



Newsletter

Leading headache science, education and management globally

Letter from the President

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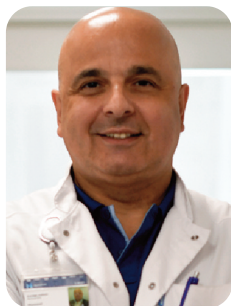
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Messoud Ashina

Dear Colleagues

In my last letter I informed you about our hybrid International Headache Congress (IHC) in Berlin, Germany.

Over the past 2 months, IHS and EHF have been actively monitoring the status of the COVID outbreak around the globe. Due to ongoing uncertainty surrounding the pandemic and vaccination programmes, we will unfortunately continue to face travel bans, governmental and institutional restrictions. Taking into consideration the current situation, including the welfare of all our delegates and faculty members, we decided that IHC 2021 will be a fully virtual congress.

The abstract submission deadline is very close. Do not miss the chance to submit your scientific work – deadline for submission has been extended to 6 April 2021, 23.59 CET. There will be several slots for abstract presentations within the scientific programme, as well as the possibility to present your research as an e-poster.

If you have any further questions, please feel free to **contact our project team** or check out our official congress **website**.

I would like to express my gratitude to the Scientific Programme Committee and the congress organiser Conventus for their continued hard work during this difficult time.

To all IHS members I would like to say that we count on your commitment and flexibility in this challenging time. We are confident that with your support we will make IHC 2021 possible.

IHS is proud that four Past-Presidents of our Society, Professors Lars Edvinsson (Sweden), Peter Goadsby (UK), Michael Moskowitz (USA) and Jes Olesen (Denmark), have been awarded The Brain Prize 2021 – the most prestigious award for brain research. The award recognises their pioneering work on migraine over four decades, paving the way for the development of entirely new classes of migraine-specific drugs which are now on the market and are already radically improving the lives of sufferers. Congratulations to all!

Sincerely yours
Messoud Ashina
ashina@dadlnet.dk

Editorial board

Messoud Ashina
Stefan Evers
Oliver Summ
Carol Taylor



Update from the Honorary Secretary



Stefan Evers

IHS in 2020

2020 was a challenging year for us all, however, IHS was able to continue with its activities and in particular enhanced our website and online learning centre. The most important activities are listed below. Any comments are welcome (see my email address at the end of this report).

IHS Strategic Planning meeting

Just before COVID-19 restricted travel, the IHS Board and key opinion leaders met in Copenhagen to discuss strategic objectives for the society. Prior the meeting all attendees completed a survey to establish what the society should strive to achieve over the next 2 to 3 years and beyond, and the results were discussed by the full group. Several key areas on which to focus were agreed, including the need for IHS to have a more global focus and forge stronger relationships with organisations outside Europe and North America, focus on online educational initiatives, and educate the next generation of headache specialists. Working groups were established to take these initiatives forward; work has been delayed due to the pandemic but will hopefully be re-initiated in 2021.

IHS website / online learning centre

We were very pleased in June to launch our new website and new branding which was developed by a marketing company in the UK. There are also accompanying websites in Spanish, Chinese and Russian.

Within the website is the newly revitalised Learning Centre which includes educational videos and podcasts on different aspects of headache and facial pain. All videos are available with English, Spanish and Chinese subtitles. We have also held quarterly webinars on various subjects and the recordings of these are also posted. Most of the content is for IHS members only, and if you would like to gain access it is easy to join IHS through the **website**

Membership page.

IHS is also grateful to our partner societies who have granted permission to include links to their online meeting presentations.

The Core Curriculum was revised and translated into Arabic, Brazilian Portuguese, Chinese (including traditional Chinese), French, Italian, Japanese, Korean, Russian, Spanish and Turkish.

IHS thanks the Education Committee and all who have participated and contributed to the learning centre content.

The IHS website includes the revitalised online learning centre

Content includes videos (with Spanish and Chinese subtitles), podcasts and webinars



IHS is now more active than ever in social media thanks to a dedicated Electronic Media Committee

Submit your research to Cephalalgia Reports

IHS Educational activities

The IHS Education Committee continued other activities; two Visiting Professor meetings took place in Mexico and Bangladesh prior to the worldwide travel restrictions. 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. This meeting, planned in Moscow, has been deferred until travel is again possible.

