

Annual Report on Asian Regional Consortium for Headache (ARCH) in 2022

Dr K. Ravishankar , MD & Prof Tissa Wijeratne MD PhD

(Co-Chairs ARCH 2022 Immediate Past President of the ARCH and Current President ARCH)

1. Current Status of the ARCH

The mission and vision of the ARCH are to advance headache science, education, and management in the Asian by: 1) Raising awareness of headache in Asia; 2) Creation of a platform to foster headache specialists and exchange their expertise in Asia; and 3) Enhancement of the partnership and collaboration with the IHS.

The ARCH covers the Asian and Oceanian population which is estimated to be over 4.9 billion. The ARCH is now composed of 17 national headache societies (12 in 2016). They include: Australia, China, India, Japan, Laos, Malaysia, Myanmar, Nepal, New Zealand, the Philippines, Singapore, South Korea, Taiwan, Sri Lanka, Bangladesh, Indonesia, Pakistan and Thailand. We plan to set up headache societies across entire Asia covering all 62 countries in the future.

2. The ARCH Activities

The ARCH has just opened an internet-based communication platform or the official ARCH homepage (Figure 1) with its first logo (Figure 2). Several mobile Apps are in development to connect our 1,500 members together, easily.

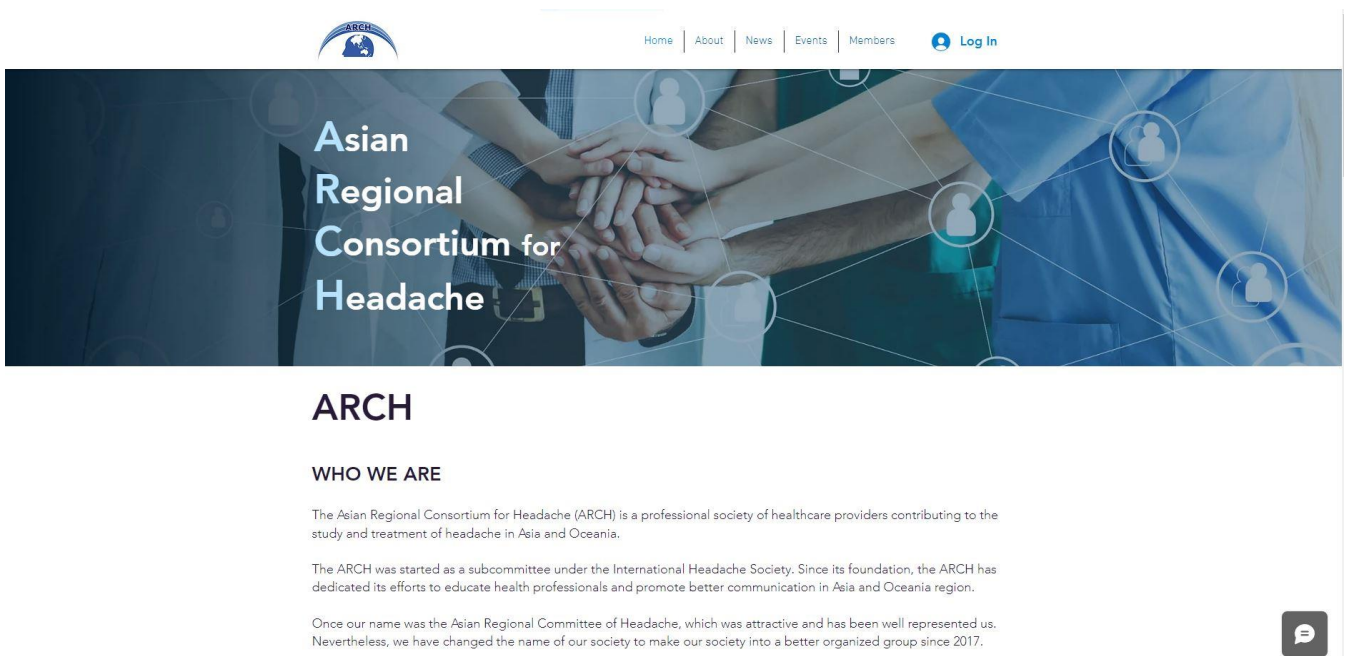


Figure 1. The homepage of the ARCH(www.archhub.org)



Figure 2. The first ARCH logo.

Two more figures from the website

The Asian Regional Consortium of Headache (ARCH) is the key professional organization for healthcare providers and researchers interested in headache medicine in Asia and Oceania. The establishment of ARCH has had a significant impact to the exchange of thoughts about headache disorders in Asia, where nearly two thirds of the world population live.

OUR VISION

"make migraine a thing of the past"

ARCH recognises that it can use technology to help move towards a vision of making migraine a thing of the past. The smart and planned use of technology is fundamental to deliver our programs, education and services which are necessary to achieving our vision. We have set the goal of being the 'benchmark' for every medical group in the world in terms of the application of technology. This measure is important because it is a surrogate for measure our effectiveness.

We are in the process of developing initiatives, programs, services and education equal to or in some cases ahead of the rest of the world. We believe that enabling ARCH members to have access to world leading education, information and tools in realtime and also collaborate, share and contribute with each through a digital community will be a significant step towards our vision of making migraine a thing of the past.



