



Newsletter

Leading headache science, education and management globally

Farewell letter from the President

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Dear Colleagues and Friends,

My 2-year term as President of the IHS is coming to an end. It has, for me, been an immense honour in many ways: the privilege of guiding our glorious Society, the pleasure of representing it in many countries where I was invited by local colleagues, the sheer enjoyment of planning initiatives with an amazing Executive Committee and an inspiring Board. Even the day-to-day hard work with Carol, our Administrative Manager, without whom I would not have been able to lead these 2 years, and recently our new Executive Director, Eric, who has already shown to have energy, ideas, and motivation for our Society, has been enriching and rewarding!

During this time, we have all collaborated, putting the Society and its members first. Indeed, it has been a roller coaster of brainstorming, ideas, plans, working hours and, blessedly, achievements. A lot of them! Less and less bothered by the pandemic constraints, IHS has soared with multiple activities that have spanned the different regions of the world to make Headache Science and Headache Medicine better known and prioritised across the globe, with the final focus on our patients, as we work for better access and care for them.

The adventure started with a great Board of Trustees (Messoud Ashina from Denmark, Rami Burstein from the US, Patricia Pozo-Rosich from Spain, Fayyaz Ahmed and Jan Hoffmann from UK, Aynur Özge from Turkey, Gianluca Coppola from Italy and Andrea Carmine Belin from Sweden), which was rapidly integrated with valuable co-opted members including representatives from the different corners of the world: Maria Teresa

Goicochea from Argentina, Amr Hassan from Egypt, Min Kyung Chu from South Korea, Teshamae Monteith from the US and Tina Charway-Felli from Ghana.



IHS Strategic Meeting – Vienna, Austria – May 2022

Once the Dream Team was completed, in October 2021, we immediately started working on ongoing activities and began to outline the next steps in a planning activity that culminated in the Strategic Meeting, which was postponed to May 2022 to allow in-person gathering.



IHS hosted original educational activities in Malawi and Buenos Aires to foster interest in headache education in all continents

IHS practice recommendations and GRADE tables to be published in Cephalalgia

From that moment, activities moved forward at light-speed with the organisation of the first IHS Regional Headache Conference, held in Argentina in September/October 2022. A meeting of clinicians and scientists from two hemispheres, organised with the



1st IHS Regional Conference

precious support of Maria Teresa Goicochea and her Fleni team, in fascinating Buenos Aires, the propitiatory city of 'good air', to exchange experiences, expertise and aspirations and to foster collaborations for the present and the future.

In parallel we organised the first edition of the ROPE-IHS initiative, the IHS Regional Outreach Programme, that took place in Malawi in November 2022 with a theoretical-practical course on headache, head pain syndromes, migraine and related disorders,



1st ROPE - IHS meeting

organised in collaboration with the Malawi government and the DREAM (Disease Relief through Excellent and Advanced Means) Charity. During the course, almost 40 clinical officers involved in the delivery of primary care in Blantyre, one of the oldest Malawian cities, and surrounding areas were familiarised with the diagnosis of primary and secondary headaches and with the tools for managing them using the WHO list of essential drugs and nonpharmacological options. A collaboration with, and in favour of, Africa that already led to collaboration

with another important initiative led by the European Academy of Neurology: the EAN-AFAN Regional Teaching Course in Sub-Saharan Africa aimed at residents in neurology and neighbouring specialties in the countries of Sub-Saharan Africa that will take place in Tanzania later this year.

At the same time, together with my Co-Chair Min Kyung Chu and the Korean Headache Society, and the Scientific Programme Committee – Chaired by Hayrunnisa Bolay, KC Brennan and Gianluca Coppola – we started to work on the 21st International Headache Congress (IHC 2023), a true challenge at first, with the organisational difficulties associated with regulatory, cultural, time zone and language differences. Slowly things started to catch up and fall into place when we witnessed the enthusiasm of the Korean Headache Society and local members, the eagerness of the renowned invited speakers to attend, the fun of selecting the entertainment options, and the liveliness and beauty of Seoul, which we experienced first-hand during the on-site visit earlier this year.



MiJi Lee, Cristina Tassorelli, Min Kyung Chu and Soo-Jin Cho

While the IHC 2023 programme and logistics rolled out, IHS initiated what I believe is one of the most audacious activities in the past few years: the preparation of 'IHS practice recommendations for migraine treatment' organised so that they can be customised for use in every region of the world. These will be ready in the next few months.

