

## **\*\*Report on the 8th Iranian International Headache Congress\*\***

The 8th Iranian International Headache Congress took place successfully from October 20 to 22 at the City Center of Iran in Isfahan. This event was organized by the Iranian Headache Association in collaboration with Isfahan University of Medical Sciences, under the auspices of the International Headache Society.

The congress attracted 1,200 participants, including neurologists, pediatric neurologists, pain specialists, anesthesiologists, specialists in physical medicine and rehabilitation, neurosurgeons, psychiatrists, ear-nose-throat specialists, ophthalmologists, internal medicine specialists, nutritional science experts, and general practitioners from across Iran.

Forty-four national speakers and eight international experts in the field of headache shared their latest findings and experiences. We were honored to have distinguished virtual speakers, including Dr. Hossein Ansari, Prof. Alan M. Rapoport, M.D., Prof. Fayyaz Ahmed, Prof. Stefan Evers, Prof. Sait Ashina, Prof. Özge Aynur, and Prof. Mesoud Ashina. Additionally, we welcomed Prof. Najib Kissani from Morocco, who presented a compelling lecture on telemedicine.

A variety of topics were discussed, including updates on the treatment of primary headaches, various secondary headaches, cranial neuralgias, pediatric headaches, neck pain, telemedicine, and different treatment procedures. Two workshops focused on botulinum toxin injections for migraines and pericranial nerve blocks in headache disorders, both of which were well-received.

A notable aspect of this congress was the participation of diverse specialists who are well-informed about the latest developments in headache research, significantly contributing to headache management in the country.

The following topics were presented by our international speakers:

- **\*\*Prof. Stefan Evers:\*\*** Updates on the management of cluster headaches
- **\*\*Prof. Sait Ashina:\*\*** Updates on preventive migraine treatment
- **\*\*Prof. Hossein Ansari:\*\*** Treatment of post-traumatic headache and facial pain
- **\*\*Prof. Fayyaz Ahmed:\*\*** Approach to refractory headaches
- **\*\*Prof. Alan M. Rapoport:\*\*** Headache and vertigo
- **\*\*Prof. Mesoud Ashina:\*\*** Biomarkers in headache
- **\*\*Prof. Najib Kissani:\*\*** Telemedicine in headache disorders

- **Prof. Özge Aynur:** TACs in children

Additionally, forty-four Iranian speakers presented on various headache and pain disorders. Highlights included:

- **Prof. Mansoureh Togha:** Cervicogenic headache

- **Prof. Fariborz Khorvash:** Updates in the management of medication-overuse headache

- **Dr. Elham Jafari:** Diagnosis and management of Spontaneous intracranial hypotension

- **Dr. Mahmoud Reza Ashrafi:** Prophylactic treatment of migraine in children

- **Dr. Fatemeh Farham:** Indications and methods for trigeminal ganglion and SPG block

This congress was a significant platform for advancing knowledge and collaboration in headache management.

#### **Workshops**

Two workshops, titled "Botulinum Toxin Injection in Migraine" and "Pericranial Nerve Blocks in Headache Disorders," were conducted. These sessions were expertly led by Professor M. Togha, Dr. E. Jafari, Dr. F. Farham, and Dr. Paknejad. The workshops provided hands-on training and in-depth discussions about the latest techniques for managing chronic migraines and other headache disorders, emphasizing practical applications in clinical settings.

#### **Multidisciplinary Headache Management Panel**

The panel on Multidisciplinary Headache Management showcased a collaborative approach to tackling complex headache disorders. Esteemed professors from various fields, including neurology, pediatric neurology, pain management, physical medicine and rehabilitation, neurosurgery, and psychiatry, participated in the discussion. This gathering highlighted the importance of integrating diverse expertise to develop comprehensive treatment strategies for patients suffering from chronic headaches. Through case presentations, the panelists shared insights on innovative diagnostic techniques and therapeutic interventions, stressing the need for tailored management plans that address the multifaceted nature of headache disorders.

#### **Impact on Knowledge Advancement**

The recent congress significantly enhanced participants' understanding of headache management, attracting a diverse audience from various specialties involved in this field. The presence of distinguished

international specialists, in collaboration with the International Headache Society, facilitated valuable exchanges of ideas and practices, fostering strong connections between prominent experts and esteemed Iranian neurologists.

Overall, the event was a remarkable success, receiving enthusiastic feedback from attendees and underscoring the importance of education and collaboration. The Iranian Headache Association is eager to build on this momentum, driving further advancements in headache research and treatment in the future.

### **Congress co-chairs**

#### **Dr. Mansoureh Togha**

Professor of Neurology, Fellowship of Headaches and Facial Pain,

Tehran University of Medical Sciences.

Tehran

#### **Dr. Fariborz Khorvash**

Professor Of Neurology, Fellowship of Headaches and Facial Pain,

Isfahan University of Medical Sciences.

Isfahan

Poster



International  
Headache Society



Isfahan University OF  
Medical Sciences

هشتمین کنگره بین المللی سردرد ایران

## 8TH INTERNATIONAL IRANIAN HEADACHE CONGRESS

۲۵ الی ۲۷ مهرماه ۱۴۰۳  
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16-18 OCTOBER 2024  
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