IHS Electronic Media

Under the guidance of the two Electronic Media Committee Co-Chairs, IHS enhanced its online profile through the social media channels and the society is now more active than ever before, highlighting society news and general headache medicine advancements on a daily basis. Thanks are offered to all the Committee members who work daily to ensure the IHS has a strong online presence.

Guidelines

The IHS 'Guidelines of the International Headache Society for Controlled Trials of Preventive Treatment of Migraine Attacks in Episodic Migraine in Adults' was published in July in Cephalalgia, and 'Health technology assessment for the acute and preventive treatment of migraine: A position statement of the International Headache Society' was published in January 2021.²

Guidelines on neuromodulation in migraine have been submitted for publication. Work is continuing on guidelines on idiopathic intracranial hypertension, cluster headache, post-traumatic headache and registries on real life data.

All IHS published guidelines and ICHD translations are freely available on the IHS and Cephalalgia websites.

Cephalalgia and Cephalalgia Reports

IHS was delighted to see the Cephalalgia impact factor for 2019 rise a little to 4.868 (2018: 4.438). Cephalalgia is now ranked 30 out of 204 in Clinical Neurology and 53 out of 271 in Neuroscience journals.

Cephalalgia Reports, the open-access silhouette title to Cephalalgia providing an international forum for original research papers, review articles, clinical perspectives, case reports, technical reports and short communications, was launched in 2018 and has now published over 80 articles. The publication is listed in SCOPUS and DOAJ.

Please consider publishing your research or views in Cephalalgia Reports. The journal actively encourages high quality papers in emerging observations with translational potential not yet realised, reports limited to regional relevance which may validate and add to existing studies, RCTs with negative outcomes, confirmatory studies, technical reports, articles with a more clinical emphasis, pilot trials which may stimulate therapeutic innovation and scientifically rigorous pathophysiological and pharmacological studies.

Please visit the **Cephalalgia Reports website** if you would like to submit your work to this exciting publication.

Grants and fellowships

IHS was pleased to continue to award grants and fellowships to junior colleagues in 2020.



**Congratulations
to all IHS grant
recipients in
2020**

IHS Fellowship

Alejandro Labastida Ramirez, Mexico: Research title: Crosstalk between sex hormones and amylin signalling in the trigeminovascular system. Institution: King's College London, UK – mentor: Jan Hoffmann

Christina Deligianni, Greece. Research title: Opening of ATP-sensitive potassium channels induce cluster headache attacks: a randomized clinical trial. Institution: Danish Headache Center – mentor: Messoud Ashina

Both will start their research in 2021 and introductions to the two fellows can be found later in this newsletter.

IHS Headache Trainee Programme

Yessika Rojas, Colombia. Institution: São Paulo Headache Center, Brazil – mentor: Mario Peres – started February 2021

Pannathat Soontrapa, Thailand and Aliaa Wan Sulaiman, Malaysia. Institution: King's College London, UK – mentor: Peter Goadsby – visits deferred until travel is possible.

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

The visits are deferred until travel is possible.

Membership

In 2020 unfortunately membership numbers fell – this was anticipated as it is a non congress year, but we believe was also affected by the COVID-19 pandemic. 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. In the first months of 2021 we have seen an increase in new membership applications.

More detail on the activities highlighted above can be found in the Newsletters on the [IHS website](#).

World Headache Society

Some of you may have noticed that a World Headache Society has been founded. The International Headache Society would like to make it clear that it is an entirely separate organisation from the World Headache Society (formerly the Asia Pacific Headache Society).

José Maria Pereira Monteiro

It is my sad duty to inform our members that José Maria Pereira Monteiro from Porto, Portugal, died in February this year. José was Professor emeritus for Neurology at the Hospital Santo Antonio in Porto. He was interested in headache during his whole career, in particular in cluster headache. For many years, José was chair of the IHS Cluster Headache Special Interest Group. He was an advocate for patients with cluster headache and for research into this extremely disabling disorder. IHS will remember him as an enthusiastic clinician and researcher, and as a very friendly person. Our thoughts are with his family.

