

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

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( 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.

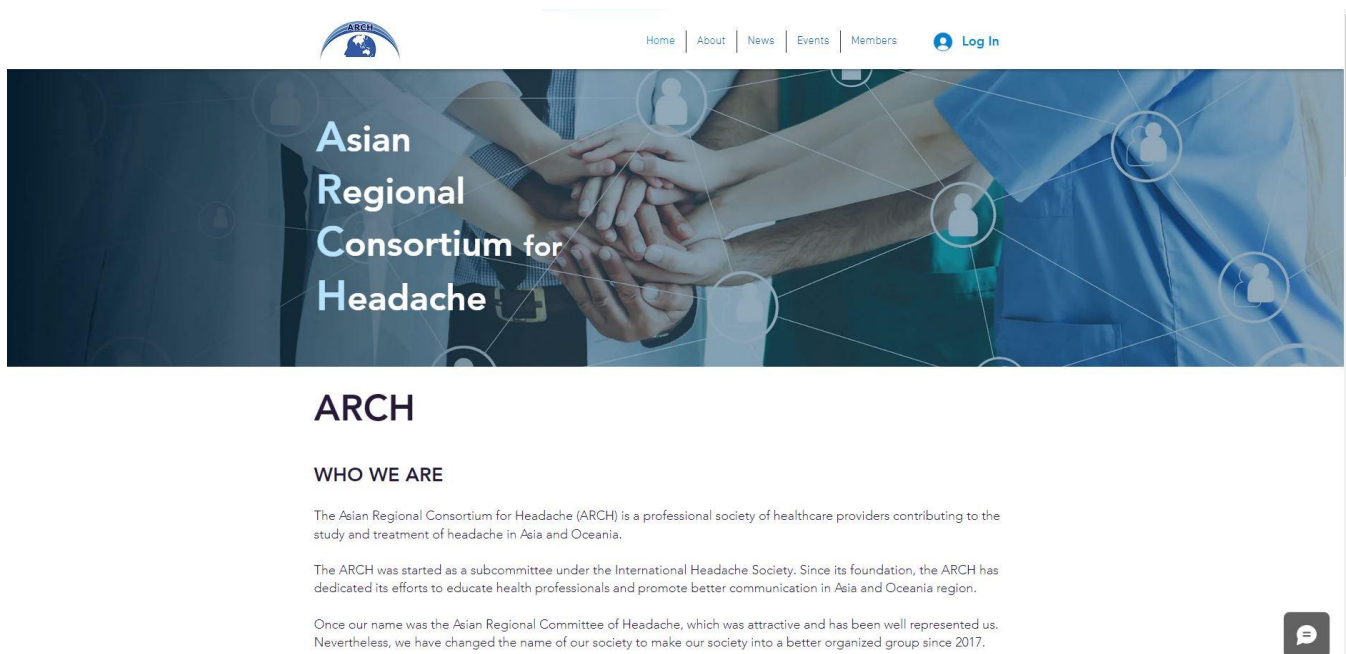


Figure 1. The homepage of the ARCH([www.archhub.org](http://www.archhub.org))



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

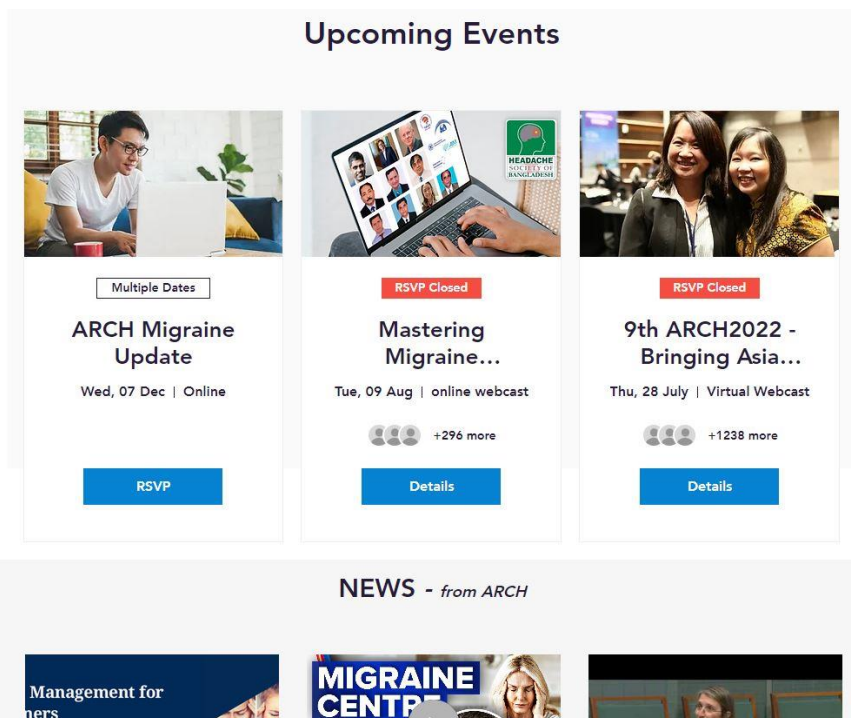


Figure 4 from the new ARCH website

## 2023 major activities

### 1. Inspiring People in headache medicine

ARCH launched the Inspiring People in headache medicine as a series of virtual events during 2023.