At the same time, building on the large investigational programmes that have led to



IHS works with the Italian Headache Society on migraine treatment guidelines, providing an international perspective

I wish to wholeheartedly thank all my 'travelling companions' without whom none of these activities would have been possible

IHS has a glorious history and an exceptional scientific reputation thanks to the vision, work and dedication of past Presidents, Boards and the whole IHS constituency

the availability of several new specific antimigraine drugs, an ad hoc IHS working group with a strong junior component prepared tables that grade their efficacy. The output is a manuscript to be published in *Cephalalgia* later this year and multiple tables that will be posted on the IHS website for public use and benefit.

In this context, it seemed natural for IHS to undertake the challenge to prepare 'Treatment guidelines of migraine' fully based on evidence. The tremendous synergy with the significant preparatory work done by the Italian Society of Headache (SISC) – which had completed a careful meta-analysis of the literature of all antimigraine treatments and developed a first set of consensus recommendations – served as a strong basis on which IHS 'grafted' the contribution of international experts who further strengthened and widened the methodology, while providing an international perspective to the consensus statements.

There is much more going on under the sun; the 'Guidelines for controlled trials in idiopathic intracranial hypertension' are very close to publication in *Cephalalgia* and those for post-traumatic headache are in their finalisation phase; the transition of *Cephalalgia* to open access, which was not easy and will require a lot of energy and support from the entire IHS constituency; the global and synergistic collaborations with neurologists from all over the world to advocate for and improve brain health and the partnership with the OneNeurology initiative, to stimulate collaborative advocacy, action and accountability for the prevention, treatment and management of neurological disorders worldwide, with a specific focus on headaches; the collaboration on the 'Headache research priorities', an effort organised and led by the American Headache Society (AHS) and the National Institute of Neurological Disorders and Stroke (NINDS) with a major contribution from IHS, where an international group of diverse stakeholders met repeatedly to set an agenda for the next 10 years of research in the headache field – the output of the effort – which will be presented in Seoul during IHC 2023 – is extremely important, and not only for the US, because it prompts a consolidated framework and an important starting point to be adopted and customised in other regions to prioritise headache research; and last, but not least, the amazing activity of the Women's Leadership Forum that has led to two groundbreaking and impactful publications.

All this on top of the 'ordinary', but by no means less important, activities of the Society, such as grants, awards, fellowships, education, iHEAD academy, awareness campaigns, appointment of the General Secretary and the Treasurer, engagement of an Executive Director, selection of the next Editor-in-Chief for *Cephalalgia*, and more.

An exhausting journey, especially when, due to our busy working schedules, it was only possible to find the time, inspiration and concentration to advance IHS projects during the weekends. But also a wonderful journey, because I was in very good company all along. This is why I wish to wholeheartedly thank all my "travelling companions", because without them none of the above (and what will come in the next months/years) would have been possible. My immense gratitude, for their unrelenting dedication, goes to the Trustees, the Chairs and members of the Committees, Special Interest Groups and Working Groups, the IHC 2023 Scientific Programme Committee, Carol, Eric, and all the generous colleagues and friends who have helped us without even holding an official role within IHS. Finally, a thought of gratitude to the sponsors and supporters of IHS, with whom an open dialogue and a clear definition of respective roles and objectives has promoted virtuous collaborations for the benefit of clinicians, scientists and patients.

My dedication to IHS will not stop with the end of my Presidency. In my role of Past-President I will continue contributing to ongoing activities and to the new initiatives that will be decided by the incoming Board.

IHS has a glorious history and an exceptional scientific reputation, thanks to the vision, work and dedication of the Presidents who have preceded me, their Boards and the entire IHS constituency. I am sure that my successor, Rami Burstein, and the new Board will markedly contribute to continue this history of success and achievements.



Update from the Honorary Secretary



Patricia Pozo-Rosich

I am pleased to share with you an Update on IHS activities since the last Newsletter published in May 2023.

IHC 2023

Our organisation of the 21st International Headache Congress, Seoul, Korea, 14–17 September, is really stepping up. There will be more sessions than ever before in order to bring delegates the latest cutting-edge research in headache science and medicine – our aim is to make IHC 2023 the most inclusive and broadest IHC to date! The programme has been specifically curated to provide you access to the latest in clinical and scientific research across 4 days of expert-led plenaries and sessions. Share knowledge, discover cutting-edge breakthroughs, and build networks that will strengthen the international headache community. See the article later in the newsletter for more detail on the exciting sessions and great networking opportunities

Register today to join us in Seoul – we look forward to seeing you there!

