

## 7<sup>th</sup> International Headache Academy (iHEAD) 2022

London, UK



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The 7<sup>th</sup> International Headache Academy (iHEAD) was held at the Hallam Conference Centre, London, UK, from 6–7 September 2022. The 1.5-day course was run by IHS and invited delegates from around the world to meet and participate in an educational programme focused on clinical and basic research aspects of headache. This unique course offered highly interactive masterclasses on an overview of headache, including its pathophysiology, diagnosis, and management of migraine and related headache disorders, as well as different practical workshops on clinical trial designs, manuscript preparation and publication, and animal and human headache research methodology.

In total, 75 delegates from 26 different countries attended this educational programme including neurology residents, headache medicine fellows, medical doctors, and both PhD clinicians/researchers in order to address the most important and recent clinical and research aspects of headache medicine.



iHEAD highlights are hereby presented.

On day 1, a lively debate was generated by the interactive clinical teaching cases, which focused on Perfusion-CT alterations in a patient with migraine with aura mimicking stroke (Case 1), Persistent post idiopathic intracranial hypertension (IIH) headache (Case 2) and Headache associated with muscle weakness (Case 3). This session was then followed by discussion on three hot clinical topics: 1)

Challenges with complex chronic headache cases in a low-resource country; 2) Red flag

headache with negative initial work-up; and 3) Spontaneous intracranial hypotension. On that same afternoon, Francesca Puledda, Chair of the IHS Juniors Group, highlighted to iHEAD delegates the role and current active projects of the Group, giving iHEAD delegates the opportunity to get to know IHS better and become involved in projects addressed to young clinicians/researchers. Finally, day 1 ended with two debates that represent current controversies in migraine: Migraine is a threshold disease (Debate 1) and Depression is a consequence of migraine (Debate 2). In each debate, two opponent teams had to provide arguments either in favour or against the assigned topic. The debates were highly interesting and allowed a structured revision of the research published on those subjects.

The second day provided relevant educational content thanks to two outstanding talks done by well-recognised professionals in the headache field. The first talk, by James McGinley, Biostatistics Editor of Cephalalgia, focused on Significant errors and irritations in statistical methods, providing important practical suggestions to iHEAD delegates to improve statistics in their own research. The second talk, by Patricia Pozo-Rosich, provided a clear overview of a novel topic Omics in migraine.



On day 2, each delegate had also the opportunity to follow two different interactive workshops held by opinion-leaders in headache. The workshop choices were: 1) New alternative trial designs and outcome measures for migraine and cluster headache; 2) How to publish and why this is not enough; 3) Human models of migraine: the pitfalls; 4) What can be done to improve the field of headache and IHS; 5) Medication overuse headache.

Overall, iHEAD delegates expressed a high degree of satisfaction on the scientific quality of the workshops which provided valuable take-home messages for both clinicians and researchers. They were also particularly positive on the interactive format, creating lively discussions.



Continuing the programme on day 2, iHEAD delegates also received a talk by Rob Music, Chief Executive of The Migraine Trust, the UK headache patient association, and provided insight into the patients' perspective of the disease. In the afternoon, there was a session dedicated to discuss three relevant basic science papers: 1) Genome-wide analysis of 102,084 migraine cases identifies 123 risk loci and subtype-specific risk alleles; 2) Migraine therapeutics differentially modulate the calcitonin gene-related peptide (CGRP) pathway; and 3) Changes in the gene expression profile during spontaneous migraine attacks. As a final activity, two teams presented their research proposal to all other iHEAD delegates. The teams had previously been created based on iHEAD participants who expressed an interest in doing collaborative projects, gathering people coming from

different countries and with different educational backgrounds within each team. Team A proposed a project aiming to describe access to migraine care in different countries, while Team B proposed to investigate the role of the endocannabinoid system as a potential biomarker in migraine. Following the academy the projects were circulated to iHEAD participants who voted for the best project. iHEAD 2022 concluded with some final remarks and messages from Peter Goadsby.

To continue the networking opportunities for the delegates, a drinks reception was held at the Hallam Conference Center on the first evening, and a meeting at a local pub on the second evening, giving iHEAD delegates the opportunity to socialise, interact and get to know each other better.

On behalf of all participants, we would like to thank the Organising Committee, in particular the Chairs Professors Peter Goadsby and Patricia Pozo-Rosich, and IHS for their support and collaboration in this magnificent event. We would also like to thank the sponsors (Lilly and Lundbeck) for their support of iHEAD 2022.

Finally, to all young clinicians and researchers enrolled in the headache field who could not attend this time, please keep an eye open on future iHEAD events.





