



# Newsletter

Leading headache science, education and management globally

## Letter from the President

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Cristina Tassorelli  
Patricia Pozo-Rosich  
Mario Peres  
Henrik Schytz  
Carol Taylor



## Cristina Tassorelli

Dear Colleagues

This second quarter of the year has been extremely active and productive. In May the IHS Board met with the many of the Chairs of the Committees, Special Interest Groups (SIGs) and Task Forces (TFs) to discuss and lay the future Strategic Plan for the Society.

An in-depth analysis of the Society's strengths, weaknesses, opportunities and threats was conducted with the professional support of a facilitator, whose outcome was extremely useful to inform decisions and plans for future developments. IHS has emerged as a very solid society that can rely on a strong reputation in disseminating headache science and fostering headache education. The admirable dedication and work of the present and previous Trustees, the Chairs of the Committees, SIGs, and TFs have emerged as clearly successful in many areas. In other areas, adjustments will be needed to fine-tune objectives and strategies to achieve them.

In this context, it is imperative for IHS to expand and reinforce its international breath and value. This needs to be done with adaptive modalities in different regions of the world. In this frame, it is important to underline that much of IHS' effort in the past 2 months has been dedicated to the planning and organisation of the 1st IHS Regional Headache Conference (RHC) (see article later in this Newsletter), which will take place in Buenos Aires later in the year. It has been a huge effort endured mostly by Carol Taylor, Maria Teresa Goicochea and Messoud Ashina, with the support of the Scientific Programme Committee Chaired by Marco Lisicki and Jan Hoffmann. It has been a race against time and against COVID, but it is definitely worthwhile because the meeting will bring IHS closer to Latin America and will attract young doctors and researchers from that region to the headache field. I am grateful to the persons mentioned above because they embraced this groundbreaking initiative with passion, energy and generosity. I am also grateful to the many companies who enthusiastically accepted to support the event, even if their new drugs are not marketed in Latin America. This speaks greatly in favour of the companies' willingness to contribute to advance medicine and close gaps in healthcare inequalities in the headache field. A purpose that, when it comes to making life better for people suffering from headache around the world, collimates with IHS objectives.

Another important 'regional' initiative is shaping up. The 1st edition of the Regional Outreach Programme of IHS (ROPE-IHS) is planned for November and will take place in Blantyre, Malawi. The training will address 50 clinical officers working in the network of healthcare centres of the DREAM (Disease Relief through Excellent and Advanced



**IGAP adopted  
by different  
regions of the  
world and  
implemented  
at country level**

**Cephalalgia to  
move to open  
access from  
2023**



Group picture of most of the participants of the IHS strategic meeting 2022 in Vienna (May 2022)

Means) Charity scattered across the region. The training will be delivered on-site by the IHS members of the ROPE Group (Massimo Leone and Daniele Martinelli from Italy, Manjit Matharu from UK, Augustina Charway-Felli from Ghana, Derya Uluduz from Turkey) in four 3-hour highly interactive modules.

At the end of May the World Health Assembly approved the Intersectoral Global Action Plan (IGAP) on Epilepsy and Other Neurological Disorders, to be adopted by the different regions of the world and implemented at country level. Migraine and headache are well represented in IGAP and collaborative initiatives are shaping up to create a global action plan for headache disorders 2022–2031.

The initiative Headache Research Priorities, already mentioned in the previous newsletter, is continuing its march towards a better standing of headache among research funding opportunities. Two meetings were held at the end of July to finalise the document that has seen the wide and intense contribution of headache experts from different regions of the world.

Finally, as you will read later in this newsletter, from 2023 *Cephalalgia* will transition to a gold open-access journal, therefore all papers accepted for publication in *Cephalalgia*, and past articles back to 1999, will be free to view by everyone. This will remove all barriers to clinicians and researchers worldwide in learning of the latest developments in the field of headache medicine and research.

IHS never sleeps (!) and other activities are ongoing: you can read about them in the Secretary's report.

With my warmest regards,

**Cristina Tassorelli, MD, PhD**  
[cristina4IHS@gmail.com](mailto:cristina4IHS@gmail.com)

## Update from the Honorary Secretary



**Patricia Pozo-Rosich**

It is my pleasure to be able to share with you an update on IHS activities since the last Newsletter distributed in April 2022.

### **Cephalalgia**

I am pleased to report the *Cephalalgia* impact factor for 2021 is 6.075. *Cephalalgia* is now ranked 37 of 212 in Clinical Neurology and 59 of 274 in Neuroscience journals. Congratulations are offered to Editor-in-Chief, Arne May, Managing Editor, Wendy Krank, and the *Cephalalgia* Editorial Board and review team for their continued management of our journals.

