



Newsletter

Leading headache science, education and management globally

Letter from the President

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Rami Burstein

Dear IHS community: On behalf of IHS I would like to wish you all an excellent start to 2024 – may we all look forward to more peaceful times, and allow focus on making the world a better and healthier place.

With a great sense of responsibility I have inherited the role of the President of the International Headache Society from Past Presidents Cristina Tassorelli and Messoud Ashina, to whom I owe much for preparing me for the complex tasks of navigating our society in a rapidly changing world.

I am writing my first IHS newsletter Presidential Letter to the society while new and ongoing wars are ravaging our world, including Asia (Israel and the Gaza strip, Myanmar, Afghanistan, Syria, Yemen), Europe (Russia and the Ukraine), Africa (Ethiopia, Somalia, Nigeria, Sudan), and the Americas (drug wars, political power struggles) – all imposing death of innocent civilians that is often exacerbated by unimaginable cruelty and torturing of the most vulnerable communities. In perspective, it can be overwhelmingly difficult to prioritize our collective effort to advance headache medicine and continue our effort to bring it to every part of the world – to those fortunate enough to live in peace and those fearing for their very existence.

Keeping this perspective in mind, we must remind ourselves that what unites us is our collective commitment to reducing suffering in the world by lessening the burden of headache in all people, regardless of their socioeconomic status, country of origin, sex, gender, age, race, color, disability, or religious identity. Our aim may not measure up to global efforts to bring peace or prevent major communicable diseases such as HIV/AIDS and malaria, but it addresses a major unmet need in human health that we, and only we, as a society, are in a position to change.

To this end, my presidency will maintain the effort to secure needed funding for (a) research that is critical to our effort to advance headache medicine; (b) education of medical and non-medical professionals who help people with headache in all parts of the world; and (c) distribution of national and international treatment guidelines within and beyond the IHS.

Beyond my commitment to maintaining the society's role in advancing research and education, **I will put in motion an effort to make headache medicine available in low- and middle-income communities throughout the world;** I see this as an urgent global mission we cannot afford to fail. To translate this intention from words into deeds, we first need to recognize three facts: 1) most people with headache do not know that there are ways to help them; 2) most do not see MDs, nurses, or pharmacists, but engage instead with community healthcare workers who lack even basic understanding of headache; and 3) most do not have access to drugs currently on the WHO list of essential medications (such as sumatriptan, propranolol, and amitriptyline).



I will put in motion an effort to make headache medicine available in low- and middle-income communities throughout the world

Recognizing this void, I intend to engage the society in inventing ways to educate community healthcare workers in using diagnostic tools they can understand and applying therapeutic tools (i.e. medications) available to the communities they serve. Furthermore, we will engage in a massive effort to increase availability of medications such as triptans throughout the world.

A reality check shows that the IHS is far too small of an organization to achieve such an enormous goal on its own. It will require the establishment of close collaborations with multiple humanitarian, medical, and financial organizations, pharmaceutical companies, governmental healthcare policy makers, and those of you who are willing to give us time, effort, knowledge, and soul – expecting no compensation other than the pride and satisfaction that come with doing the right thing.

With gratitude,
Rami Burstein, PhD

Update from the Honorary Secretary

IHC welcomed 1,600 delegates from over 90 countries worldwide



Patricia Pozo-Rosich

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

IHC 2023

The 21st International Headache Congress, Seoul, Korea, 14–17 September, was a great success! We welcomed over 1,600 delegates from over 90 countries worldwide.

Delegates were treated to many fascinating plenary and parallel sessions, plus oral and poster presentations from submitted abstracts, presenting the latest cutting-edge research in headache science and medicine.

Please **see the article** later in the newsletter highlighting the event. Thanks to all our members and delegates who attended and of course thanks to our sponsors and exhibitors who contributed to this unique congress.

To further enhance the reach of our congress, in late November Cristina Tassorelli and Messoud Ashina presented highlights from IHC 2023 in two live webinars, a recording of which is available on the **IHS website**.

iHEAD 2023 – International Headache Academy

I was pleased to chair my first iHEAD immediately prior to the IHC in Seoul, together with Todd Schwedt and Shuu-Jiun Wang as Co-Chairs. We welcomed over 90 delegates from 30 countries to a 1.5-day high-level, integrated educational course on all aspects of headache research and medicine. For a look at iHEAD from the delegates' perspective please see their first-hand report **later in the newsletter**.

Membership

In 2023 we exceeded 2,000 members for the first time, with over 2,200 members as of December 2023. It is exciting to see the increase in interest and continued growth in our field of research and medicine and thanks to all our members for their support. I do hope all members will renew to continue to enjoy IHS membership benefits in 2024, and please spread the word about IHS membership to your colleagues and juniors. The renewal invitations for 2024 have been mailed – please help us by renewing your membership before the end of January .

In 2023 we exceeded 2,000 IHS members for the first time



**GRADE tables
published in
Cephalalgia**

Guidelines

The IHS Guidelines for Controlled Clinical Trials in Idiopathic Intracranial Hypertension (IIH) were the subject of an editorial in **Nature Reviews Neurology** written by Drs Biousse and Newman, both outstanding leaders in the field of neuro-ophthalmology. IHS clinical trials guidelines on post-traumatic headache have been submitted to *Cephalalgia* and will be published early in 2024. Grading of Recommendations, Assessment Development and Evaluation (GRADE) tables were published in **Cephalalgia in October**. The GRADE tables were created using a standardised and independent assessment of the efficacy and side effects of treatments with monoclonal antibodies (mAb) against calcitonin gene-related peptide (CGRP) or the CGRP receptor for the prevention of migraine. We continue to provide support for author groups writing national or regional treatment or management guidelines for migraine prevention. Work is continuing on *Practice recommendations for migraine*, and *Joint migraine treatment guidelines*, with the Italian Headache Society (SISC).