Grants and fellowships

We are delighted to have had a great application response to our range of different grant opportunities.

The recipient of the IHS Fellowship 2023 is Tayla Rees, a Post-doctoral Research Fellow from the School of Biological Sciences, University of Auckland, New Zealand who will conduct research on 'Investigating the role of the AMY₁ receptor activation and sex hormones in CGRP release and expression in the trigeminovascular system' with Jan Hoffmann at King's College London, UK. You can read an introduction to Tayla later in the newsletter.

IHS is also pleased to support two Headache Trainees and three Short-stay Scholars in 2023

Ghaemeh Nabaei, Iran – visiting Fayyaz Ahmed at Hull Royal Infirmary, UK
Mundih Njohjam, Cameroon – visiting Peter Goadsby at King's College London, UK
Anastasiia Honchar, Ukraine – visiting Gisela Terwindt at Leiden University Medical Centre, Netherlands

Igor Petrusic, Serbia – visiting Gianluca Coppola at Sapienza University of Rome, Italy
Aisha Zhantleuova, Kazakhstan – visiting Anna Andreou at King's College London, UK

IHS has also awarded research grants to juniors and for specific therapeutic areas:

Junior research grants

Wei Dai, China – Graph theory based Transformer architecture for migraine biomarker detection on multi-center functional MRI datasets
Kristin Sophie Lange, Germany – Endothelial dysfunction in cluster headache
Jason Ray, Australia – An evaluation of the tolerability and metabolic effects of adjunctive ketogenic diet therapy in the treatment of chronic migraine

Seed funding for projects studying headaches in children and adolescents

Massimiliano Valeriani, Italy – Early alterations of cortical thickness and gyrification and cortical connectivity in migraine without aura: a prospective MRI study in paediatric patients
Klaus Werner, USA – New daily persistent headache: Biomarker Study in Children and Adolescents

IHC 2023 will be the most inclusive and broadest to date – register today – virtual registration options available

Congratulations to all IHS 2023 grant recipients



**1st Headache
Master School
held in Mexico
in collaboration
with AMCEMIG,
the Mexican
Headache Society**

**Visiting
Professors held
for the first time
in Vietnam, Laos
and Pakistan**

**The new IHS
Board of Trustees
will take office in
September 2023
after the Annual
General Meeting**

Secondary headache research grants:

Piyush Singh, India – Motor control assessment and training of deep neck extensor muscles in cervicogenic headache individuals

Asish Subedi, Nepal – Effect of altitude on postdural puncture headache after caesarean delivery: a prospective, multicentre cohort study

IHS has also awarded two headache science awards which recognise promising young, clinical or translational scientists whose research has contributed to the headache field. The 2023 recipients are Francesco de Logu (Italy – early-career award) and Mi Ji Lee (Republic of Korea – mid-career award).

We are also delighted to be able to offer travel grants to 61 young people to attend IHC in Seoul. The successful applicants, from far-ranging countries including all continents, show the true international interest in headache medicine in young people which must be fostered to enable our field to grow worldwide.

Congratulations to all our 2023 grant and award recipients and thanks to all applicants.

Past award recipients will be presenting during two special lunchtime sessions at IHC – a unique opportunity for them to showcase their IHS-funded research!

IHS education/awareness

IHS held its first Headache Master School in Mexico in May with a local and international faculty teaching 72 participants – the report is included in this newsletter. The 2023 International Headache Academy (iHEAD) will take place immediately before the IHC 2023 – over 90 delegates have been invited to attend the academy and the congress for a week of intensive learning.

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. Two Visiting Professor meetings have been held, in Sri Lanka and Vietnam, and two others are planned for Laos and Pakistan. With the exception of Sri Lanka, these are all new countries for IHS educational events and we are delighted that our reach is widening into new communities.

Educational content continues to be added to the IHS Online Learning Centre, and an awareness campaign on medication-overuse headache (MOH) was promoted during June and was well received with videos on What is MOH, How to diagnose MOH and How to treat MOH available in English, Spanish, French, Italian, Portuguese, Japanese and Arabic.

IHS Governance

I am pleased to confirm the Board Trustee election results – we had a 46% member voting turnout to elect the President-elect and three Trustees – the highest ever number of members voting for the future leadership of our society.