You may be interested in reading two recently published articles in *Cephalalgia* based on research done by IHS.

### **Effect of Altmetric score on manuscript citations: A randomized-controlled trial<sup>1</sup>**

Altmetrics are alternative metrics to traditional ones, such as article downloads and citations. Altmetrics give information on how often a given journal article is discussed and used in professional and social networks, such as mainstream media and Twitter. The trial conducted by IHS members and the *Cephalalgia* Editor, Arne May, tested the hypothesis that a promotion intervention would improve citations and other science metric scores. These results enhance the importance of research which reaches not only the known readers of a journal, but also in other fields of knowledge as well as society.

### **A history of International Headache Society grants and their impact on headache careers<sup>2</sup>**

Authored by the IHS Juniors Group, Science and Research, and Education Committee Chairs, this article researched the impact IHS grants have had on recipients and their subsequent careers. Over the years IHS has offered many different grants, some research-based, others for short directed visits to leading headache centres worldwide, the latter mostly offered to junior members from lower-income countries. The research shows that the IHS grants have had a direct impact on the recipients' careers and encouraged many of them to continue in the field of headache and share their knowledge with their national colleagues. We believe this proves the value of the investments that the society does in order to promote headache education and research.

### **Grants and fellowships**

We are delighted that, as worldwide travel is now possible again, we have been able to re-open our visiting grant programmes.

The recipient of the IHS Fellowship 2022 is Sarah Louise Tangsgaard Christensen from the Danish Headache Center who will conduct research on 'Migraine signalling events in the meninges' with Dan Levy at Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, USA. You can read an introduction to Sarah later in the newsletter.

**Articles  
published in  
*Cephalalgia* on  
Altmetrics and  
the impact of  
IHS grants**

**Congratulations  
to 2022 grant  
recipients**



**Seed funding  
offered for  
research  
projects  
focusing on  
headache in  
children and  
adolescents**

IHS is also pleased to support three Headache Trainees in 2022: Eliseo Barral from Argentina will visit Peter Goadsby at King's College London, UK; Nadir Hussain from Pakistan will visit Fayyaz Ahmed in Hull, UK; and Khadija Saghir will visit Andreas Straube in Munich, Germany.

For the first time in 2022 IHS offered seed funding for projects which study headaches in children and adolescents; the purpose of the awards is to initiate new projects which will result in extramural funding. Two awards were offered to: Hadas Nahman-Averbuch to study 'Hormonal effects of puberty-related alterations in pain in adolescents with migraine' and Amy Gelfand and Christina Szperka for research on 'Informing treatment trial outcome measure selection for adolescents with NDPH'.

A small grant was offered by the Secondary Headache Special Interest Group to promote and support research related to secondary headache disorders. The recipient of this award is Wei Dai from China who will conduct research on 'A longitudinal follow-up study of the patients with medication-overuse headache that completed baseline resting-state functional MRI'.

Congratulations to all our 2022 grant and award recipients.

IHS also offers the Visiting Professors project which sends headache specialists as representatives of IHS to attend regional meetings, or teach at a headache centre, in countries that might need or want increased headache education and motivation and where, without financial support, attendance of an international specialist would not be possible. We are delighted that, following 2 years of being unable to support such visits, finally we were able to send two speakers, Cristina Tassorelli and Manjit Matharu, to present at our first African Visiting Professor in Kenya in May. A report will be included in the next newsletter.

We are hoping other visits to Cambodia (postponed from 2020) and Cameroon will take place this year, and also support of a virtual Visiting Professor in Moldova.

#### **IHS Regional Headache Conference**

As reported in the last newsletter, we are delighted to be holding our first Regional Headache Conference (RHC) in Buenos Aires, Argentina, from 29 September to 1 October. The programme has been finalised and the speakers are preparing for their visits. Conference Chairs, Messoud Ashina and Maria Teresa Goicochea, are very much looking forward to welcoming IHS to Argentina – the first large event the society will hold in Latin America. The sessions will be recorded and available for IHS members after the conference – you can read more about the conference later in this newsletter.

#### **IHS Annual General Meeting**

The AGM is scheduled to be held on 9 September 2022 in London during the Migraine Trust International Symposium. All members are invited to attend and the agenda and papers have been circulated. We hope many members will join us – we are also offering members the opportunity to join virtually – more details to follow.