IHS Board Trustees

The Trustees elected during our elections earlier this year joined the Board at the Annual General Meeting (AGM) in September. Rami Burstein succeeded Cristina Tassorelli as President, Mario Peres joined as President-elect, and the three elected Trustees, Anna Andreou, Sait Ashina and Marcelo Valença took their seats. Andrea Carmine Belin, Jan Hoffmann and Aynur Özge started their second term in office. The Board has also appointed three Co-opted members to ensure global representation: Oved Daniel (Israel) Laszlo Mechtler (USA), and Karina Velez (Mexico). An introduction to all the new Trustees is **included in this newsletter**. Grateful thanks are offered to the retiring members: Past-President: Messoud Ashina; Elected member: Gianluca Coppola; Co-opted members: Augustina Charway-Felli, Min-Kyung Chu, Maria Teresa Goicochea, Amr Hassan, and Teshamae Monteith.

**Thanks to retiring
Board members**

Committee Chairs

Following the AGM several Committee Chairs were re-appointed and new appointments made:

- Communications Committee – Jr-Wei Wu succeeded Anna Andreou as Co-Chair after her second term ended – he will Co-Chair the Committee with Arão Belitardo de Oliveira
- Science and Research Committee – Messoud Ashina has succeeded Hans-Christoph Diener and Shuu-Jiun Wang
- Cluster Headache – Stefan Evers and Mona Nada appointed as Co-Chairs
- Juniors Group – Irene de Boer has succeeded Francesca Puledda.

Many thanks to our retiring Chairs for their commitment and work for IHS over many years.

**Special
Recognition
Award given to
Alan Rapoport
for outstanding
contribution to
the formation and
advancement of
IHS**



IHS Special Recognition Award and Honorary Life Memberships

The 2023 Special Recognition Award was given to Alan Rapoport for his outstanding contribution to the formation and advancement of IHS since its foundation.

Alan is a Past-President and Life Member of IHS and also past IHS Education and Membership Committee Chair. He initiated many IHS projects, most of which are still running today: Headache Master Schools – first one held in Brazil in 2011/2012 – subsequent schools in Japan, India, China, Australia, Colombia and most recently Mexico; Visiting Professor programme – sending 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 – first one in Chile in 2012, 37 subsequent Visiting Professor meetings supported by IHS; and launched the first IHS online learning centre – slide presentations, book chapters and Case of the Quarter.

Congratulations to Alan.



Life Membership offered to Messoud Ashina, Rigmor Jensen and Stephen Silberstein

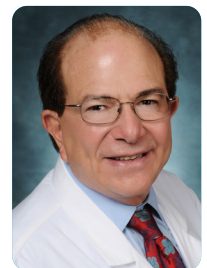
IHS representative participated in EAN Teaching Course in Tanzania



Honorary Life Memberships were awarded to Rigmor Jensen and Stephen Silberstein.

Rigmor Jensen qualified as a neurologist and Associate Professor at The University of Copenhagen in 1997 and became a full professor in headache and neurological pain at the University of Copenhagen in 2009. She is Co-founder of The Danish Headache Center and became its Director in 2011. The centre was awarded a Global Excellence in Health. She has supervised 28 PhD students and more than 50 pre- and postgraduate Master projects, and in 2016 initiated an International Academic Master Education in Headache Disorders at the University of Copenhagen together with Associate Professor Henrik Schytz. This 2-year education programme has been very successful; 72 new headache specialists from 30 different countries have already graduated and at present 22 post graduate students, mostly neurologists, are attending MHD 4.

Stephen Silberstein completed a fellowship in neurology at the National Hospital for Nervous Diseases in London and his neurology residency at the Hospital of the University of Pennsylvania. He is a Professor of Neurology and the Director of the Jefferson Headache Center at Thomas Jefferson University. He has served on the Board of Directors of the American Headache Society and is Co-director of the American Academy of Neurology national and international Headache Guideline Project, in cooperation with the Agency for Health Care Policy and Research. He was the Chair of the IHS IHC 2009 Philadelphia and is Chairman of the headache research group of the World Federation of Neurology. He lectures extensively on the pathogenesis, neurobiology, diagnosis and treatment of headache.



Honorary Life Membership was also awarded to Messoud Ashina, IHS President from 2019–2021, who retired from the IHS Board. Messoud is Professor of Neurology and Director of the Human Migraine Research Unit at the Department of Neurology & Danish Headache Center, Rigshospitalet, the University of Copenhagen, Denmark. He is Past General Secretary of the European Headache Federation and a Fellow of the European Academy of Neurology. In addition, he is an Associate Editor of Cephalalgia, an Associate Editor of The Journal of Headache and Pain, and an Associate Editor of Brain. His research interests include the pathophysiology of migraine and mechanisms of action of antimigraine medications, as well as experimental migraine models, functional neuroimaging, and novel antimigraine drug targets. He has authored over 600 papers, abstracts and book chapters on the topic of headache, including migraine and cluster headache. Messoud obtained his MD from the Azerbaijan Medical University, and went on to complete his residency in neurology at the University of Copenhagen, where he gained his PhD and DMSc. In the past, he has served as President of the Danish Headache Society. Messoud has been a Trustee for the last 6 years and his contribution to the Board has been invaluable. He continues to work for IHS in his new role as Chair of the Science and Research Committee.

Grants and Education

We are pleased that several of our 2023 grant recipients are currently participating in, or recently completed their placements. Additionally Visiting Professor meetings have taken place in Laos, our first visit to the country, and in Pakistan. Reports will be included in the next newsletter.

EAN Regional Teaching Course Tanzania

For the first time IHS participated in the annual European Academy of Neurology Sub-Saharan Regional Teaching course which was held in Tanzania in October. Daniele Martinelli represented IHS and his report is included **later in the newsletter**.

Clinical Trials Dashboard

The Clinical Trials Dashboard, available on the IHS website, is a collaboration with the Mondino Foundation in Pavia to present an overview of ongoing and completed clinical trials in the headache field. See the article later in the newsletter and visit the Dashboard on the **IHS website**

**New IHS
conference – IHS
2024 | Science,
4-5 May 2024**

IHS 2024 | Science

From 4-5 May 2024 IHS will hold the first IHS | Science conference, a new unique, intimate meeting, which will highlight some of the most significant scientific and clinical advances being pursued in our field.