The successful candidate for President-elect was Mario Peres from São Paulo, Brazil, who will become IHS President from 2025–2027, succeeding Rami Burstein. New Trustees Anna Andreou, UK, Sait Ashina, USA, and Marcelo Valença, Brazil, were elected for their first 2-year term starting in September 2023. They will join the Trustees who were elected in 2021 who will remain for their second term in office: Andrea Carmine-Belin, Sweden, Jan Hoffmann, UK and Aynur Özge, Turkey. The changes in the Board members will take place after the IHS Annual General Meeting to be held on 15 September in Seoul. Congratulations to the successful candidates, and many thanks to the other candidates for standing.

IHS Executive Director

Last, but by no means least, we are delighted to welcome our new Executive Director, Eric Liebler, who joined the society in June. Eric has extensive experience in the headache and general neurology field, having been involved in the development of both pharmaceutical products and neuromodulation devices for the treatment of primary headaches, and a member of the Board of Trustees of the American Academy of Neurology Foundation (now the American Brain Foundation) for many years.



As the Society grows and projects become more extensive and diverse, the IHS Trustees recognised the need to engage an Executive Director who can work with and support the Board in the day-to-day management of the Society, and ensure IHS is recognised as the leading society in headache research and medicine with impact in all corners of the world.

We welcome Eric to IHS!

Patricia Pozo-Rosich
Patricia.pozo@vallhebron.cat

Introduction to the IHS Executive Director



I am here to help – to turn your and your Board of Trustees’ vision for IHS into reality

It is my great pleasure to have a chance to say HI! and introduce myself as your new Executive Director. I joined IHS after a long career on the “dark” side developing several drugs for a variety of Neurological conditions including two for headache. Most recently I led the scientific and clinical development of a neuromodulation device that was also approved for headache. Earlier in my career I had the pleasure of serving as a public trustee of the American Academy of Neurology Foundation, which later became the American Brain Foundation.



Come by the IHS booth at IHC 2023 in Seoul and say hello

Why am I here? I am here to help! To help turn your and your Board of Trustees’ vision for the IHS into reality. To support Professora Tassorelli as she completes her term as President and be ready to implement Professor Burstein’s initiatives when he assumes the Presidency after IHC 2023 SEOUL.

Speaking of SEOUL...I hope to **see each and every one of you in SEOUL**. Four long years it has been since IHS gathered as a society in Dublin. The scientific committee has a great program organized for you... and SEOUL... It's 환상적인! (FANTASTIC) Come by the IHS booth and introduce yourself... I look forward to meeting you!

When I am not helping IHS, you can see me wandering around Maine in the northeast corner of the United States. 3 hours and a world away from Boston. If you are ever in the area come say Hi. The Bulldogs and I are ready for you!

Eric Liebler
IHS Executive Director
eric.liebler@i-h-s.org



IHS Fellowship introduction

The IHS Fellowship will offer me the opportunity to expand my technical expertise into more animal-based techniques and enable me to be close to the headache research groups in the UK and Europe

This work will help establish what role the AMY receptors could play in sensitisation of the trigeminovascular system and how it potentially contributes to migraine



Tayla Rees, New Zealand

Investigating the role of the AMY₁ receptor activation and sex hormones in CGRP release and expression in the trigeminovascular system

**Fellowship from December 2023 to November 2024
Kings College London, London, UK
Mentor: Jan Hoffmann**

I was awarded the IHS fellowship in July 2023 to work in the lab of Dr Jan Hoffman at Kings College London. During the past 8 years I have studied the calcitonin family of peptides and receptors at the University of Auckland in New Zealand. Much of my work has focussed on calcitonin gene-related peptide (CGRP), amylin (AMY) and their receptors in pain and migraine, using various molecular biology techniques and cell culture. I am excited to begin the IHS Fellowship, which offers me the opportunity to expand my technical expertise into more animal-based techniques and enables me to be closer to headache research groups in the UK and Europe.

My aim during this fellowship is to investigate the effect of amylin receptor activation, such as the AMY₁ receptor, on CGRP release and regulation in the trigeminovascular system, and how this may be influenced by the oestrous cycle in female rats. In addition, I will investigate if female sex hormones alter the expression of the CGRP and its receptors in the trigeminovascular system, to determine if there are any changes that may facilitate the difference in nociception observed across the different phases of the oestrous cycle. To achieve this, ex vivo investigations of the trigeminovascular system will be conducted, using techniques such as explant culture, ELISA, qRT-PCR, and immunohistochemistry. These techniques will be used to examine CGRP release from trigeminovascular system components in response to acute AMY receptor activation and measure changes in the expression of the CGRP system and sex hormone receptors during the oestrous cycle.