The first person interviewed was Prof. S.J. Wang. 56 colleagues attended live. 16 countries in Asia-Oceania represented.

Eleven academic leaders were interviewed, and videos were completed in the preceding months. They will be released on a monthly basis in collaboration with national headache societies / national neurology/medical societies from December 2023 onwards.

### 2. Student Interest Groups in Migraine and Headache Disorders (ARCH-SIGMA)

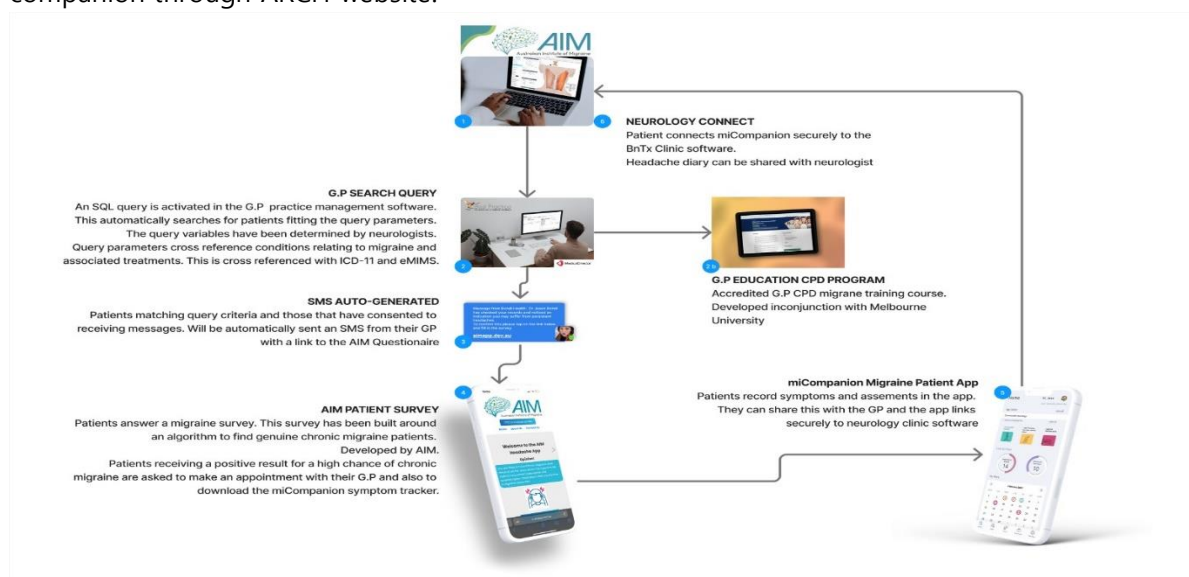
ARCH has been successful in establishing a student interest group in migraine. Six WHO accredited medical schools joined the pilot project at the time of this report. The group is discussing the possibility of a student driven migraine conference (virtual) during the summer of 2024. Please follow the ARCH website for more information later in the year.

### 3. Headache Visiting Professors in Sri Lanka ( Supported by IHS and Association of Sri Lankan Neurologists .

IHS treasurer Prof Fayyaz Ahmed and ARCH President Prof Tissa Wijeratne delivered a full day master class on migraine headache management at the Kandy General Hospital , Sri Lanka in February 2023 in partnership with annual scientific sessions , Sri Lankan Association of Neurologists. 200 delegates attended events with excellent feedback.

### 4. AIM migraine app improvement - In collaboration of Australian Institute of Migraine

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



### 7. Migraine Day and National Migraine Walk

On 18<sup>th</sup> June 2023, the Migraine Day and Steps4migraine campaign was launched as a pilot in Australia. The campaign was well received, with five million steps completed by people with migraines and supporters within the first three days. Visit [www.steps4migraine.com](http://www.steps4migraine.com) for further details. We will explore the possibility of expanding the campaign across Asia in 2024.

### 8. ARCH regional headache journal, 6<sup>th</sup> Lance -Goadsby Symposium and Future activities

We are delighted to share the news on successful negotiations in a regional journal with a leading publisher. We will seek EOI for an editorial board representing all 61 nations in Asia with a diverse mix in the coming months. The Journal launch will be announced at the sixth Lance-Goadsby meeting in November 2023—Invitations for the 6<sup>th</sup> Lance-Goadsby Virtual Symposium are on your way soon. Virtual and face-to-face educational activities will be conducted in late November and early December 2023. We aim to set up at least three more headache societies in Asia during the next year. We plan to conduct several visiting Professor assignments in Asia in the coming years.

Contact ARCH team through [www.archhub.org](http://www.archhub.org) if you interested in supporting us.  
Let us bring Asia closer to the rest of the world, together.