The meeting, which will follow our 2024 iHEAD Academy, will bring together world experts and new leaders to present and discuss the latest developments in basic, clinical and practical headache medicine. We look forward to a robust exchange of ideas and to discussions surrounding how these advances will affect our community and the patients we treat. Unlike the bi-ennial International Headache Congress, attendance at this special meeting will be limited to no more than 350 attendees to maximise learning and opportunities to network and collaborate during this single-track (no break-out sessions) meeting. Registration is now open! **Visit the webpage** to register and for more information

Patricia Pozo-Rosich
patricia.pozo@vallhebron.cat

**Register for IHS
2024 | Science
today!**



 International
Headache Society

**IHS 2024
iHEAD | SCIENCE**

**3-5 MAY 2024
INTERCONTINENTAL HOTEL
BERLIN, GERMANY**

Early-bird Registration is Open!
Visit www.ihs2024.org for more information



Meet the new Trustees

**Congratulations
to the newly
elected Trustees
who joined
the Board in
September 2023**

President-elect



Mario Peres, Brazil

Mario F P Peres, MD, PhD, FACP, is the Founder of the São Paulo Headache Center and Coordinator of Headache Medicine program (GMA) at Albert Einstein Hospital in São Paulo, Brazil. He is Professor at the Psychiatry Institute, São Paulo State University Medical School. He was born in São Paulo in 1971, he did his neurology residency training in 1998 and received his PhD in Neurology in 2000 from the Federal University of São Paulo. Mario also completed the Headache Fellowship programme at Jefferson Headache Center, Thomas Jefferson University, USA, in 2000–2001.

Mario has authored and/or co-authored more than 350 publications listed at Google Scholar, with more than 20.000 citations, a H-index of 54. He has dedicated the past 15 years full time to the headache field, in clinical practice, academic training, public awareness and research. He developed a headache medicine E-learning programme for health professionals, a headache diary app, and internet content with more than 10 million individual page views over the past few years.

He has served as President of ABRACES, a member of several committees for IHS, most recently as Chair of the Membership Committee.

Elected Trustees



Anna Andreou, UK

Anna Andreou completed her PhD in Neurological Sciences and Migraine at the Institute of Neurology-Queen Square, where she investigated the therapeutic potential of novel pharmacological innervations in migraine treatment. She then moved to the University of California San Francisco, where she focused her research on the investigation of brain networks involved in headache pathophysiology and the effectiveness of neurostimulation in migraine. Anna obtained her first fellowship in headache at Imperial College London and currently she is Senior Fellow of the Medical Research Foundation based at the Wolfson CARD. She is the director of headache research at King's College London and of the Headache Centre, where she serves as a Headache Consultant and pain clinical scientist.

Since the completion of her PhD, Anna has received a number of awards including the Thomas E. Heftler Migraine Research Award by the American Headache Society,



the Early Research Career Grant by the International Association for the Study of Pain, and the Headache Research Excellence award from the International Headache Society. She is also a co-recipient of the Enrico Greppi Award in 2010, and has twice received the European Headache and Migraine Trust International Congress New Scientist Lecture and the American Headache Society 'Frontiers in Headache Research' Scholarship Awards.

Anna's research interests are focused on the neurobiology of headache disorders, and factors influencing the development and evolution of these conditions. Her research focus also expands to the investigation and development of new therapeutic targets for the acute and preventive treatment of migraine and of trigeminal autonomic cephalalgias and facial pain. She is an active member of several research consortia.

Anna served as the Chair of the IHS Trainees and Residents SIG (now Juniors Group) and more recently Co-Chair of the IHS Communications Committee for 8 years.



Sait Ashina, USA

Sait Ashina, MD, is an Assistant Professor of Neurology and Anesthesia at Harvard Medical School. He is a Director of the Comprehensive Headache Center at Beth Israel Deaconess Medical Center.

He is board-certified in Neurology by the American Board of Psychiatry and Neurology and in Headache Medicine by United Council for Neurological Subspecialties. He is a member of the IHS Education Committee and served as a member of the headache Classification Committee for the International Classification of Headache Disorders, 3rd edition.

He serves on the Advisory Board for the Journal of Headache and Pain, and is an Associate Editor of BMC Neurology, Frontiers of Neurology, and Neurology Reviews. He is training, mentoring, and educating students, residents, and fellows at Harvard Medical School. He is a recipient of the Enrico Greppi Award for excellence in headache research.

Sait is currently engaged in several research projects at Harvard Medical School. His research interests include the epidemiology of headache and chronic pain, quantitative sensory testing, human pain models, brain imaging and structural brain lesions in migraine, migraine and vestibular dysfunction, the implication of photophobia in pathophysiology, and treatment of migraine. He is an investigator of clinical trials in migraine, including clinical trials involving novel treatments in migraine.



Marcelo Valença, Brazil

Marcelo Valença is a Full Professor of Neurology and Neurosurgery at the Federal University of Pernambuco in Recife, Brazil. His professional focus is on Headache Medicine, particularly in secondary headaches. He holds the position of Editor-in-Chief



at Headache Medicine, the scientific journal of the Brazilian Headache Society, and serves as the society's President.

His engagement in headache research and management dates back to 1991. Marcelo graduated from the Federal University of Pernambuco in 1981. He completed his PhD at the University of São Paulo and participated in a fellowship in basic neuroendocrinology at the Laboratory of Integrative Neuroscience at the National Institutes of Health (NIH), USA, from 1983 to 1987 and in 1990. His postdoctoral training includes stints at the National Hospital for Neurology and Neurosurgery, London, in 1995, and McGill University, Montreal, in 2010.

Throughout his career, he has published over 400 scientific articles in peer-reviewed journals and authored and co-authored several books and book chapters. Additionally, he has supervised over 80 PhD and MSc theses. His neurosurgery work has propitiated an approach to understanding and treating headache disorders.

Co-opted Trustees



Oved Daniel, Israel

Oved Daniel is a senior neurologist and the director of the Headache and Facial Pain Clinic at Tel Aviv Sourasky Medical Center - Ichilov Hospital. He was President of the Israeli Headache Society between 2019-2023, Board member of the European Academy of Neurology Scientific Panel (EAN) between 2016 and 2020, Past Section head of the International Controversies in Neurology Conference (CONy) and the founder and president of the Annual International Headache Symposium in Israel (IHSI).

Oved is rated by the FORBES as one of the best Neurologists in Israel in 2018-2023 and is a world-renowned headache specialist and a speaker at many international neurologic conferences. He is primary investigator of many clinical trials for the treatment of migraines and cluster headaches and Associate Editor of the journal of Oral & Facial Pain and Headache.