This work will help to establish what role the AMY receptors, such as the AMY₁ receptor, could play in sensitisation of the trigeminovascular system and how it potentially contributes to migraine. Additionally, it could reveal potential female- or oestrous cycle-specific mechanisms that may underpin the observed sensitivity. Overall, we hope that this work will reveal some of the mechanistic underpinnings related to menstrual migraine and further validate the AMY receptors as novel migraine targets.



Your guide to the key events taking place at IHC 2023

With the theme "Rising sun over headaches; Towards a global access to headache science, technology and healing", the programme for this year's congress has been specifically curated to provide you access to the latest in clinical and scientific research across 4 days of expert led plenaries and sessions. Share knowledge, discover cutting-edge breakthroughs, and build networks that will strengthen the international headache community.

Teaching Courses

Gain first-hand
experience from
international experts



LEARN MORE



Thursday, 14 September | 08:30 - 12:00

The first day of IHC 2023 features 6 exciting teaching courses. Learn from leading experts in dedicated workshops designed to increase your knowledge and skills in headache management and patient care. The teaching courses will take place from 08:30 to 12:00, and will be followed by the Opening Ceremony, offering an action packed day with which to kick off the congress.

Welcome Reception

Reconnect with
colleagues and friends
from around the world



LEARN MORE



Thursday, 14 September | 18:00 - 19:00

Prepare to reunite in-person at the International Headache Congress 2023. The Welcome Reception on the evening of the first day of the Congress offers the perfect opportunity to reconnect with old friends after four years apart, and forge new relationships for the future.

IHS Special Lecture

What do we know about
sex-related differences
on headaches?



LEARN MORE



Thursday, 14 September | 15:45 - 16:30

The IHS Special Lecture is awarded biennially to an IHS member who has achieved outstanding work in the field of headache research and management. This year's lecture is given by Prof. Gisela Terwindt, Leiden University Medical Centre, who will highlight why women with migraine deserve special care and how to unravel the importance of addressing sex-related differences in headaches.

Exhibition Area

Network with the
minds behind exciting
new research



LEARN MORE



Throughout IHC 2023 | 14 - 17 September

IHC 2023 is promising to be the biggest and best headache congress to date, and the Exhibition Area is your key to discovering the most pioneering research being led by industry professionals. Take part in poster walks, engage in meaningful discussions, and exchange invaluable insights with headache experts from around the world.

Discover the latest in headache science from internationally renowned guest speakers

PROGRAMME HIGHLIGHTS:



Plenary Scientific Session 1 What's next after CGRP?

15 SEPTEMBER
09:00 - 10:00



Chair: **Messoud Ashina**

- Novel paths beyond neuropeptides - **Greg Dussor**
- Human model of migraine: future targets - **Messoud Ashina**
- Emerging new anti-migraine targets from basic research - **Andrew Russo**

Plenary Scientific Session 3 Current research in biomarkers for headaches

15 SEPTEMBER
10:00 - 11:00



Chair: **Patricia Pozo-Rosich**

- Is there any soluble biomarker for primary headaches? - **Patricia Pozo-Rosich**
- Electrophysiological biomarkers for headaches: the search for the holy grail - **Gianluca Coppola**
- A biomarker potential of functional brain connectivity - **Catherine D. Chong**

Plenary Scientific Session 3 Headaches associated with vascular events

15 SEPTEMBER
15:00 - 16:00



Chair: **Simona Sacco**

- Is migraine a cerebrovascular disorder? - **Cenk Ayata**
- The subtle link between the heart and the brain - **Simona Sacco**
- Update on reversible cerebral vasoconstriction syndrome - **Shuu-Jiun Wang**

Plenary Scientific Session 4 Emerging technologies in headaches

16 SEPTEMBER
11:45 - 12:45



Chair: **William Renthal**

- Advances in omics technology: Implications for research & treatment - **William Renthal**
- Diagnostic and prognostic utilisation of artificial intelligence/machine learning algorithms - **Bo-Yong Park**
- Smarter methodologies for monitoring headache disorders - **Richard Lipton**

Plenary Scientific Session 5 CGRP antagonists 5 years in - what have we learned?