**IHS is saddened
to announce the
death of José
Maria Pereira
Monteiro, Chair
of the IHS
Cluster
Headache SIG**



IHS welcomes comments or proposals for IHS activities – please email me with any suggestions you may have.

Stefan Evers

everss@uni-muenster.de

1. Diener HC, Tassorelli C, Dodick DW, et al. Guidelines of the International Headache Society for controlled trials of preventive treatment of migraine attacks in episodic migraine in adults. *Cephalalgia* 2020; 40: 1026–1044.
2. Diener HC, Ashina M, Durand-Zaleski I, et al. Health technology assessment for the acute and preventive treatment of migraine: a position statement of the International Headache Society. *Cephalalgia* 2021. doi.org/10.1177/0333102421989247.

International Headache Congress 2021

**IHC abstract
submission
deadline
extended to
6 April 2021,
23.59 CET**

**Join us for an
exciting
programme to
keep up to date
on new research
approaches,
clinical trial
reports and real-
world
experience with
new therapies**



This year's bi-ennial International Headache Congress will take place from 8–12 September 2021 and will be the first combined congress of the International Headache Society (IHS) and the European Headache Federation (EHF).

Since IHC 2021 will be held virtually, delegates will be able to easily access the unique joint congress from anywhere in the world, in real time or when it is convenient to do so.

The preliminary programme can be viewed on the [congress website](#) – many renowned speakers from all over the world will be presenting during the scientific sessions which focus on the theme of the congress: Headache science to optimise patient care.

The scientific programme combines sessions on basic research and evidence-based standards as well as innovative ideas, new research approaches and clinical trial reports, combining exciting plenary sessions with controversial debates. Plenary sessions will provide updates on real-world experience with new therapies, medication overuse headache, idiopathic intracranial hypertension, and the trigeminal autonomic cephalalgias and facial pain. There will be debates on whether precision medicine is possible in the migraine field, whether the brain 'cycles' differently in people with migraine, and if the CGRP monoclonal antibodies are disease modifying. The traditional Special lectures – the IHS Presidential Symposium, IHS Special Lecture, Enrico Greppi Award Lecture and Cephalalgia Award Lecture – will also be included in the programme. Teaching courses, scientific sessions, oral abstract presentations, and e-poster presentations will provide a well-rounded view of the latest advances in headache.

Important dates

Abstract submission deadline 6 April 2021

Late breaking abstract submission
will open for 2 weeks in June 2021

Registration dates

- early bird registration deadline	20 May 2021
- standard registration deadline	5 August 2021
- late registration	from 6 August 2021



**Early bird
registration
ends 20 May –
register today!**

We cordially invite you to join the scientific exchange, educate yourself and also to be an active part of the event by taking part in the discussions after lectures.

The abstract deadline has been extended to 6 April 2021, 23.59 CET. Don't miss the opportunity to **submit your research** to our congress.

Register now for the next the next IHC success story through the **online registration** portal.

The congress Chairs, Messoud Ashina (President of the IHS) and Zaza Katsarava (President of the EHF), and Scientific Programme Chairs, Christian Lampl, Patricia Pozo Rosich and Todd Schwedt, will be delighted to welcome you to the IHC 2021 in September.

IHS Fellowship introductions



**Christina Deligianni,
Greece**

Opening of ATP-sensitive potassium channels induce cluster headache attacks: a randomized clinical trial

**Fellowship from March 2021 to February 2022
Danish Headache Center, University of Copenhagen, Denmark
Mentor: Messoud Ashina**

In the winter of 2021, I was awarded the IHS fellowship which will offer me a unique opportunity to implement basic research at an internationally prominent and recognised institution, the Danish Headache Center. Eventually, this fellowship will open new horizons in my career in the field of neurology and headache in particular.