Laszlo Mechtler, USA

Laszlo Mechtler is Professor of Neurology and Oncology at the State University of New York at Buffalo, and Chief Medical Officer of the Dent Neurologic Institute, the largest out-patient neuroscience centre in the USA. He is the Director of the DENT Headache Center where he currently serves as the Principal Investigator for over 25 clinical research trials with the majority focused on headache. He serves as an active member of the AHS and IHS. An accomplished author, Laszlo has published many abstracts, book chapters, as well as manuscripts, and is currently publishing in Wolff's Headache for the upcoming edition. He is the Founder and Medical Director of the MIND Clinic in Budapest, Hungary, where he is currently developing a Headache Center of Excellence. His training includes institutions such as MD Anderson, the State

**Co-opted
Trustees
appointed to
ensure global
representation**



University of New York at Buffalo, and Semmelweis University. Laszlo holds UCNS certifications in Neuroimaging, Neuro-Oncology and Headache Medicine.

He is a past president of both the Hungarian Medical Association of America (HMAA) and American Society of Neuroimaging (ASN). He has also served as guest editor of the 2009, 2014, 2020 editions of Neurology Clinics on 'Neuroimaging'. He has sat on the Executive Committee for BrainPAC through the American Academy of Neurology, and serves on multiple advisory boards for industry as well as the New York State Athletic Commission. Laszlo lectures internationally, as a thought leader and accomplished researcher in Headache Medicine, Neuroimaging, Neuro-Oncology, and Medical Marijuana. He has also published some of the world's first large-scale retrospective research in the medical use of marijuana.

Laszlo has received honours and recognition including "The 2021 250 Most Influential People in Western New York" (77/250), voted as "TOP DOC" every year since 2005 and most prestigiously recognised as the 2016 Recipient of the Award of Achievement from the Hungarian Government.

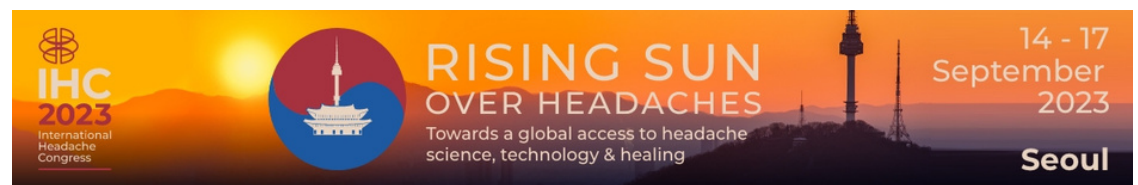


Karina Velez, Mexico

Maria Karina Velez Jimenez, MD, PhD, is a specialist in Neurology. She is founding president of the Mexican Association of Headache and Migraine (AMCEMIG) 2018-2020, and founding coordinator of the headache group of the Mexican Academy of Neurology. She is also a past Treasurer and Secretary of the Mexican Academy of Neurology and current secretary of the Latin American Headache Society.

Karina is an active council woman of the Mexican Neurology Council and member of the AMN, AHS, AAN and ANA. Her research focuses on headache and migraine and she is an editor of several guidelines and books on those topics.

21st International Headache Congress, Seoul, Korea



A huge THANK YOU to all who attended the **21st International Headache Congress (IHC 2023)** held in the unique city of Seoul, Korea, in September.

IHC 2023 was our first in-person congress since 2019 in Dublin and it was so good to see so many of our friends and colleagues after 4 years apart.

- Over 1,600 delegates representing over 90 countries worldwide
- 92 speakers from 30 countries
- 7 plenary sessions, 20 parallel sessions, IHS Special Lecture, Cephalalgia Award Lecture, Cluster Headache Award 2023, Special Sessions on Practice Recommendations, Real World Evidence, Diversity in Headache Science, Research Priorities
- > 550 abstract submissions
- > 450 posters displayed and presented digitally covering a range of different headache topics

Truly international congress with 30 countries represented by speakers, and delegates from over 90 countries



**Thanks to
SPC Chairs,
Hayrunnisa Bolay,
KC Brennan and
Gianluca Coppola
who worked
tirelessly over
2 years to present
a rich and diverse
programme**

**IHC 2023
presentations will
be available for
IHS members in
the first quarter
of 2024**



The Scientific Programme Committee, Chaired by Hayrunnisa Bolay, KC Brennan and Gianluca Coppola, has worked tirelessly over the past 2 years to bring to life a rich and diverse programme covering all topics of headache medicine through a vibrant combination of plenary sessions, debates, lunchtime and parallel sessions, teaching courses, and oral presentations from submitted abstracts, all highlighting the recent exciting developments in headache medicine. Over 450 posters were displayed, the best of which were selected for presentation as digital posters in specially built booths in the exhibition area. Special thanks go to the programme Chairs and their Committee members.

The IHS Juniors Group was active throughout the congress with several events for our junior members – the Juniors Chair reports in the next article.

The exhibition area was very lively with many industry and society partners, and we thank them all for participating in IHC 2023. **Special thanks to all of our sponsors, without whom IHC 2023 would not have been possible: Lilly, Pfizer, Abbvie, Lundbeck, Teva, Chordate Medical, Percept, Myung In Pharma, Yuyu Pharma.**

We offer our heartfelt thanks and appreciation to Professor Cristina Tassorelli, IHS President and Congress Co-Chair, and to Dr Min Kyung Chu, Congress Co-Chair, who warmly welcomed us to his home city and was an invaluable source of information and help.

IHC 2023 presentations will be available for IHS members through the IHS website in 2024!

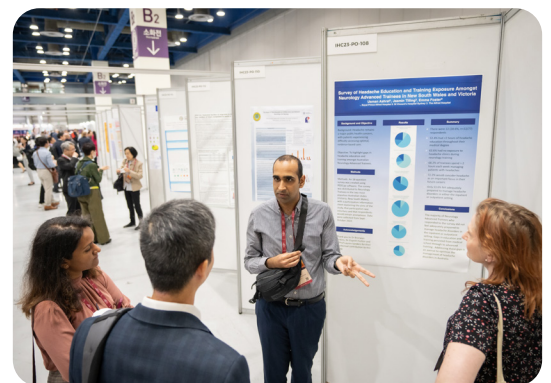
A selection of posters presented at IHC 2023 is available on the IHS website. If you presented a poster at IHC and would like it to be included please send to **Carol Taylor**.

