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Editorial board:

Messoud Ashina
Stefan Evers
Oliver Summ
Carol Taylor



Letter from the President – Building our Future Together

Messoud Ashina

Dear Colleagues,

I am grateful for the trust you have bestowed upon me and I am greatly honoured to be the President of the International Headache Society.

First, I thank Past-President Lars Edvinsson for his service to IHS as well as his immense contributions to the field of headache sciences.

IHS is a prosperous organisation that was established in the 1980s with an ambition to tackle the global health problem posed by headache disorders. This is the journey we continue today.

During the past 2 years, I have sought knowledge and inspiration from young as well as senior members of our society, with the purpose of developing a future vision for IHS. Through your invaluable input I have formulated a vision that I would like to share with you.

Please click to read this report in [Portuguese](#), [Spanish](#) or [Mandarin](#).

Education

Education is constructive in nature and capable of bringing much desired change. Therefore, education constitutes an integral part of any health professional organisation and is the focus of the IHS Education Committee. My ambition is to continue our long tradition of disseminating knowledge and promoting educational strategies worldwide.

To empower educational initiatives, I would like our junior members to assist me in creating high-quality online educational platforms. This initiative will aim to reduce substantial knowledge gaps about optimum clinical management and treatment of headache disorders. Here, it is important to remember that limited availability of educational platforms in languages other than English constitutes a major barrier. Therefore, I would like the national headache societies to join me in translating our online educational platforms into multiple languages. We must do away with language barriers and a concerted effort of this magnitude will be vital for progress in the field of education on headache disorders.

Research

Headache disorders are a public health challenge, with insufficient funding and recognition. Nevertheless, great advances have been made thanks to a continuous stream of novel research.

As President, I would like to promote more collaborative research efforts with other health professional organisations such as the European Headache Federation, American Headache Society, European Academy of Neurology, American Academy of Neurology, and the International Association for the Study of Pain. This will facilitate information exchange and collaboration across the research community. In this context, joint scientific meetings provide a unique opportunity for young innovative researchers so that they can wield scientific wonders to reduce the huge burden of headache disorders.

My ambition is to continue our long tradition of disseminating knowledge and promoting educational strategies worldwide

We must do away with language barriers to progress education on headache disorders

We will focus more resources on headache sciences in low- and middle-income countries through regional meetings to advance the process from research idea to clarity on underlying disease mechanisms and development of novel treatments

We should also focus more resources on headache sciences in low- and middle-income countries around the world. At present, novel research opportunities are inconsistently available to healthcare professionals and scientists in these countries. To address this challenge, regional meetings are needed to advance the process from research idea to clarity on underlying disease mechanisms and development of novel treatments. Some of you are already working tirelessly on this matter and my ambition is to work alongside you to make headache sciences flourish worldwide.

Electronic media

Electronic Media has changed the world, and we will change with it. I believe more can and should be done to increase the visibility of the IHS.

We must go beyond a clinical and research audience and implement policies to raise public and political awareness. Again, we need the help of our bright junior members whose innovative thinking and imagination meets the demands of a technological age. Together, I believe we can establish IHS as the main electronic source of information on all aspects of headache sciences. This will lay a foundation for continuous growth and bridge the gap between academia and the public.

Patient advocacy

Over the past 2 years, IHS has collaborated with the Global Patient Advocacy Coalition (IHS-GPAC) to promote headache awareness worldwide. IHS-GPAC works in conjunction with patients, healthcare providers, and health professional organisations to improve the lives of those affected by migraine, cluster headache, and many other headache disorders. In the future, we will continue to collaborate with IHS-GPAC and strengthen our efforts to raise awareness on the huge burden and societal costs of headache disorders.

I will also continue to work with the global Lifting the Burden (LTB) campaign whose activities include implementing better medical care for people affected by headache disorders.

Lastly, I believe that with common effort and purpose, with innovation and dedication, we will continue to shape a great future for IHS and bring forth a new era where science and progress will move us forward together.

Messoud Ashina
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Update from the Honorary Secretary

Stefan Evers

I am pleased to give an update on IHS activities since the last Newsletter distributed in July 2019.

IHC 2019

The main activity over the past few months was the 19th International Headache Congress held in Dublin. Over 2000 delegates attended, the highest number since 2003, and enjoyed a rich and varied programme highlighting all aspects of headache medicine. More details on the congress are reported later in this newsletter.