**7th IHS International Headache Academy (iHEAD) Programme  
6 – 7 September 2022**

**Tuesday 6 September**

<b>12:00</b>	<b>Faculty and Delegate Reception Lunch</b>
<b>13:30</b>	<b>Welcome and Introductions</b> <i>Patricia Pozo-Rosich &amp; Peter Goadsby</i>
<b>13:45</b>	<p><b>Interactive clinical teaching cases</b></p> <p>Chair: <i>Patricia Pozo-Rosich</i></p> <p><b>Case 1:</b> Perfusion-CT alterations in a patient with migraine with aura mimicking stroke – <i>delegate</i></p> <p><b>Case 2:</b> Persistent Post ITH Headache: a case report stroke – <i>delegate</i></p> <p><b>Case 3:</b> A young woman with muscle weakness and headache – <i>delegate</i></p>
<b>14:45</b>	<p><b>Best clinical papers from 2021 – 2022</b></p> <p>Chair: <i>Michel Ferrari</i></p> <p><b>Clinical Paper 1:</b> Challenges with complex chronic headache cases in a low-resource country – <i>delegate</i></p> <p><b>Clinical Paper 2:</b> Red flag headache with negative initial work-up: What next? – <i>delegate</i></p> <p><b>Clinical Paper 3:</b> Spontaneous Intracranial Hypotension - An Enigma and Dilemma – <i>delegate</i></p>
<b>15:30</b>	<b>Coffee Break</b>
<b>16:00</b>	<b>An introduction to International Headache Society Junior's Committee</b> <i>Francesca Puledda</i>
<b>16:30</b>	<p><b>Debate 1: Migraine is a Threshold Disease</b></p> <p>Chair: <i>Arne May</i></p> <p><b>Pro 1:</b> <i>delegate</i></p> <p><b>Pro 2:</b> <i>delegate</i></p> <p><b>Con 1:</b> <i>delegate</i></p> <p><b>Con 2:</b> <i>delegate</i></p>

<b>17:15</b>	<p><b>Debate 2: Depression is a consequence of migraine</b> Chair: <i>Mario Peres</i></p> <p><b>Pro 1:</b> <i>delegate</i> <b>Pro 2:</b> <i>delegate</i> <b>Con 1:</b> <i>delegate</i> <b>Con 2:</b> <i>delegate</i></p>
<b>18:00</b>	<b>Networking Reception</b>

### Wednesday 7 September

<b>09:00</b>	<p><b>Significant Errors and Irritations in Statistical Methods – a view from Cephalalgia</b> <i>James McGinley, PhD Biostatistics Editor, Cephalalgia</i></p>				
<b>09:45</b>	<p><b>Omics in migraine</b> <i>Patricia Pozo-Rosich</i></p>				
<b>10:30</b>	<b>Coffee Break</b>				
<b>11:00</b>	<b>Interactive Workshops</b>				
	<p><b>Workshop 1:</b> New alternative trial designs and outcome measures for migraine and cluster headache  Chair: <i>Michel Ferrari</i></p>	<p><b>Workshop 2:</b> How to publish and why this is not enough  Chair: <i>Arne May</i></p>	<p><b>Workshop 3:</b> Human models of migraine: the pitfalls  Chair: <i>Messoud Ashina</i></p>	<p><b>Workshop 4:</b> What can be done to improve the field of headache and the International Headache Society  Chair: <i>Patricia Pozo-Rosich</i></p>	<p><b>Workshop 5:</b> Medication Overuse Headache  Chair: <i>Mario Peres</i></p>
<b>12:00</b>	<b>Lunch</b>				
<b>13:00</b>	<p><b>Patient Association Input</b> <i>Rob Music, Chief Executive, The Migraine Trust</i></p>				
<b>13:30</b>	<p><b>Best basic science papers in 2021 – 2022</b> Chair: <i>Peter Goadsby</i></p> <p><b>Basic Science Paper 1:</b> Genome-wide analysis of 102,084 migraine cases identifies 123 risk loci and subtype-specific risk alleles – <i>delegate</i></p>				

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	<b>Basic Science Paper 2:</b> Migraine therapeutics differentially modulate the CGRP pathway – <i>delegate</i>				
<b>14:15</b>	<b>Participants Choice</b> Chair: <i>Michel Ferrari</i>  Occipital neuralgia after COVID-19 vaccination: a case report - <i>delegate</i>				
<b>14:45</b>	<b>Coffee Break</b>				
<b>15:15</b>	<b>Interactive Workshops</b>				
	<b>Workshop 1:</b>  New alternative trial designs and outcome measures for migraine and cluster headache  Chair: <i>Michel Ferrari</i>	<b>Workshop 2:</b>  How to publish and why this is not enough  Chair: <i>Arne May</i>	<b>Workshop 3:</b>  Human models of migraine: the pitfalls  Chair: <i>Messoud Ashina</i>	<b>Workshop 4:</b>  What can be done to improve the field of headache and the International Headache Society  Chair: <i>Patricia Pozo-Rosich</i>	<b>Workshop 5:</b>  Medication Overuse Headache  Chair: <i>Mario Peres</i>
<b>16:15</b>	<b>Participants Task</b> Chair: <i>Patricia Pozo-Rosich</i>  <b>Team A: Towards Global Health Equity in Migraine: Observations From a Two-Sided Coin</b> <i>Delegates – multinational</i>  <b>Team B: Endocannabinoid System as a Potential Biomarker in Migraine</b> <i>Delegates – multinational</i>				
<b>17:15</b>	<b>All things considered</b> Chair: <i>Peter Goadsby</i>				