I graduated from the Medical School at the Aristotle's University of Thessaloniki, Greece, and completed my residency in Specialty of Neurology at the 1st Neurology Department, Aeginition Hospital, National and Kapodistrian University of Athens. The previous 2 years I had been working as a Neurology Consultant at the Athens Naval Hospital, Neurology Department. I am a PhD candidate at the National and Kapodistrian University of Athens (Thesis: "The nocebo phenomenon during the COVID-19 pandemic in patients suffering from primary headache disorders").

During my residency I had the opportunity to attend the Headache Clinic at the Aeginition Hospital, being responsible for the treatment and follow-up of headache outpatients, as well as participating in clinical trials on migraine and cluster headache under the supervision of Professor Dimos Mitsikostas.

One of the most tremendous and recognisable headaches is cluster headache, a highly disabling neurological disorder. Although the signalling pathways responsible for initiating cluster periods and individual attacks are unknown, recent data suggest that the biological underpinnings involve activation of cAMP-mediated pathways that regulate the opening of ATP-sensitive potassium channels. To date, human provocation models have identified three signalling molecules involved in the induction of a cluster headache attack, being calcitonin gene-related peptide (CGRP), pituitary adenylate cyclase-activating peptide (PACAP), and vasoactive intestinal peptide (VIP). These

**This fellowship
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particular**



My research may lead to the determination of a novel pathophysiological mechanism of cluster headache and maybe a novel drug target to address the unmet needs of patients with cluster headache

The fellowship will allow me to work with a world-renowned research group that studies preclinical and clinical pathophysiological aspects of headaches

observations are intriguing for two reasons: firstly, CGRP, PACAP and VIP are known to dilate intracranial arteries by increasing intracellular levels of cAMP; secondly, there is preclinical evidence that activation of cAMP-mediated pathways results in opening of ATP-sensitive potassium channels within the vascular smooth muscle cells at the walls of the intracranial arteries. Based on these insights, we hypothesised that modulation of nociceptive transmission by ATP-sensitive potassium channels (e.g. via levromakalim) might attenuate the induction of a cluster headache attack.

I truly hope that the IHS fellowship will not only lead to the determination of a novel pathophysiological mechanism of cluster headache, but also my research could constitute a novel drug target to address the unmet needs of patients with cluster headache. Last but not least, it is an honour and great opportunity to be working with Professor Messoud Ashina and his research team who not only will help me in understanding the methodology of human models of headache, but also offer me the benefit of their expertise in the field.



Alejandro Labastida-Ramírez, Mexico

Crosstalk between sex hormones and amylin signalling in the trigeminovascular system

**Fellowship from April 2021 to April 2022
Headache Group, King's College London, UK
Mentor: Jan Hoffmann**

Early this year, I was awarded an IHS Basic Science Headache Research Fellowship. I am deeply grateful and appreciate the opportunity provided by the IHS which will allow me to work with a world-renowned research group that studies the preclinical and clinical pathophysiological aspects of headaches. The novel techniques and scientific knowledge acquired during the IHS fellowship will be instrumental for my development as a researcher, and will set the basis for establishing my own research line and group in the future.

I earned my Bachelor in Medicine at the Anahuac University, Mexico, and then completed a Master in Science in Neuropharmacology at the Center for Research and Advanced Studies of the National Polytechnic Institute (Dr Carlos Villalón, Mexico). In 2015, I started my PhD under the supervision of Dr Antoinette Maassen Van Den Brink at the Erasmus University Medical Center in Rotterdam, the Netherlands. The focus of my PhD consisted of exploring the peripheral projections of the trigeminovascular system and their potential as a therapeutic target for anti-migraine treatment. Later, I started to work at the Institute of Neurobiology of the National Autonomous University (Dr Miguel Condes-Lara, Mexico), where I learnt a new in vivo rat model which involves electrophysiological recordings of the brainstem. I plan to combine all the techniques I have learnt throughout my research career to develop a pioneering approach to study the pathophysiology of migraine in a more integral way.