IHS welcomes new Trustees and Committee Chairs

Fumihiko Sakai receives the 2019 IHS Special Recognition Award

Membership

Members – we have just sent out our renewal invitations for 2020 – please help our administration team by renewing your membership early for the coming year.

In 2019 we have had the largest ever number of members – I do hope you will all renew to continue to enjoy IHS membership benefits.

IHS Board of Trustees

The Trustees elected during the member ballot earlier this year joined the Board at the Annual General Meeting (AGM) in September. Messoud Ashina succeeded Lars Edvinsson as President, Cristina Tassorelli joined as President-elect, and the three elected Trustees, Fayyaz Ahmed, Gianluca Coppola and Alexandra Sinclair, took up office. The Board has also appointed four Co-opted members to ensure global representation: Mi Ji Lee (South Korea), Marco Lisicki (Argentina), Aynur Özge (Turkey) and Kirill Skorobogatikh (Russia). An introduction to all the new Trustees is included in this newsletter. Grateful thanks are offered to the retiring members: Past-President: David Dodick; Elected members: Anna Ambrosini, Rigmor Jensen, Gisela Terwindt; Co-opted members: Mark Braschinsky, Chin-Sang Chung, Bronwyn Jenkins and Ingela Nilsson-Remahl.

Committee Chairs

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

- Classification Committee – Peter Goadsby was appointed as Chair to succeed Jes Olesen who has served for over 30 years and overseen publication of all three versions of the International Classification of Headache Disorders (ICHD)
- Clinical Trials Committee – following her election as President-elect, Cristina Tassorelli has stepped down and Gisela Terwindt was appointed to the role
- Education Committee – Henrik Winther Schytz has been appointed as Co-Chair of the Committee – he will serve with Allan Purdy for 2 years, after which Allan will retire
- Membership Committee – Anne Ducros has succeeded Luiz Paolo de Queiroz as Chair after his second term ended.

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



Fumihiko Sakai and Lars Edvinsson

IHS Special Recognition Award

The 2019 Special Recognition Award was given to Fumihiko Sakai during the IHC Opening Ceremony in Dublin. Professor Sakai was President of IHS from 2005–2007 and Congress Chair of the 12th IHC held in Kyoto, Japan, in 2005. He founded and was Chair of the Asian Regional Consortium for Headache from 2009 until 2016, and organised the first IHS Headache Master School in Asia in Japan in 2013. Subsequent Asian Master Schools have proved very successful and educated young researchers and physicians from all

over the Asian region. Professor Sakai led the epidemiology and impact study on employees with migraine within Fujitsu Japan, Korea, and Philippines, which was endorsed by IHS and the World Health Organization–Asia-Pacific Region. The results of this study and his participation in the IHS Global Patient Advocacy Coalition (IHS-GPAC) led to him approaching Fujitsu regarding an employee headache care programme, led by IHS-GPAC in conjunction with the Japanese Headache Society and the Japan Patient Advocacy Coalition.

Cephalalgia Reports

Our online silhouette journal to Cephalalgia has now published over 30 articles and applied for PubMed entry so the journal can start collecting citations. Please consider submitting your research to our journal – more information is available on the [Cephalalgia Reports website](#)

**IHS continues
education initiatives
worldwide**

**Grants will be
available for 2020 -
check the website
later in the year!**

Education

The 6th European International Headache Academy (IHEAD) was held in Dublin in September, immediately prior to the IHC. This year the academy was opened up to invite participants from all over the world and we had 110 delegates representing 31 countries. A report is available later in the newsletter. Many thanks to Michel Ferrari and his PhD students for developing the programme.

An IHS Headache Master School was held in Colombia in October 2019, organised by the Colombian Neurology Society in collaboration with the IHS Education Committee. Over 100 delegates attended and we look forward to receiving the report of the event for the next newsletter.

Visiting Professors were sent to teach in Nepal and Iran, and before the end of the year there will be events in the Philippines and Kyrgyz Republic and one in Cambodia early in 2020.

A detailed report from the Education Committee Co-Chairs is included in this newsletter.

Grants and fellowships

Grants and fellowships will be available for young researchers and physicians in 2020 – please check the IHS website later in the year for details and application information.

International Classification of Headache Disorders (ICHD-3) translations

Additional translations of ICHD-3 have been added to the IHS website; translations are now available in Brazilian Portuguese, Bulgarian, Chinese, Chinese (Mandarin), French, German, Japanese, Korean, Portuguese, Romanian and Spanish.