We look forward to seeing you all again at IHC 2025 in São Paulo, Brazil!





Delegates were entertained by a traditional Korean fan and drums dance



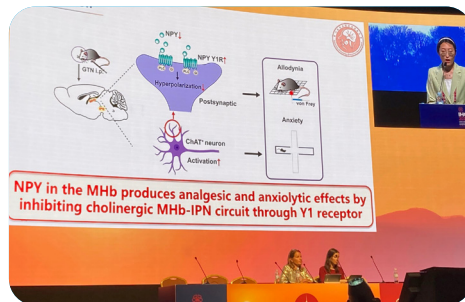
Juniors Group activities at IHC 2023

The Juniors Group travel grants brought 65 juniors from 26 countries to Seoul – a fantastic opportunity for young people from all over the world



Irene de Boer

Attending the IHC in Seoul was a great pleasure. As Chairperson of the Juniors Group, witnessing numerous young scientists and clinicians from around the globe showcase their outstanding work and actively engage in discussions on headache-related topics, both within and outside the sessions, was inspiring. The future of headache medicine appears bright!



Chunxiao Yang

As always, the members of the IHS Juniors Group have worked hard this past year to make the IHC a great experience for junior delegates. To facilitate the attendance of as many juniors as possible, the Juniors Group awarded 65 IHC travel grants to juniors from 26 countries; 41 grants were awarded to applicants with a submitted abstract and 24 educational grants were awarded to applicants from lower-income countries. Applications were reviewed by the Juniors Group members.

Congratulations to the Headache Science Excellence Tournament winners – Chunxiao Yang and Gabriele Sebastianelli – and thanks to the other great presenters

A highlight of the IHC was the Headache Science Excellence Tournament, an event organised by the Juniors Group that has become a tradition at IHC. This event provides a dedicated platform for young scientists to present their data through short talks and discussions. Presenters were selected in a blinded fashion from the 231 abstracts submitted by juniors to IHC 2023. Among the six presenters, the audience selected two winners: one for a clinical research presentation and another for basic science research. We were delighted to witness outstanding presentations from all the participants! The presentation award winner in the basic science category was Chunxiao Yang from China with a presentation titled 'Neuropeptide Y regulates migraine-like behaviors through inhibiting habenula cholinergic neurons'. Gabriele Sebastianelli from Italy won the clinical science award for his talk titled 'Behavioral response mechanisms in medication overuse headache: a study of thalamocortical activation and lateral cortical inhibition'. **Congratulations to both winners!** We would like to extend a special thank

you to Andrea Carmine Belin for being the Co-Chair of this amazing session.



Excellence Tournament winners with Chairs Francesca Puledda and Andrea Carmine Belin



Congratulations to poster prize winners – Nur Amalina Md Isa and Pinay Yalinay Dikmen

The members of the Juniors Group would also like to congratulate the winners of the IHS Juniors Poster Prize and the IHS People's Choice Award. The winners were:

- Best poster selected by the Juniors Group members: 'Corneal nerve morphology as a potential objective biomarker of migraine', Nur Amalina Md Isa et al. (Australia)
- Best poster chosen by the congress delegates: 'Real-life experiences with galcanezumab disclosed new predictors for response', Pinay Yalinay Dikmen et al. (Turkey).



Poster winner Nur Amalina Md Isa with Irene de Boer

This year, for the first time, we had the past-recipients of the Junior Research Grants present their work at IHC 2023. Junior Research Grants are annual grant opportunities available to our junior members. Applications are considered in the areas of basic or clinical headache research, or a combination of both, and are reviewed and scored by the Juniors Group and the IHS Board. We were intrigued by the terrific work presented by Bahtigul Holmuratova (Uzbekistan), Noemi Meylakh (Australia) and Linda Al-Hassany (Netherlands) and wish them all the best in their future careers. We are sure we will be seeing more of their excellent work in the future! We also want to congratulate this year's winners: Wei Dai (China), Kristin Sophie Lange (Germany) and Jason Ray (Australia). We look forward to seeing their work at IHC 2025.

Welcome to new members of the Juniors Group and thanks to retiring members

Before the IHC, five new members of the Juniors Group were elected by IHS junior members through an online election. The new members are:

- Edoardo Caronna (Spain)
- Carlo Lastarria (Peru)
- Bianca Raffaelli (Germany)
- Eloisa Rubio Beltran (UK)
- Gloria Vaghi (Italy)

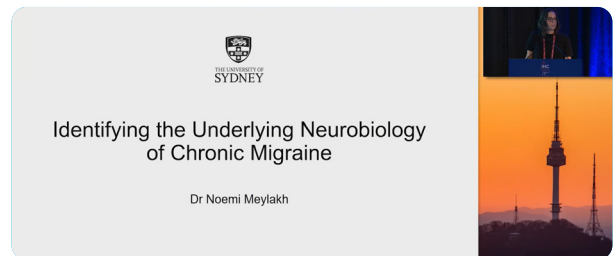
Thanks are offered to the retiring members, Olivia Begasse de Dhaem, David García Azorin, Roberta Messina, Marcio Nattan, and finally to Francesca Puledda, past Chair, who has steered the Group for the past 2 years.

Please contact the Juniors Group Chair if you have any suggestions for Junior activities

Finally, it would not be the IHC without the Juniors' Forum. This

year's Juniors' Forum was held on the Tritania Boat restaurant, anchored on the Han River, with a beautiful view of the skyline of Seoul. This very popular event provided the young attendees with the opportunity to network in a casual and informal setting. The evening proved to be a resounding success!

If you have any suggestions for new Junior activities or ways in which IHS can support junior headache scientists and clinicians, kindly email me your thoughts at: ideboer@lumc.nl.