16 SEPTEMBER
14:30 - 15:30



Chair: **Rami Burstein**

- Brain functions altered by peripherally acting CGRP inhibitors: lessons learned from prodromes and triggers - **Rami Burstein**
- Emerging information on similarities and differences between CGRP antibody and small molecule treatments - **Antoinette Maassen van den Brink**
- Clinical management and side effect profiles of different CGRP antagonists - **Hans Christoph Diener**

Special Session Cephalalgia Award Lecture

16 SEPTEMBER
16:30 - 17:30



Cephalalgia Award Lecture

Meet the winners of the Cephalalgia Award Lecture – Patricia Pozo-Rosich and Alicia Alpuente will discuss their research published in the article: *Salivary CGRP can monitor the different migraine phases: CGRP (in)dependent attacks.*

Abstract awards Headache Trainees Excellence Tournament

16 SEPTEMBER
17:30 - 18:30



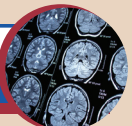
Headache Trainees Excellence Tournament

Chairs: **Francesca Puledda and Andrea Carmine Belin**

An important element of IHC, the Trainees Excellence Tournament helps promote the IHS to scientific and clinical trainees in the headache field, as well as find and promote ways in which juniors may contribute to the objectives and activities of IHS and the future of the society.

Plenary Scientific Session 6 Emerging mechanisms and treatments in post-traumatic headache

17 SEPTEMBER
8:00 - 9:00



Chair: **Todd Schwedt**

- Potential treatment insights from PTH models - **Dan Levy**
- The role of MRI in the understanding and diagnosis of post-traumatic headache - **Todd Schwedt**
- Treatment of post-traumatic headache - **Faisal Mohammed Amin**

Plenary Scientific Session 7 The morphofunction of migraine brain

17 SEPTEMBER
09:00 - 10:00



Chair: **Fu-Jung Hsiao**

- Electrophysiological changes along the migraine cycle: the electrical dance - **Fu-Jung Hsiao**
- Assigning role to brain areas based on functional and molecular imaging studies in migraine patients - **Alexandre Da Silva**
- Neuroimaging correlates of electrophysiological findings - **Marco Lisicki**

Plenary Scientific Session 8 Beyond the Binary: Exploring the Impact of Diversity on Headache Science

17 SEPTEMBER
10:15 - 11:00



Chair: **Gisela Terwindt**

- Why attention to diversity is crucial in clinical practice and research - two illustrative examples - **Gisela Terwindt**
- Diversity in science, what have we accomplished and what are we striving for - **Irene de Boer**
- Prevalence Rates of primary headache disorders and evaluation and treatment patterns among Korean Neurologists - **Soo-Jin Cho**
- Lessons learned while going up - how to take control of your career and have a life! - **Dawn C. Buse**

Plenary Scientific Session 9 Does real-world evidence have a role in headache medicine?

17 SEPTEMBER
11:00 - 12:00



Chair: **Patricia Pozo-Rosich**

- Editors View - Pro **Paolo Martelletti**
- Editors View - Con **Amy Gelfand**
- Clinician's View - Pro **Marta Torres-Ferrus**
- Clinician's View - Con **Dimos Mitsikostas**
- Vote of the audience and conclusions - **Patricia Pozo-Rosich**

Closing Ceremony

17 SEPTEMBER
12:00 - 12:30



Don't miss the Closing Ceremony as we wrap up another fantastic edition of the International Headache Congress.



IHS-AMCEMIG Headache Master Class, Guadalajara, Mexico, 25–26 May 2023

We were wonderfully advised by Henrik Schytz, IHS Education Committee Chair, and incredibly supported by IHS to have the best faculty at our event

72 participants were educated by an international faculty of leading headache specialists



Ildefonso Rodriguez Leyva, Karina Velez and Ruben Vargas Garcia

Aware of the importance of headaches in their epidemiological distribution and their impact on the lives of those who suffer from them, we decided to organise a Headache Master Class in collaboration with IHS. The idea arose since some of us had the privilege of attending the last IHS Master School which was held in Colombia in 2019, a great event. The Master Class of Headache is an academic proposal run in collaboration with IHS to train the neurology specialist in the diagnosis, approach, and specialised treatment of headaches.



Cristina Tassorelli and Ildefonso Rodriguez Leyva

The organisation of the Master Class was initiated by the Mexican Association of Headaches and Migraine (AMCEMIG) President Dr Karina Velez-Jimenez and the Board of Directors, and continued under the leadership of the Presidency of Dr Ildefonso Rodriguez-Leyva. Guadalajara was considered the best city, and the venue chosen was The Hilton Downtown Hotel from 25–26 May, followed by the AMCEMIG annual congress on 27 May. We were also wonderfully advised by Dr Henrik Schytz, Chair of the IHS Education Committee, and incredibly supported by the IHS to have the best faculty at our event.

The web platform was launched in October 2022 and the process was underway. The event was planned for 60 students, but was increased due to the favourable response obtained. However, for the group rotation of the workshops, it was better to maintain a number no higher than 80, so there were 72 participants.