World Brain Day dedicated to migraine – 22 July

The World Federation of Neurology (WFN) World Brain Day 2019 was dedicated to migraine. Many events took place worldwide including a webinar on 22 July with a panel of esteemed specialists and advocates including David Dodick (IHS), William Carroll, Wolfgang Grisold and Tissa Wijeratne (WFN), Audrey Craven (Migraine Association of Ireland), and Elaine Jones (American Academy of Neurology). This can be viewed on the [World Brain Day website](#). Headache societies and patient organisations around the world were involved with various activities and #worldbrainday trended on social media platforms.

Stefan Evers

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Membership renewal

*** Members – It's time to renew your membership for 2020 ***

Renew today to make sure there is no interruption to your membership benefits
Visit the [IHS website](#), login, and click on the orange Renew banner

Or

Members through AHS, SISC - please contact your society.
Members through ANIRCEF, ANZHS, DMKG, and Dutch, Estonian, Japanese and S Korean societies have received a renewal form - if you have not received this please contact **Carol Taylor**

Meet the new Trustees

President-elect



Cristina Tassorelli

Cristina Tassorelli is Director of the Headache Science Centre and of the Neurorehabilitative Unit at the IRCCS C. Mondino Foundation, Chair of Neurology, Director of the Neurology Residency Program and Vice-director of the Department of Brain and Behavioral Sciences at the University of Pavia.

Dr Tassorelli received a medical degree summa cum laude from the University of Pavia. She was an intern at the C. Mondino National Neurological Institute as part of her MD training, completed her training in Neurology at the University of Pavia and then obtained a PhD Degree in Human Psychobiology at the University of Modena (Italy). She spent a 2-year Post-Doctoral Fellowship at the Department of Neuroscience of the University of Rochester, NY, USA.

She has previously served as a Trustee in the IHS Board and Chair of the IHS Clinical Trials Committee. She was founding member and vice-President of the European Headache Alliance. She is presently Chief Section Editor of Frontiers in Neurology, section Headache Medicine and Facial Pain.

She has been the coordinator and/or a partner in competitive grants funded by the EU, the Migraine Research Foundation, the Italian Ministry of Health and the Italian Ministry of University.

Dr Tassorelli has authored more than 270 peer-reviewed publications and co-authored several books and book chapters.

Elected Trustees



Fayyaz Ahmed

Fayyaz Ahmed is a Consultant Neurologist and Honorary Senior Lecturer at Hull University Teaching Hospitals NHS Trust and Hull York Medical School, UK.

Dr Ahmed graduated from Dow Medical College Karachi, Pakistan, in 1986. He moved to the UK after his residency and received his neurology training at St James's University Hospital, Leeds, and Imperial College London. He did his research on cerebral blood flow in migraine and clinical training in headache at the Princess Margaret Migraine Clinic, Charing Cross Hospital, London. He was appointed as Consultant Neurologist in Hull in 1996 where he established a dedicated headache clinic. He did his MBA in Public Sector Management from the University of Hull in 2010 and a post-graduate certificate in medical education (PGCME) in 2015, and is currently the Educational Officer of the British Association for the Study of Headache having served as a Secretary (2005–2008), Vice Chair (2009–2010) and Chair (2011–2013). He is also a Trustee of the Migraine Trust, Chair of the Anglo-Dutch Migraine Association (ADMA), member of the Headache advisory group at the Association of British Neurologists and Director of the Migraine Trust International Symposium (MTIS). He is a former Chair of Headache UK and Director of the European Headache and Migraine Trust International Congress (EHMTIC). He served on NICE in the development of Headache Guideline (CG150) and has co-authored the current BASH guidelines 2019.



Gianluca Coppola

Gianluca Coppola, MD, PhD, is a board-certified neurologist since 2005 and holds a doctoral degree from the Sapienza University of Rome, Italy. He is a clinical neurologist at the Sapienza University of Rome Polo Pontino. He obtained the certification of Full Professor of Neurology. He is a member of the Italian Societies for the Study of Headache, of Clinical Neurophysiology, of Psychophysiology, of Neurology, and of Psychophysiology and Cognitive Neurosciences.



Alexandra Sinclair

Alexandra Sinclair, MBChB (Hons) MRCP, PhD, graduated from the University of Birmingham School of Medicine in 2000 and attained her MRCP in 2003. She then trained as a Neurology Specialist Registrar in the West Midlands before taking time out of her training to pursue research interests as a Medical Research Council, Clinical Research Training Fellow at the University of Birmingham.