IHS Junior Research Grant presentation



8th International Headache Academy (iHEAD) 2023 Seoul, Republic of Korea

93 delegates from 30 countries – an international group of young neurologists coming together for a high-level educational programme

Varied sessions including plenary lectures, workshops, masterclasses, debates – focus on interaction and participation



**Laura Gómez Dabó
and Francescantonio
Cammarota**

The 8th International Headache Academy (iHEAD) took place for the first time in Asia, just before IHC 2023, at the Coex Convention & Exhibition Centre, located in Samseong-dong of Gangnam-gu district in Seoul, Republic of Korea, from 12–13 September 2023. This 1.5-day course brought together participants from all over the world for a comprehensive educational programme that seamlessly integrated cutting-edge research in headache care with a pragmatic approach to clinical-based medicine and professional growth. This distinctive course included plenary sessions, practical workshops and highly interactive masterclasses, offering insights into headache overviews, encompassing their pathophysiology, diagnosis and management of migraine and related headache disorders.



A total of 93 delegates from 30 different countries attended the academy, including neurology residents, headache medicine fellows, medical doctors, and PhD clinicians and researchers, all aiming to address the most crucial and recent clinical and research aspects of headache medicine.

On the first day, Professor Patricia Pozo-Rosich, Chair of the Organising Committee, opened the iHEAD programme, emphasising the significance of the iHEAD platform as an opportunity for young clinicians and researchers to enhance their knowledge in the headache field and to foster connections within the IHS.

Following the opening, two outstanding lectures were delivered. Professor Cristina Tassorelli, IHS President and Chair of IHC 2023, presented the Guidelines and Treatment Recommendations for Headaches, providing valuable practical advice for the attendees. Subsequently, Professor Rami Burstein delivered

an informative talk on the role of research in the headache field, underscoring the importance of ensuring that research questions are clinically, therapeutically and scientifically significant and relevant.

On the afternoon of the first day, two sessions were dedicated to discussing highlighted clinical and basic research papers published since October 2022. Each paper was presented by an attendee and then deliberated upon with the audience, including delegates and faculty.

The first session involved six clinical papers addressing various aspects of headache medicine: 1) An altered reward system characterizes chronic migraine with medication overuse headache; 2) Longitudinal differences in iron deposition in periaqueductal gray matter and anterior cingulate cortex are associated with response to erenumab in migraine; 3) Second messenger signaling bypasses CGRP receptor blockade to provoke migraine attacks in humans; 4) Predictors of treatment-response to caffeine

Debates on utility of headache diaries and PROs in clinical practice, and management of chronic migraine and MOH

combination products, acetaminophen, acetylsalicylic acid (aspirin), and nonsteroidal anti-inflammatory drugs in acute treatment of episodic migraine; 5) Impact of anti-CGRP monoclonal antibodies on migraine attack accompanying symptoms: a real-world evidence study; 6) Treatment with GLP-1 receptor agonists is associated with significant weight loss and favorable headache outcomes in idiopathic intracranial hypertension.

The first day ended with the second session, an in-depth discussion of six basic science papers: 1) Characterization of trigeminal C-fiber reactivity through capsaicin-induced release of calcitonin gene-related peptide; 2) Insufficient sleep may alter cortical excitability near the migraine attack: a blinded TMS crossover study; 3) PACAP signalling is not involved in GTN- and levromakalim-induced hypersensitivity in mouse models of migraine; 4) PACAP6-38 improves nitroglycerin-induced central sensitization by modulating synaptic plasticity at the trigeminal nucleus caudalis in a male rat model of chronic migraine; 5) Central effects of galcanezumab in migraine: a pilot study on Steady State Visual Evoked Potentials and occipital hemodynamic response in migraine patients; 6) CGRP-dependent sensitization of PKC- δ positive neurons in central amygdala mediates chronic migraine.



To further enhance networking opportunities for the delegates, an evening reception was held on the first day at the Urban Delight Rooftop Kloud, allowing iHEAD delegates to socialise, engage and build connections with one another for the future.

On the second day, the iHEAD programme continued with a focus on three prominent clinical topics: 'Are we closer to achieving precision medicine in migraine management?' presented by Professor Todd Schwedt; 'Do functional disorders exist in headache medicine?', presented by Professor Patricia Pozo-Rosich; and 'Electrophysiological findings and migraine' presented by Professor Shuu-Jiun Wang.

Following that, two exciting debates were held addressing ongoing controversies in the field of migraine. The first debate focused on the utility of headache diaries and patient-reported outcomes in clinical practice, while the second debate centred on the management of chronic migraine and medication overuse, specifically whether withdrawal should be the initial approach. In each debate, two opposing teams presented arguments either in favour of or against the assigned topic, followed by a discussion with the audience, who then voted for the most successful team. These debates enriched the overall educational experience of the event and offered an insightful examination of the research related to these critical topics.



Throughout both days, delegates could follow two different interactive workshops led by some of the leaders in our field including Professor Henrik Schytz, Professor Arne May, Professor Patricia Pozo-Rosich and Professor Francesca Puledda, who respectively presented: 1) Patient cases; 2) How to write and review a paper; 3) How do we communicate our science; and 4) How to make a good poster. The participants expressed a strong level of satisfaction regarding the workshops' quality and the interactive format, which facilitated dynamic and productive discussions.

Workshops highlighting patient cases, how to best display your research in a poster, how to communicate your research, and how to write and review a paper



**Thanks to the
iHEAD sponsors
who made the
event possible**

Continuing day 2, iHEAD delegates also received an inspirational talk by Eric Liebler, the IHS Executive Director, who provided insight into working with the pharmaceutical industry and the vast opportunities available to headache experts. Finally, iHEAD 2023 concluded with some final remarks and messages from Professor Patricia Pozo-Rosich.

In closing, the participants extend their gratitude to the organising committee, especially Chair Professor Patricia Pozo-Rosich, and the IHS for their support and collaboration. We appreciate the generous support of Abbvie, Lilly, Lundbeck, Pfizer and Teva for helping make iHEAD 2023 possible.



For those who couldn't attend this time, stay tuned for future iHEAD events, including iHEAD 2024 in Berlin and iHEAD 2025 in São Paulo, catering once more to young clinicians and researchers in the headache field.

14th Regional Teaching Course in Sub-Saharan Africa: an EAN-AFAN Initiative supported by IHS

**EAN teaching
courses address
the need for
academic training
in regions where
the need is
profound**



Daniele Martinelli

I am pleased to present a report on the successful 14th Regional Teaching Course (RTC) held in Dar es Salaam, Tanzania, organised by the European Academy of Neurology (EAN) in collaboration with the African Academy of Neurology (AFAN) and Tanzania Neuroscience Association. This initiative, supported by IHS, took place from 28–31 October 2023 at Muhimbili National Hospital, Mloganzila.