**Patricia Pozo-Rosich**  
[ppozo@vhebron.net](mailto:ppozo@vhebron.net)

1. Peres MF, Braschinsky M, May A. Effect of Altmetric score on manuscript citations: a randomized-controlled trial. *Cephalalgia* June 2022. doi:10.1177/03331024221107385

2. Puledra F, Wang S-J, Diener H-C, Schytz HW. A history of International Headache Society grants and their impact on headache careers. *Cephalalgia* June 2022. doi:10.1177/03331024221107384

**Visiting  
Professors  
programme  
re-activated  
after  
postponements  
due to  
COVID-19**



## Headache research without boundaries: *Cephalalgia* and open access



**Arne May, Editor-in-Chief**

***Cephalalgia* articles will be freely available to all who want to read**

We are excited to announce that *Cephalalgia* will transition to a fully Gold Open-Access journal in January next year. This means that beginning January 2023, all papers accepted for *Cephalalgia* will be immediately free to view by everyone and will publish under a Creative Commons license. With becoming an open-access online journal, the copyright of all published content will remain with the authors.

*Cephalalgia* is a well-cited and highly regarded journal. However, being a subscription journal, most articles have remained behind a paywall (accessible through International Headache Society membership or direct subscription to the journal).<sup>1</sup> The principles behind open-access publishing – making published papers freely available and accessible to all without barriers – are well established and highly applicable to IHS. As a charity, the purpose of IHS is to advance headache science, education, and management and promote headache awareness worldwide.<sup>2</sup> Therefore, it is only logical to make all the scientific content that *Cephalalgia* publishes freely available to all who want to read it.<sup>1</sup>

This change to open access has been made with careful consideration by the Editors, Editorial team and the IHS Board. An inevitable consequence of the shift to open-access publishing is that the costs involved in publishing papers are borne by the authors (instead of the readers). We will do all we can to ensure the costs of publishing in *Cephalalgia* remain reasonable. As we have been preparing for the move to open access, we have been conscious of the need for a competitive article processing charge (APC), which will be introduced on 1 September 2022.

*Cephalalgia* will have three APC rates. An initial discounted rate will start at US\$ 2,500 for 2023, which is below the average APC for most journals. On top of the introductory rate, there will also be a further discount for IHS members, i.e. when the first and the last authors of a manuscript are IHS members the manuscript will receive a discounted APC of US\$ 1,500, and we strongly encourage authors to join IHS for the discounted APC. To have open access papers ready for publication starting January next year, we will begin the process of APC payment on 1 September 2022.

***Cephalalgia* will continue to publish articles which increase our knowledge of headache and trigeminal pain**

This is a pivotal moment in the development of *Cephalalgia*. The entire editorial team has untiringly worked towards this goal and is enthusiastic since the journal will be more widely read and better utilised than ever before. Very important for us was that papers that have already been published in the journal will also be made free to read starting January 2023. The most important and indeed indispensable prerequisite of this open-access journal format is the strict adherence to the high *Cephalalgia* standards in all aspects of quality control, publishing groundbreaking, innovative, and up-to-date basic and clinical research. I am immensely thankful to all our devoted reviewers over the last years who have kept and will keep *Cephalalgia*'s high standard in the scientific literature. The overarching theme is and will be only to publish what increases our knowledge of headache and trigeminal pain.<sup>3</sup> We will always strive to exclusively publish the best authors and the best manuscripts – as this is independent from open access.



1. May A. Does headache research need more or less journals: Cephalalgia and Open Access. Cephalalgia 2018; 38:615–616.
2. <https://ihs-headache.org/en/about-ihs/> - accessed July 10, 2022
3. May A. Letter from the Editor-in-Chief. Cephalalgia 2016; 36: 3–4.

## IHS Regional Headache Conference Buenos Aires, September 2022



**Cristina Tassorelli,  
Messoud Ashina,  
Maria Teresa  
Goicochea**

**RHCs will  
be held in a  
different region  
to where the  
IHC has been or  
will be held**

The bi-ennial International Headache Congress (IHC) is one of the most important activities of IHS. The first IHC was held in Munich, Germany, in 1983 and has since visited many countries, but with a couple of exceptions IHCs have been held in central Europe or North America.

In September IHS will organise the first IHS Regional Headache Conference (RHC), the objective being to hold a smaller meeting in non-IHC years in a different region to where IHC has been or will be held.