Migraine is three times more common in women than in men, but the mechanisms behind this sex-disparity are poorly understood. In this regard, I am going to use innovative electrophysiological and pharmacological approaches to characterise the



It is poorly understood why migraine is more common in women than in men

influence of female sex hormones (and their receptors) on migraine-relevant mechanisms. Moreover, the influence of sex hormones on the effects of different neuromediators will be evaluated in nociceptive signalling. This is a novel approach that could reveal some of the female-specific migraine mechanisms that contribute to the higher prevalence of migraine in women and these may result in female-specific therapies.

It is an honour for me to be given the opportunity to work with Dr Jan Hoffmann, who has long-term experience in electrophysiological recordings and animal models of trigeminal activation. Dr Hoffmann's international and supervisory experience will guarantee that my research project develops in the right direction.

2nd Iranian International Headache School Tehran, Iran, 15–17 January 2021



Mansoureh Togha

The 2nd Iranian International Headache School was held virtually from 15–17 January in Tehran, Iran. It was the third international programme held subsequent to the Iranian Headache Association (IHA) becoming an Affiliate Member Society of the IHS in January 2015. As such the IHA international programme was performed under the auspices of IHS. The programme was also supported by the Iranian Neurological Association (INA) and one domestic pharmaceutical company (Cobel Daru).

21 international and 6 local speakers presented over the 3-day meeting

The school hosted 21 international speakers: Messoud Ashina and Lars Bendtsen, Denmark; Robert Cowan, Alan M Rapoport, Sait Ashina, Nathaniel M Schuster and Hossein Ansari, USA; Stefan Evers, Germany; Aynur Özge, Turkey; Fayyaz Ahmed and Manuela Fontebasso, UK; Christian Lampl, Austria; Hayrunnisa Bolay and Derya Uluduz, Turkey; Susana Mederer Hengstl, Spain; Muhammad Nasrullah, Pakistan; Verena Subtil Viuniski, Brazil; K M Nazmul Islam Joy, Bangladesh; M V Francis, India; Marwa Yassien Badr, Egypt; and Seby John, UAE.

There were also six local speakers: Mansoureh Togha, Fariborz Khorvash, Soodeh Razeghi, Nooshin Yamani, Seyed Ehsan Mohammadianinejad and Ali Ghabeli.

The scientific programme was held over the course of 3 days and was designed to be as versatile as possible in order to be compatible with guest's schedules and time differences. The lecturers were presented either live or pre-recorded in English; all presentations included subtitles in English to facilitate understanding for the diverse nationality of attendees.





English subtitles facilitated understanding for the diverse nationalities of attendees

The recorded lectures are available on the IHA website



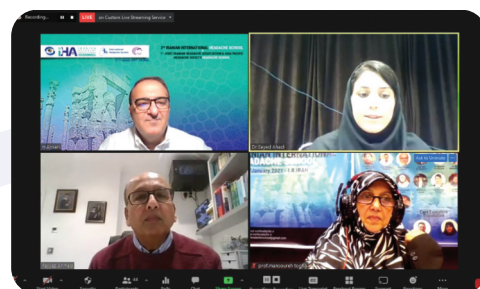
The programme was initiated by the welcoming message of the school's Chair, Mansoureh Togha, and INA President, Hossein Pakdaman. The lectures were between 20 and 30 minutes, each followed by a 10-minute live question and answer session. During breaks video clips displaying Iranian nature and ancient and medicine history were shown.

The programme was attended by 490 physicians and researchers from different countries; the majority were neurologists and neurology residents, however, general practitioners, pharmacists, nutritionists and other specialties including neurosurgery, psychiatry, ophthalmology and anaesthesiology/pain also attended.

Topics included: overview of migraine and treatment modalities in chronic migraine; overview and treatment of cluster headache: clinical presentation and diagnosis; cervicogenic headache; headache attributed to traumatic brain injury; tension-type headache: pathophysiology and comorbidities; trigeminal neuralgia: diagnosis and treatment; neuro-ophthalmic headaches; paediatric headache; and many others.

The recorded lectures are now available on the **IHA website** and IHA offers thanks to the speakers for permitting us to post online.