The scarcity of neurologists in Sub-Saharan Africa is a pressing concern, and the RTC was developed as a strategic response to this challenge. This event, a longstanding EAN initiative, serves as a unique and effective opportunity to address the need for academic training to prepare the future generation of clinicians, particularly in regions where the need is profound.

Understanding Regional Teaching Courses

The RTCs in Sub-Saharan Africa programme was initiated in 2008, with the aim to deliver excellence in neurology education to residents and practitioners in neurology and allied specialities. These courses, now organised in collaboration with AFAN, ensure a high scientific standard. With approximately 900 participants from over 20 countries in Sub-Saharan Africa, RTCs focus on residents in neurology, internal medicine, paediatrics, family medicine, and related specialities.



The EAN course educated young doctors from Tanzania and surrounding countries

Aim of the 14th EAN-AFAN Regional Teaching Course

The overarching theme of the course was 'Brain Health Across the Lifespan' and aimed to address the critical shortage of neurology training in Sub-Saharan Africa. IHS funding supported the meeting organisation and also funded travel expenses for some of the non-Tanzanian residents who attended. The focus was on providing high-quality education to approximately 150 young doctors, 125 from Tanzania and 23 from several other nearby countries in the region.



Partnership and collaboration

The collaboration with AFAN, whose President, Professor Augustina Charway Felli (Ghana) was a recent IHS Board member, played a crucial role in the success of the course. Along with IHS, the partnership included various prestigious organisations, such as the American Academy of Neurology, International Brain Research Organization, International League Against Epilepsy, Movement Disorder Society, Pan Arab Union of Neurological Societies, and World Federation of Neurology which further enriched the initiative.

Course highlights and programme

The 4-day residential course featured a distinguished faculty, including professors from Africa, Europe, and the USA, representing the founding scientific societies. Notable lecturers included Professor W Matuja (Tanzania), Professor Augustina Charway Felli (AFAN President), Professor Paul Boon (EAN President), and Professor Wolfgang Grisold (WFN President). Another colleague and member of IHS was present, Dr David Garcia Azorin, who has been actively involved in the RCT over the last 4 years in liaison with EAN. The course covered a range of topics – each day dedicated to a specific theme: Day 1: Stroke: what can be done, what must be done; Day 2: Epilepsies and seizure disorders across all ages; Day 3: Emergency neurology across all ages with specific emphasis on history and clinical presentation; Day 4: Dementias and movement disorders, with emphasis on history and clinical presentation.

The pressing need for a comprehensive and sustainable approach to neurological education in Sub-Saharan Africa cannot be overstated

I had the honour of contributing on Day 3 with a lecture on 'Acute headache with and without fever.' Every afternoon, the faculty members engaged participants in small rotating groups for clinical case presentations. This format facilitated direct



interaction, revealing an urgent need for focused training in pain and headache management. The use of outdated guidelines and the lack of formal training in headache management were evident, emphasising the importance of addressing primary headache diagnosis and management, not only in acute settings.

Overall, the pressing need for a comprehensive and sustainable approach to neurological education in Sub-Saharan Africa cannot be overstated. Considering the current shortage of Neurologists in Africa, which increases the disparities in global neurological care, a multi-faceted strategy, not only to enhance academic training, but also to invest in a bottom-up approach, reaching healthcare providers at various levels, is needed.



It is important to educate other HCPs such as nurses and clinical officers in countries where there are few neurologists or doctors

It is important to emphasise the significance of diversifying the educational focus, extending beyond traditional academic channels to include healthcare providers such as nurses and clinical officers, as we did last year with the first on-site teaching course in Malawi (ROPE-IHS). These professionals, widely available where doctors are scarce, play a pivotal role in healthcare delivery and can greatly contribute to the recognition and management of neurological disorders. This inclusive strategy aligns with the regional context and acknowledges the unique challenges faced by Sub-Saharan African countries.



As we move forward, sustaining and expanding educational programmes in collaboration with key allied entities, such as the scientific organisations AFAN, EAN, WFN, or the charity DREAM, is crucial. These partnerships bring together expertise, resources, and a shared commitment to advancing neurological care in the region. By pooling resources and expertise, we can overcome the challenges and work towards building a sustainable and resilient neurological healthcare system in Sub-Saharan Africa.

Finally, the success of the 14th RTC reflects the dedication of the organisers, the commitment of the faculty, and the urgent need for neurological education in Sub-Saharan Africa. I look forward to continued collaboration and support from IHS in addressing the challenges and advancing neurological and headache care in the region.

Headache Clinical Trials Dashboard

Clinical Trials Dashboard streamlines exploration of ongoing and completed clinical trials in the headache field



Cristina Tassorelli and Daniele Martinelli

We are thrilled to announce the launch of our new Clinical Trials Dashboard, a powerful tool designed to streamline your exploration of ongoing and completed clinical trials in the headache field. Developed in collaboration with Mondino Foundation, Pavia, this dashboard aims to provide you with a comprehensive and efficient means of accessing vital information for our clinical and research activities.





The dashboard is structured into three main sections:

