection by participants)</p> <p><i>Chairs: Else Tolner & Phil Holland</i></p> |
| 09:00 | Clinical research |
| 09:20 | Basic science |
| 09:40 | <p>Common errors in biomedical statistics (Interactive lecture with ≥ 5 min discussion)</p> <p>Timothy Houle</p> <p><i>Chair: Gisela Terwindt</i></p> |

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| 10:20 | Coffee break |
| 10:50-12:05 | <p align="center">Working in Industry (Three interactive lectures with each ≥ 5 min discussion)</p> <p align="center"><i>Chair: Michel Ferrari</i></p> |
| 10:50 | <p align="center">As a clinician</p> <p align="center">Ronald Zielman</p> |
| 11:15 | <p align="center">As a basic scientist</p> <p align="center">Kirk Johnson</p> |
| 11:40 | <p align="center">In a biotech startup company</p> <p align="center">Eric Liebler</p> |
| 12:05 | <p align="center">Concluding remarks</p> <p align="center"><i>Michel Ferrari & Peter Goadsby</i></p> |
| 12:10-13:00 | Lunch and Adjourn |

We wish to thank the following sponsors for their support of iHEAD 2019



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