Feedback from the delegates was very positive in regard to the high calibre of presenters, both domestic and international, the well-structured programme, which incorporated practical, theoretical, and futuristic topics, and the invaluable chance to communicate with world-leading experts in the field of headache medicine. The virtual nature of the event and high accessibility to all the information allowed individuals to take part without any barriers. The Headache School was very important to communicate comprehensive developments within the headache field in the region and further collaboration at an international level with neighbouring countries is very much warranted to help with the advancement of headache medicine in this region.



IHS support for these educational programmes plays a key role in headache science promotion. Professor Messoud Ashina has played a tremendous role as facilitator between the IHS and IHA during his tenure as IHS President. His efforts throughout the collaboration and planning phases of this congress was extremely valuable to the IHA and its members.

Apply today for the IHS fellowship
See page 11 for more information
Application deadline: 28 April 2021



International
Headache Society

IHS Junior Research Grant

The IHS Junior Research Grant 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 or clinical headache research, or a combination of basic and clinical research, will be considered

Application deadline: 12 May 2021

Visit the IHS website Grants and Awards page for more information
www.ihs-headache.org

IHS Virtual Mentoring Programme

The IHS Juniors Group is organising a yearly virtual mentoring programme to promote global mentorship, collaborations, and support within our society

If you are interested in potentially becoming a mentee in the IHS virtual mentoring programme, please see the IHS website Juniors Group webpage for more information

Application deadline: 23 April 2021

Calendar of events

Date	Event	Country	Contact/information
2021			
3 April	8th Asian Regional Conference of Headache (ARCH)	Taipei, Taiwan	Visit website
17–22 April	American Academy of Neurology Annual Meeting	Virtual meeting	Visit website
3–6 June	63rd Annual Scientific Meeting of the American Headache Society	Virtual meeting	Visit website
9–11 and 16–18 June	IASP 2021 World Congress on Pain	Virtual meeting	Visit website
19–22 June	7th Congress of the European Academy of Neurology	Virtual meeting	Visit website
18–19 August	12th International Conference on Stroke, Neurology and Cerebrovascular Disease	Munich, Germany	Visit website
8–12 September	IHC 2021 – International Headache Congress – IHS and EHF joint congress 2021	Virtual meeting	Visit website
23–26 September	15th World Congress on Controversies in Neurology (CONy)	Dubai, UAE	Visit website
3–7 October	XXV World Congress of Neurology	Rome, Italy	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.



International
Headache Society

IHS Fellowship Awards 2021

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: 28 April 2021

Tell your colleagues about the IHS Fellowship 2021

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.

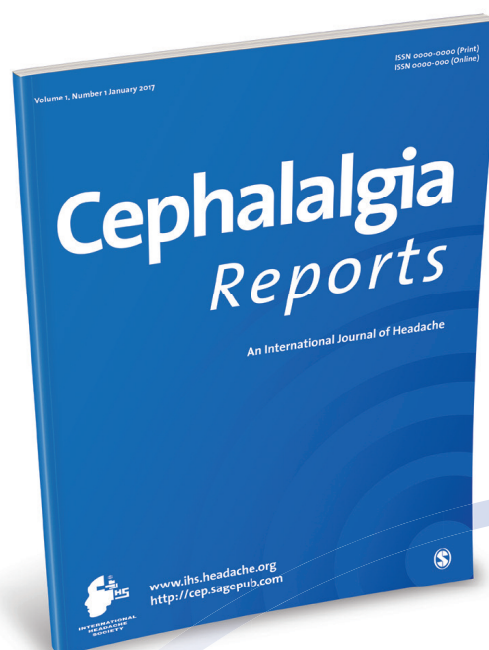
It actively encourages high quality papers in the following areas:

- 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

All articles are freely available online immediately upon publication. All articles are rigorously peer-reviewed, and brought to publication as rapidly as possible.

Now accepting submissions!

<https://mc.manuscriptcentral.com/reports>



For more information including Author Processing Charges, visit journals.sagepub.com/rep and click on Submission Guidelines



International
Headache Society

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

Join the IHS

Subscription and online access to *Cephalalgia*
and *The Neuroscientist*

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