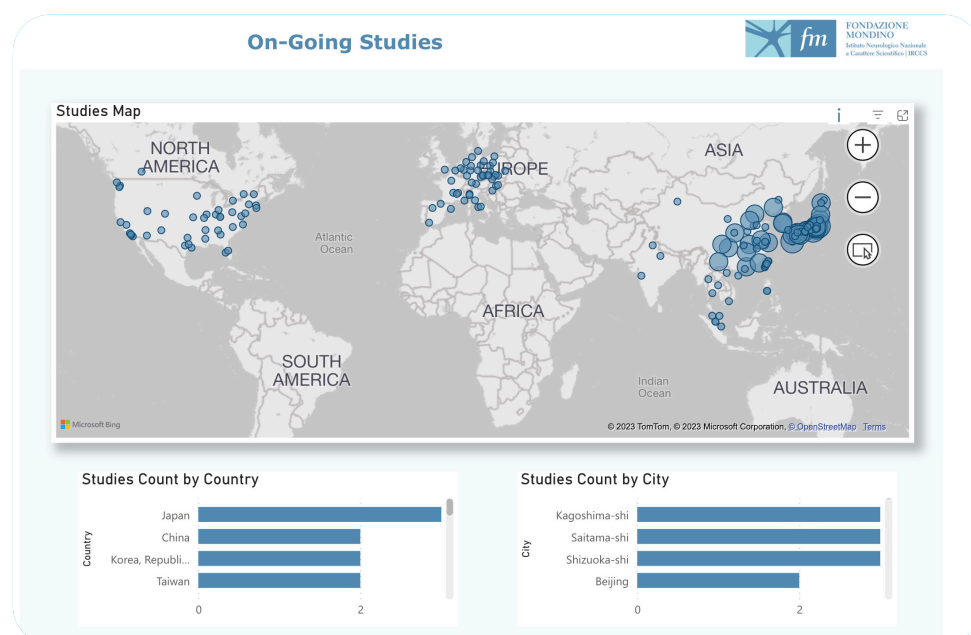
1. Summary

- Aggregated data presenting key indicators and metrics for all studies.
- Dynamic filtering to focus your search precisely. Use all the filters available to focus your search.



2. Study Map

- Interactive geographical mapping for an in-depth exploration of studies based on their location.
- A valuable tool for a targeted investigation into specific geo-localised studies.





3. Database

- Detailed and Sum-Up tables for both ongoing and completed studies.
- Access all relevant information, including inclusion/exclusion criteria, trial locations, and comprehensive study details.

The screenshot shows a dashboard titled "On-Going Studies" with a "Detailed Table" view. On the left is a "Filter Panel" with dropdown menus for Study Status (Active, Not Recruiting), Study Phase (Phase 3), Condition/Disease (Migraine), Age Group (All), Gender (All), Country (All), and City (All). The main table lists two studies:

NCTid	Status	Official Study Title	Brief Study Title	Conditions	Intervention Name
NCT03867201	Active, Not Recruiting	A 12-week Phase 3, Randomized, Double-blind, Placebo Controlled Study to Evaluate the Efficacy and Safety of Once Monthly Subcutaneous Erenumab 70 mg in Adult Chronic Migraine Patients	Study of Efficacy and Safety of Erenumab in Adult Chronic Migraine Patients	Migraine	Erenumab Placebo
NCT04437433	Active, Not Recruiting	A Phase 3, Multicenter, Open-Label 52-Week Extension Study to Evaluate the Long-Term Safety and Tolerability of Oral Atogepant for the Prevention of Migraine in Japanese Participants With	A Study Evaluating Oral Atogepant for the Prevention of Migraine in Japanese Participants With Chronic or Episodic Migraine	Chronic Migraine Episodic Migraine	Atogepant 60 mg

At the bottom, there are "Additional Filters" for Inclusion Criteria, Exclusion Criteria, Specific Condition, and Institute, along with a search bar.

This user-friendly dashboard facilitates faster analysis by allowing you to filter, navigate, and extract updated data effortlessly. Data are collected from clinicaltrials.gov and the dashboard was designed by Devnut.

Visit the [Headache Clinical Trials Dashboard](#)

Membership renewal

*** Members – It's time to renew your membership for 2024 ***

Renew today to make sure there is no interruption to your membership benefits

IHS 2024 | Science, Berlin – discounted registration fee for IHS members!

Discounted APC publication fees for articles published in Cephalalgia and Cephalalgia Reports

Visit the IHS website, login, and click on the yellow Renew banner
Or

Members through AHS, ANZHS, Danish Headache Society, SISC, SBCe, AMCEMIG contact your local society

If you have any questions please contact **Carol Taylor**



Calendar of events

Date	Event	Country	Contact/information
2024			
21–23 March	18th World Congress on Controversies in Neurology	Lisbon, Portugal	Visit website
13–18 April	American Academy of Neurology Annual Meeting	Denver, CO, USA	Visit website
25–27 April	9th Tri-Country Conference of the SKG, DMKG and ÖKSG	Interlaken, Switzerland	Visit website
3–5 May	IHS 2024 iHEAD Science	Berlin, Germany	Visit website
22–25 May	13th World Congress for Neuro Rehabilitation	Vancouver, Canada	Visit website
13–16 June	66th Annual Scientific Meeting of the American Headache Society	San Diego, CA, USA	Visit website
29 June–2 July	10th European Academy of Neurology Congress	Helsinki, Finland	Visit website
5–9 August	IASP 2024 World Congress on Pain	Amsterdam, Netherlands	Visit website
14–17 August	Brazilian Headache Congress	Iguazu Falls, Brazil	
5–8 September	Migraine Trust International Symposium	London, UK	Visit website
14–17 November	Scottsdale Headache Symposium	Scottsdale, AZ, USA	Visit website

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



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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:

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- mechanisms
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- medico-legal aspects
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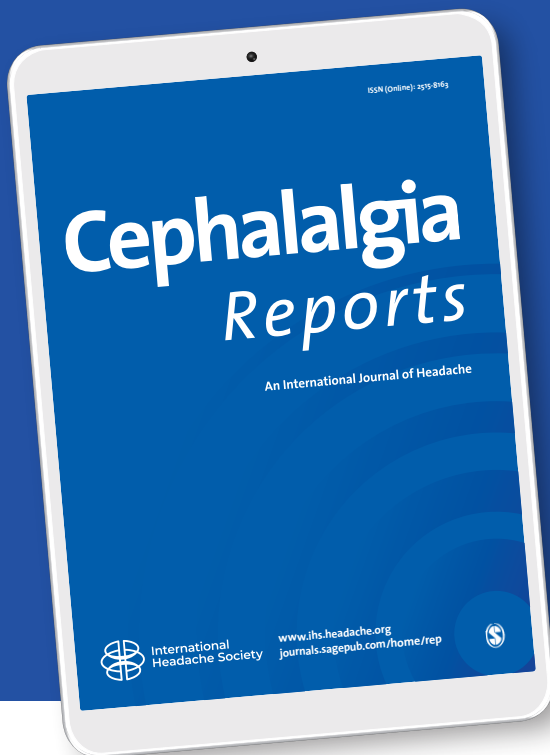
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Call for papers

Cephalalgia Reports



International
Headache Society

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)

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International
Headache Society

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

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

www.ihs-headache.org