The delegates were expected to be qualified neurologists in the Americas or final year neurology residents. Prior to the in-person event all were sent a file containing articles and relevant documents expected to amount to 11 hours study per week, giving a total of 165 hours personal learning before the "live" Master Class event.

For the in-person event, the faculty was comprised of international and regional experts on headache: Cristina Tassorelli (IHS President, Italy), Rami Burstein (IHS President-elect, USA), Jose Biller (USA), Rashmi Halker (USA), Sait Ashina (USA), Carlos Bordini (Brazil), Jan Hoffmann (UK), Gloria Simms (USA), Maria Teresa Goicochea (Argentina), Agustin Melo Carrillo (USA), Patricia Pozo-Rosich (Spain), Messoud Ashina (Denmark), Andrew Charles (USA); and local Mexican experts: Ildefonso Rodriguez L, Maria Karina Velez J, Adriana Martínez M, Juan Carlos Perez G, Alejandro Marfil R, Ruben D Vargas G, Daniel San Juan Orta, and Ricardo Ceballos Lizarraga.



Messoud Ashina



Pre-course learning was followed by in-person lectures and workshops in small groups with high participation from the delegates

The social events allowed for great communication, numerous ideas and recommendations for future events



Maria Teresa Goicochea

participants could ask questions, share their opinions and even give their diagnostic and therapeutic ideas.

The second day was similar to day 1, with morning lectures and in the afternoon a further six workshops with very high participation from the delegates – again the teachers rotated so the delegates each completed the six workshops. At the end of the day a second evaluation was undertaken to assess learning over the event.

The Master Class ended with a presentation from Professor Tassorelli on ‘Migraine throughout history’.

A final evaluation will be held 6 months after the Master Class to measure the impact of the event for the participants. During this period, the delegates should review the material previously sent to them in addition to the teaching during the event. The recommended time for this phase is 5 hours per week, totalling 120 hours. For delegates to receive the Certificate of Accreditation they must achieve 80% on the results of the evaluations. The exams were evaluated by the Faculty of Medicine of the Autonomous University of San Luis Potosi (which grants endorsement).

We are pleased and grateful for all the support received for the realisation of this Master Class by the IHS; this event also had the academic endorsement of the Faculty of Medicine of the Autonomous University of San Luis Potosi, one of the oldest and most prestigious medical schools in the country.

The quality of the presentations was outstanding. The post-conference conversations and interaction of attendees and speakers were enriching and came naturally. The social events allowed for great communication, numerous ideas and recommendations for future events. We, the organisers, are proud and grateful that we were able to complete this event – everyone we spoke to, national and international attendees and speakers, expressed their approval and satisfaction.



Andrew Charles

Thanks to everyone at the IHS for their support and suggestions for topics and speakers; the quality of this event was one of the highest in this part of the world. Special thanks to all our international faculty members for their presence and support, without whom this event would not have taken place.



Cephalalgia is open access



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International
Headache Society

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:

- diagnosis and management of primary and secondary headaches and related syndromes
- pathophysiology
- mechanisms
- pharmacology
- epidemiology
- imaging
- genetics
- medico-legal aspects
- pharmacoeconomics

journals.sagepub.com/home/cep



Calendar of events

Date	Event	Country	Contact/information
2023			
7–9 September	International Congress on Neuropathic Pain (NeuPSIG 2023)	Lisbon, Portugal	Visit website
14–17 September	21st International Headache Congress (IHC 2023)	Seoul, Korea	Visit website
20–22 September	13th Congress of the European Pain Federation (EFIC)	Budapest, Hungary	Visit website
23 September	3rd Annual Education in Headache to Healthcare Professionals in Africa (EHHPA)	Virtual	Visit website
1–4 October	International Symposium on Pediatric Pain 2023 (ISPP 2023)	Halifax, Canada	Visit website
15–19 October	XXVI World Congress of Neurology	Montreal, Canada	Visit website
25 October	7th Annual International Headache Symposium in Israel	Herzilya, Israel	Visit website
16–19 November	Scottsdale Headache Symposium	Scottsdale, AZ, USA	Visit website
6–9 December 2023	17th European Headache Conference	Barcelona, Spain	Visit website

If you would like IHS to include your meeting on the IHS website and newsletter please contact **Carol Taylor** with the details.



14 - 17
September
2023
Seoul



RISING SUN OVER HEADACHES

Remember how great it was to spend time with colleagues and friends in Dublin, Vancouver, Valencia, Boston, and Berlin?