The destination for the first RHC is Latin America – the first time IHS has held a larger meeting in the region. Latin America corresponds to around 9% of the global population. There is considerably limited access to headache services. A survey recently published in *Cephalalgia* reports that from the 86 headache-dedicated professionals, 64% reported not having a headache specialisation programme of any kind available in their countries.<sup>1</sup> The lack of headache educational programmes, headache centres with formal training programmes, and grants and resources to attend international headache congresses contributes to the gap between Latin America and other regions. Many patients are still under-diagnosed or do not receive correct treatment.

The 1st RHC will be held in Buenos Aires, Argentina, from 29 September to 1 October 2022 and will be a unique opportunity for neurologists and researchers from the wider Latin America region to come together to discuss headache medicine and science with international headache opinion leaders.



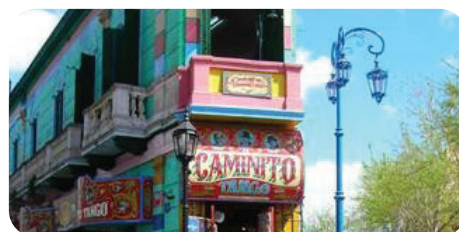
Chaired by IHS Past-President, Messoud Ashina, and local IHS Board member, Maria Teresa Goicochea, the conference will bring together key international speakers including IHS President Cristina Tassorelli, IHS President-elect Rami Burstein, IHS Honorary Secretary Patricia Pozo-Rosich, and members of the IHS Board and Committees. Local and regional headache specialists will also bring their expertise to

the conference to deliver a programme that will not only include a variety of scientific sessions and courses covering international scientific data and practices, but also sessions based on local needs, and practical courses for young delegates to guide them in their future careers.

The conference will bring neurologists and researchers together with the possibility to communicate and discuss recent advances, disseminate headache science and headache medicine and encourage interest and research in the headache field.

**Latin America  
corresponds  
to around 9%  
of the global  
population  
but there is  
limited access  
to headache  
services**

**Register here  
for RHC 2022**



#### Programme highlights:

- Current and emerging treatments in migraine
- Chronic headache: MOH and refractory headache
- Headache: brain mechanisms and circuits igniting primary headache
- Why migraine is a disease? An update on migraine
- Pathophysiology
- Cluster headache: genetics. The role of CGRP in cluster headache
- Stress and migraine
- Current understanding of tension-type headache
- Ten recent news articles about headache that every neurologist needs to know
- Developing headache research – from zero to hero

During the RHC we will be holding a hybrid open meeting for the Latin American community. This will be a great opportunity to reach those who suffer headache disorders such as migraine, cluster, tension-type headache and others to hear professionals and become aware of the importance of consulting with a doctor, and the different and personalised treatments available to them. Medical Science and the community working together to bring to light the impact of headache disorders.

1. Lisicki M, Souza MNP, de Oliveira AB, et al. Bridging the gaps of headache care for underserved populations: current status of the headache field in Latin America. *Cephalalgia* April 2022. doi:10.1177/03331024221093623

## IHS Fellowship report



**Christina Deligianni, Greece**

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

**Fellowship from March 2021 to February 2022**  
**Danish Headache Center, Rigshospitalet Glostrup, Denmark**  
**Mentor: Messoud Ashina**

#### Overview

My research was a randomised, double-blind, placebo-controlled, two-way crossover trial. Eligible patients were aged 18 to 65 years with a history of episodic and chronic cluster headache (CH). Patients were randomised to receive an intravenous infusion of levocromakalim (0.05 mg/min) or placebo (isotonic saline) over 20 minutes on 2 separate study days. T0 was set at the time of drug administration. A headache diary with hourly entries was used to record the occurrence of CH attacks and other relevant data.

The primary outcome of the study was the difference in incidence of CH attacks during the 12-hour observational period.

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period**



**The fellowship offered me a great opportunity to broaden my mind and vision in the aspect of headache disease**

**The interaction with colleagues from different countries helped my personal development and influenced my scientific and clinical approach to headache disorders**

Fourteen patients were required to have a 95% chance of detecting, as significant at the 5% level, an increase in the primary outcome from 20% in the placebo group to 90% in the levromakalim group. The plan was to enrol 47 subjects (20 patients with chronic CH, 15 patients with episodic CH in remission and 12 patients with episodic CH in bout).



### Summary of research

The first 3 months of the fellowship were spent on my admission to the laboratory and training in human provocation models, and I also participated in parallel projects.

The research protocol was submitted for approval from the hospital's Ethics Committee. Whilst waiting for approval I contributed to the writing of a review regarding the safety and

tolerability of erenumab in migraine treatment. I was also given the chance to attend the activities of the outpatient clinic.