Professor Tissa Wijeratne
Chairman of ARCH, Professor of Neurology

Figure 3- ARCH website

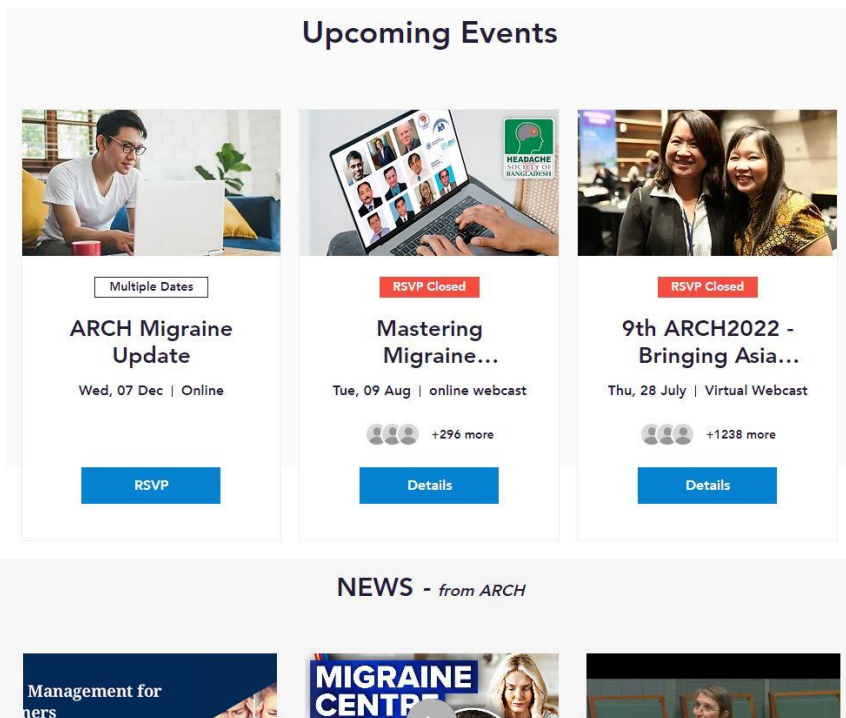


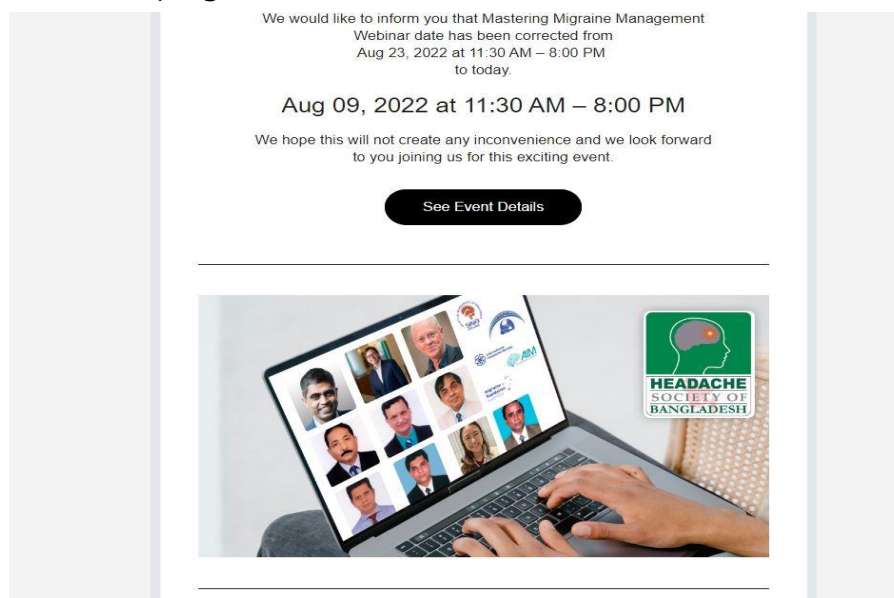
Figure 4 from the new ARCH website

3. The 9th ARCH Conference

9th ARCH conference was completed as a two-day virtual event with a new Asian record. Detailed report attached as a [PowerPoint presentation](#).

4. Launch of Bangladesh Headache Society and [Mastering Migraine Management course](#) in collaboration with [ARCH](#), [Australian Institute of Migraine](#), [International Headache Society](#) and [Migraine Foundation Australia](#).

269 physicians from Bangladesh completed the award winning Mastering Migraine Management course, the first major academic project under the new ARCH President Prof Tissa Wijeratne and the team. The education program was well received.



5. Headache Update in Sri Lanka.

ARCH President Prof Tissa Wijeratne delivered an update on headache management at the Sri Lanka Medical Association annual congress at BMICH, Colombo, Sri Lanka during September 2022. The session was well received with excellent feedback.



6. AIM migraine app Launch- In collaboration of Australian Institute of Migraine

Migraine brain health book and AIM migraine App (in collaboration with [Procons International](#)), My Companion migraine app (In collaboration with [My Interact](#)) was launched on 30th October as a historic initiative. Please visit www.aimapp.com.au to provide your feedback. Watch the space for future version of My companion through ARCH website.



7. Headache update in India (AOCN-IANCON New Delhi, November 2022)

ARCH Immediate past President Dr. K. Ravishankar and current President Prof Tissa Wijeratne delivered an update on headache management at the Asia Oceania Neurology Conference / Indian Academy of Neurology congress, November 2022. This was completed as a meet the expert session with comprehensive coverage of chapters of headache medicine with excellent feedback from the participants.



8. Future activities

Series of virtual and face to face to educational activities will be conducted during the late November and early December 2022. We aim to set up at least three more headache societies in Asia during the year.

We plan to conduct ASIA HEAD, several visiting Professor assignments in Asia during 2023.

Contact ARCH team through www.archhub.org if you interested in supporting us.

Let us bring Asia closer to the rest of the world, together.