It's important for each of us to have the opportunity to get together again and share knowledge, thoughts, and ideas with our international colleagues - so we invite you to join us in Seoul. This International Headache Society Congress promises to advance headache medicine in the very different cultures and clinical opportunities in which it is practiced. Don't miss it!

The 2023 Congress is taking place at Coex, one of Asia's finest centres with the latest in congress technologies. Coex is located in the Gangnam district of Seoul and is ideally located close to hotels, shopping malls as well as good links to the airport and historic parts of the city.



PROGRAMME HIGHLIGHTS

- Special Event: IHS Practice Recommendations
- IHC Special Lecture - What do we know about sex-related differences on headaches?
- What's next after CGRP?
- Current research in biomarkers for headaches

REGISTRATION NOW OPEN. VISIT THE IHC WEBSITE TO REGISTER!

KEY DATES

Abstract submission deadline
10 May 2023

Late breaking abstract submission opens
31 May 2023

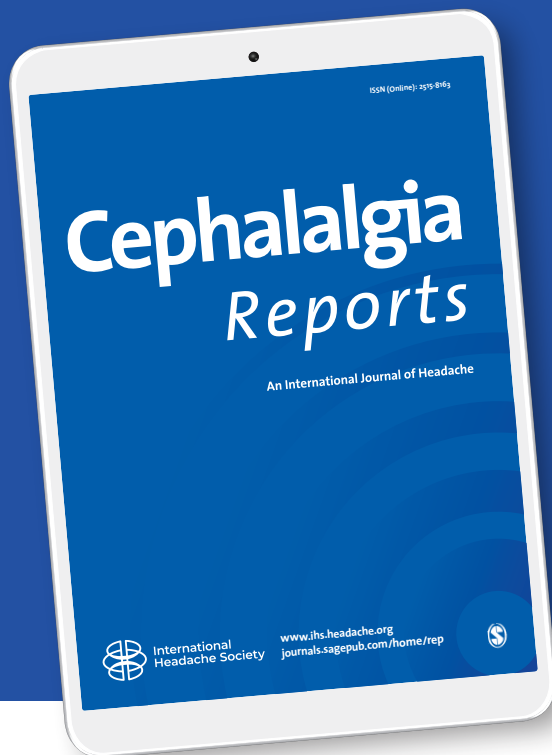
Late breaking abstract submissions closes
15 June 2023

Early bird registration deadline
28 June 2023



Call for papers

Cephalalgia Reports



International
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Cephalalgia Reports is a peer reviewed, open access publication published on behalf of the International Headache Society, the world's leading membership organization for those with a professional commitment to helping people affected by headache. The journal provides an international forum for research on all aspects of headache and facial pain including preclinical and clinical research, diagnosis and treatment referred to the head and face.

Published with the same internationally respected editorial team and rigorous peer review as Cephalalgia, Cephalalgia Reports operates under an open access publishing model, where an article processing charge (APC)* enables the article to be free to access. Content published is available for anyone, anywhere to read, offering truly global dissemination. This includes those in developing countries and others who may not otherwise have access to the content, fulfilling one of the IHS's primary objectives to advance headache science, education, and management, and promote headache awareness worldwide.

* *The article processing charge (APC) is payable when a manuscript is accepted after peer review, before it is published. The APC is subject to taxes where applicable*

The journal publishes international content encompassing a wide variety of article types on:

- Original research (basic science and articles with a clinical emphasis)
- Randomized Controlled Trials (RCTS) with negative outcomes
- Confirmatory case studies
- Feasibility and pilot trials which may stimulate therapeutic innovation
- Reports providing regional relevance which validate and add to existing studies
- Registered reports
- Qualitative and quantitative studies
- Scientifically rigorous pathophysiological and pharmacological studies
- Review articles (narrative reviews and systematic reviews)
- Educational pieces on technical reports and best practice
- Current topics and opinion pieces (such as clinical perspectives, emerging observations with translational potential not yet realized and brief communications)

All articles will be fully peer-reviewed, published rapidly online within days of acceptance and made available on an Open Access basis.



International
Headache Society

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

Join the IHS

Members receive discounted registration fees to IHC 2023

Discounted APC fees for Cephalalgia accepted manuscripts

Access the IHS website online learning centre, including the IHS Learning Institute – online CME-accredited course

**Membership fee: £85
(US \$140; €105)**

To learn more about our different membership categories and related benefits please visit us at

www.ihs-headache.org