Following Ethics Committee approval in April 2021, we started patient recruitment, and at the same time, the execution of experiments took place for both provocation days for each participant. During this procedure we encountered difficulties in recruiting patients, mainly due to COVID-19, but to some extent also due to the nature of the disease.

The initial estimated number of 20 patients in the chronic CH group was decreased to 15 patients because of negative outcomes. In total approximately 200 patients were contacted and assessed according to the eligibility criteria.

Thirteen of 15 patients in the chronic CH group were included and completed the provocation. All 15 patients with episodic CH in remission were included and have completed the provocations. Nine of 12 patients with episodic CH in bout were included in the study and completed provocations; three patients are still missing for the completion.

The extension of the study for over a year was deemed necessary until the required number of participants was completed.

The research is ongoing.

### Conclusion

The IHS Fellowship has not only met my initial aims, which were the investigation of a potential new pathophysiological mechanism of CH, but, moreover, offered me a great opportunity to broaden my mind and vision in the aspect of headache disease and affected my scientific and clinical approach to headache patients and disorders.

The Fellowship has played a crucial role in my career. My research was conducted in the most comprehensive headache centre in the world and has offered me the opportunity to discover a new aspect of research such as experimental triggering of CH and migraine attacks. This has helped me to deepen my knowledge of the underlying pathophysiological mechanisms of headache disorders, contributing to a better understanding of the disease in relation to drug discovery. It also allowed me to improve my knowledge and skills in the assessment and treatment of a specific patient group.

In addition, the interaction with colleagues from different countries working in an international environment helped my personal development and influenced my scientific and clinical approach to headache disorders.

I would strongly recommend future IHS Fellowship applicants who are interested either in basic or clinical research in headaches to take the opportunity and work in a different environment and well recognised centre such as the Danish Headache Centre. A 1-year fellowship requires a well-structured initial plan, and it would be helpful to work





**When I return to my home country I will be able to contribute to the development of headache research**

through a lot of the practical and bureaucratic issues related to moving to another country before arrival, as it takes time.

Thanks to this fellowship, I received a high level of expertise in headaches, and therefore, when I return to my home country, I will be able to contribute to the development of headache research, promote and implement new practices, and establish a network of international collaboration between various laboratories and institutions. This unique experience will positively impact my future research projects. Working so closely with my mentor, Professor Messoud Ashina, was not only an honour, but also an inspiration for my future work. This year will be a hallmark of my entire career.



## IHS Fellowship introduction



**Sarah Louise Tangsgaard Christensen,  
Denmark**

### **Migraine signalling events in the meninges**

**Fellowship from January 2023 to December 2023**

**Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA, USA**

**Mentor: Dan Levy**

I was awarded the IHS fellowship in June 2022 to work in the lab of Dr Dan Levy at BIDMC, Harvard Medical School. This is a great opportunity for me to learn novel techniques, expand my network and develop as scientist. I originally graduated as a vet from the University of Copenhagen but have been in migraine research for the past 10 years as a PhD student, postdoc and senior scientist in the Danish Headache Center. Now is the time for me to gain experience from abroad to become a better scientist.

The research project aims to provide understanding of the chronology of meningeal vasodilation and subsequent afferent activation in relation to head pain. This is crucial for the pathophysiological understanding of migraine and will be achieved by combining state-of-the-art methods from the project labs. Ultimately, better understanding of migraine pain and the relationship and signalling events between elements of the trigeminovascular system will reveal potential novel drug targets. At BIDMC, Harvard Medical School, two-photon imaging techniques are implemented and used routinely to study meningeal events, including vasodilation, afferent nerve activation, and immune cell involvement following cortical spreading depression in rodents. These studies have provided essential knowledge about the molecular and cellular event linking aura to nociceptive signalling. Experiments can be done in awake mobile mice allowing for simultaneous behavioural tracking as well as avoidance of possible confounders from anaesthesia such as impaired autoregulation and blood pressure homeostasis. If we are successful in demonstrating the order and chronology of events after provocation with migraine trigger levocromakalim in mice, this will pave the way to better understand the mechanism of migraine pain generation in the meninges, a question that is continuously puzzling the headache field.

**This is a great opportunity for me to learn novel techniques, expand my network and develop as a scientist**

**I will learn a novel cutting-edge technology and perform a study that will increase our understanding of migraine signalling in the dura mater**

In relation to the scientific project, I will learn a novel cutting-edge technology and perform a study that will increase our understanding of migraine signalling in the dura mater. Upon my return to the Danish Headache Center, I will have the technical and analytical skills to set up a similar imaging technique in collaboration with the University of Copenhagen. Thereby, the IHS Fellowship will be a scientific gain for our group for years to come in terms of improved methodology to answer our research questions. Dr Levy's mentorship will open new avenues of scientific thinking, and additionally I will be able to further expand my American network.

## Education in headache to healthcare providers in Africa



**Augustina Charway-Felli**

**800 registrants mostly from the African continent but also as far afield as Nicaragua and Uzbekistan joined the EHPA 2022**

Following the experience of the 2 half days held in August and September 2021, and the overwhelmingly positive feedback received, the second Education in Headache to Healthcare Providers in Africa (EHPA) was held this year on 14 May. As in 2021, the programme remained free to access and was targeted towards primary healthcare providers of all levels (from nurses to general practitioners, physicians, and neurologists, as well as medical students and sub-specialty trainees). This year there were over 800 registrants mostly from the African continent, but also as far afield as Nicaragua and Uzbekistan.

Based on the feedback from the evaluation forms that were submitted by the course participants last year, the topics of this year's programme focused on migraine, tension type headache (TTH) and medication overuse headache (MOH). The International Headache Society – Global Patient Advocacy Coalition (IHS-GPAC), World Federation of Neurology (WFN) and African Academy of Neurology (AFAN) committee members remained as previously, with the addition of the Chair of the IHS Education Committee.



Augustina Charway-Felli, Riadh Gouider and David Dodick

As per what is now tradition, the programme was opened with remarks from the Presidents of the WFN, Wolfgang Grisold, and AFAN, Tina Charway-Felli. The programme was divided into four main segments. Again this year the speakers and moderators consisted of both international and African experts. The first segment was dedicated to distinguishing primary and secondary headaches with red flags that are not to be missed.



**The programme was given by a mix of international and African experts**

**Case-based sessions were held in parallel in French and English**



Wolfgang Grisold, WFN President

The pathophysiology and clinical features of migraine presentation was given by none other than the President of IHS, Cristina Tassorelli. In order to increase the reach and benefit of the programme, the principle of having parallel French and English sessions was maintained. The most practical aspects were covered in the parallel sessions using a case-based approach to the acute and preventive management of migraine and TTH. The remaining segments gave an overview of nonpharmacological methods of management of migraine and MOH.

A new feature this year was the addition of advocacy as a topic. This led to very animated discussion on who is best placed to be the advocate for people living with headache.

At the end of the programme, the participants were again asked to fill out an evaluation form as well as suggest topics within the broad theme of headache that they would like covered in future programmes. Planning is already underway for 2023, and we are all very pleased that the EHHPA has now become a regular feature in the training in headache landscape.



Panel discussion



Riadh Gouider, WFN Co-opted Trustee

## Members – Renew your IHS membership for 2023 now

Did you know you can renew your IHS membership for next year at any time?

Just login to the IHS website and click on the Yellow Become a member/Renew membership box in the banner

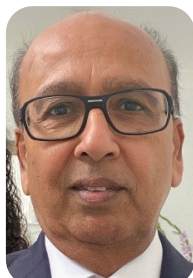
**Membership in 2023 will include discounted registration fees for IHC 2023**

**You can register your interest in IHC 2023 here**

The IHC website will be launched very soon!

## Spotlight on IHS Affiliate Member Societies

### British Association for the Study of Headache, UK



**Fayyaz Ahmed, Educational Officer**

**BASH works closely with the Migraine Trust and is committed to the education of healthcare professionals and the public in headache**

**BASH has worked with the ABN, NICE and SMC to promote excellence in headache care and treatment throughout the UK**

The British Association for the Study of Headache (BASH) was founded by Professor Timothy Steiner in 1992. The organisation has grown substantially over the last 30 years and currently has 182 members including clinicians, nurses, other allied health professionals and pharmacists working in the field of headache from all corners of the United Kingdom.

Its organisational structure comprises a Chair (Dr Mark Weatherall), Vice Chair (Dr Brendan Davies), Secretary (Dr Callum Duncan), Treasurer (Dr Jan Hoffman), Educational Officer (Professor Fayyaz Ahmed) and Scientific Officer (Professor Peter Goadsby) with 12 Council members responsible for the day-to-day running of the society.

The society works very closely with the UK patient organisation (the Migraine Trust) and is committed to the education of healthcare professionals and the public in headache. Over the last 12 years the society has organised over 50 events throughout the UK, attended by thousands of primary and secondary care clinicians and allied health professionals involved in the care of headache patients. The meetings run over 2 days, with 1 day for health professionals, followed by a public awareness day run in conjunction with the Migraine Trust.

Since 2005, BASH has held national conferences every other year in Hull, often alternating with a specialist registrar training programme at the University of Keele. The Hull event is attended by over 300 delegates from multiple medical disciplines, and has invited speakers of international repute including IHS Presidents Professor Lars Edvinsson and Professor Messoud Ashina. The society celebrated its 25th anniversary at the biennial Hull conference in 2017, when Professors Rigmor Jensen, Jes Olesen, and Timothy Steiner spoke on various aspects of headache medicine and the global burden of the condition.

BASH, working in close collaboration with IHS, organised the huge Headache 2000 event in London, which was attended by thousands of experts from all over the world. BASH also organises a teaching event at the Migraine Trust International Symposium (MTIS) every other year in London, and was involved in similar teaching programmes at the former European Headache and Migraine Trust International Congress (EHMTIC) joint congresses, that alternated with the International Headache Congresses until 2016.

BASH has supported the All Party Parliamentary Group on Headache Disorders (APPGHD) in generating reports for UK parliamentarians in 2010 and 2014. BASH works very closely with the Association of British Neurologists (ABN), the National Institute of Health and Care Excellence (NICE), and the Scottish Medicines Consortium (SMC) to promote excellence in headache care and treatment throughout the UK.



**IHA activities have been promoted through annual neurology congresses and public educational programmes**

**The prevalence of migraine in Iran is around 14% – the society strives to improve the lives of people impacted by migraine and other headache disorders**

## Iranian Headache Association



**Mansoureh Togha**

The Iranian Headache Association (IHA) is a national, non-profit organisation that was founded in 2013 by Professor Mansoureh Togha and was affiliated as a member of the International Headache Society (IHS) and the European Headache Federation (EHF) in 2015.

The scientific activities of IHA started in 2010 as a headache scientific committee presenting scientific programmes in annual neurology congresses and public educational programmes. Since the establishment of the association, its activities have been promoted within a greater scope by holding annual international congresses and headache schools, with the cooperation of global experts in the field. In this regard, IHA has organized six international headache congresses and two headache schools, with the participation of experts in headache science, including four past Presidents of IHS and one President of EHF.

IHA has played a prominent role in educating general practitioners, residents, and specialists of neurology in the past years, and has taken an important step in improving the diagnosis and treatment of headache disorders in Iran by holding various seminars and workshops. In addition, the association has led many research projects in the field of headache and related disorders, the results of which have been published in international high-impact journals.

The prevalence of migraine has been estimated at 14% in Iran (higher than the global average of 12%), and medication overuse headache at about 4%, which is about twice the global average. The number of patient referrals to outpatient, inpatient, and healthcare centres is very high which means this issue requires more general and specialised training. The purpose of the IHA is to improve the lives of people impacted by migraine and other headache disorders. The society's objective is to promote the information and ideas concerning the causes and treatments of headache and related painful disorders.

The 7th Iranian International Headache and the 2nd Joint Iranian Headache and Pain Congress will be held on 28–30 October 2022 in Tehran under the auspices of IHS, with distinguished speakers in the headache field (neurologists, pain specialists, and physical medicine specialists), presenting various topics on pathophysiology, diagnosis, and treatment of primary and secondary headache disorders and procedures related to headaches. What's very special about this congress is that a full section will be dedicated to paediatric headaches.

# Calendar of events

Date	Event	Country	Contact/information
<b>2022</b>			
<b>26–28 August</b>	ANZHS Annual Scientific Meeting	Virtual	Visit website
<b>8–11 September</b>	Migraine Trust International Symposium	London, UK	Visit website
<b>19–23 September</b>	IASP 2022 World Congress on Pain	Toronto, Canada	Visit website
<b>29 September to 1 October</b>	<b>IHS Regional Headache Conference</b>	<b>Buenos Aires, Argentina</b>	<b>Visit website</b>
<b>10–12 October</b>	International Conference on Spreading Depolarizations	Salt Lake City, UT, USA	Visit website
<b>20–22 October</b>	7th Iranian International Headache and 2nd Joint Headache-Pain Congress	Tehran, Iran	Visit website
<b>21–23 October</b>	3rd Cameroon Academy of Neurology Meeting/African Academy of Neurology Congress 2022	Douala, Cameroon	Visit website
<b>27 October</b>	6th Annual International Headache Symposium in Israel	Herzilya, Israel	Visit website
<b>17–20 November</b>	American Headache Society 2022 Scottsdale Headache Symposium	Scottsdale, AZ, USA	Visit website
<b>9–11 December</b>	European Headache Federation Annual Congress	Vienna, Austria	Visit website
<b>2023</b>			
<b>23–26 March</b>	17th World Congress on Controversies in Neurology (CONy)	Dubrovnik, Croatia	Visit website
<b>22–27 April</b>	7th Annual Meeting of the American Academy of Neurology	Boston, MA, USA	Visit website
<b>15–18 June</b>	65th Annual Scientific Meeting of the American Headache Society	Austin, TX, USA	Visit website
<b>1–4 July</b>	9th Congress of the European Academy of Neurology	Budapest, Hungary	Visit website
<b>14–17 September</b>	<b>21st International Headache Congress (IHC 2023)</b>	<b>Seoul, Korea</b>	<b>Visit website</b>

**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.



**IHC**  
**2023**

International  
Headache  
Congress



14 - 17  
September  
2023

**Seoul**



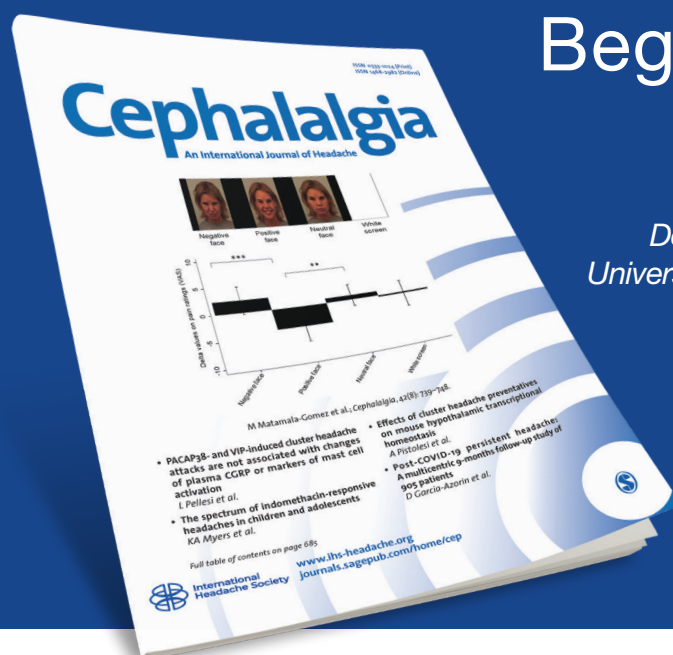
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**Arne May, MD, PhD**

*Department of Systems Neuroscience,  
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International  
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**Cephalalgia** publishes original peer reviewed papers on all aspects of headache and trigeminal pain. Published on behalf of the International Headache Society, the world's leading membership organisation for those with a professional commitment to helping people affected by headache, readers receive timely cutting-edge original articles, editorials, reviews, letters and clinical correspondence on both clinical and basic research.

The journal provides an open access international forum for original research papers, review articles and short communications on headache and trigeminal pain and welcomes submissions on key topics such as:

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- pharmacology
- epidemiology
- imaging
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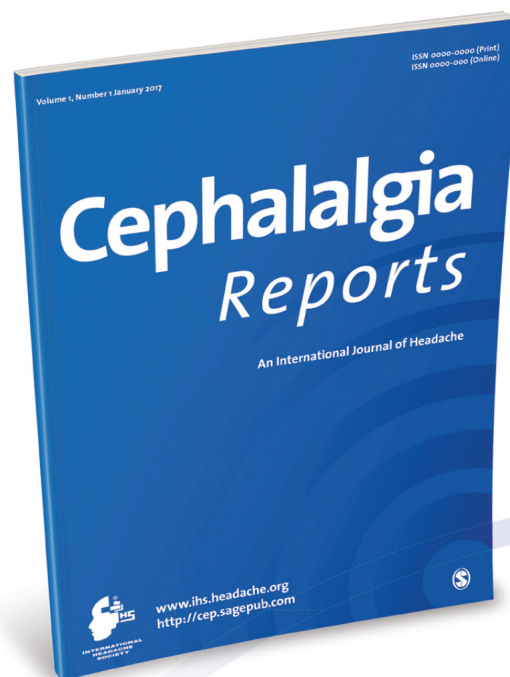
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To advance headache science, education and  
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