She attained her PhD in 2010 along with a number of prizes for her research: Steven Whittaker Prize, West Midlands Physicians Association (November 2009), Pushpa Chopra Prize, runner-up, Medical Research Society, UK (February 2009), Individual Speciality Award, Medical Research Society, UK (February 2008), Michael Jefferson Prize, Midlands Neurology Society (November 2007) and a poster prize, Society for Endocrinology (March 2007).

Professor Sinclair now works as a Clinician Scientist with a role combining clinical neurology with translational research into idiopathic intracranial hypertension and the neuroendocrine aspects of headache.

Professor Sinclair and her research group recently hosted a high profile visit from NASA. NASA is interested in Professor Sinclair's expertise on raised Intracranial pressure stemming from her leading Idiopathic Intracranial Hypertension clinical service at University Hospital Birmingham coupled with her translational science portfolio at the University of Birmingham. Her recent discovery of the novel use of Glucagon-like peptide 1 receptor agonists to reduce intracranial pressure are of particular interest to the NASA team in their quest to reduce brain pressure during long duration space travel and allow them to go beyond the Moon.

Co-opted Trustees



Mi Ji Lee

Mi Ji (Miji) Lee, MD, PhD, is a Clinical Assistant Professor of Neurology at the Sungkyunkwan University in Korea. She has been working as a headache specialist in the Neurology department of Samsung Medical Center and actively performing research on headache disorders.

Dr Lee obtained her MD summa sum laude at the Sungkyunkwan University. She completed her Neurology residency and 3-year fellowship in the field of stroke and headache at Samsung Medical Center. She is an associate academic director of the Korean Headache Society and has served as a member of the IHS Juniors Group.

She has received several research awards and grants, including the Hyangseol young investigator award for distinguished research performance in neurology and the LG future medical investigator award for having highest research performance in the whole medical field in Korea. She has been selected as a rising researcher by the Korean Academy of Science and Technology, which nominates investigators having outstanding research performance in the whole science field. She has received research grants from the National Research Foundation (NRF) of Korea and the Korean Society of Neurosonology.

Dr Lee has authored more than 100 papers, abstracts, and book chapters on the topic of headache and stroke. Her research interests include migraine, cluster headache, reversible cerebral vasoconstriction syndrome, pressure-related headache, and other primary and secondary headaches. In addition to several investigator-initiated studies completed or ongoing, she acted as a site principle investigator of phase III trials of anti-CGRP monoclonal antibodies.

She is working on several international collaborative projects on migraine, cluster headache, and RCVS.



Marco Lisicki

Marco Lisicki, MD, PhD, MHD, is a Latin American Headache Neurologist. He coordinates the multidisciplinary headache and neuropathic pain clinical and research team of the Neuroscience Unit at Conci · Carpinella Institute in Córdoba, Argentina. He obtained his Medicine and Neurology Specialist Degrees in Córdoba, and holds a Master of Headache Disorders Diploma from the University of Copenhagen, Denmark, and a PhD from the University of Liège, Belgium. He is a former member of the IHS Trainees and Residents Special Interest Group. His research interests include headache pathophysiology, treatment, and burden. He is actively involved in the development of local patient associations, as well as in other activities which aim to increase headache awareness in the region.



Aynur Özge

Aynur Özge is Professor of Neurology, Algology and Clinical Neurophysiology in Mersin University School of Medicine in Turkey, an international lecturer, writer, and the founder and active chairwoman of the board for the Turkish Alzheimer's Association Mersin Branch. She founded the first and unique Dementia-Alzheimer Elderly Care Center in the country which specialises in a unique 5-step comprehensive care model for coping with Alzheimer's Disease.



Kirill Skorobogatykh

Kirill Skorobogatykh, MD, PhD, is a neurologist, headache specialist, and head of University Headache Clinic, Moscow, Russia.

He completed his neurology residency training in 2005, PhD in neurology in 2008 in Sechenov University (Moscow), and had a clinical observership at Jefferson Headache Center, Thomas Jefferson University, Philadelphia, USA, in 2010.

In 2012 Dr Skorobogatykh founded the University Headache Clinic in Moscow, which is now a major center for clinical work, research and education for headache specialists. Dr Skorobogatykh's research focuses on epidemiology, comorbidity and genetics of migraine. He participated as principle investigator or secondary investigator in phase III and IV clinical trials. He is the representative for Russia to the European Headache Federation.

Dr Skorobogatykh is a frequent lecturer on headache and pain disorders for residents, neurologists and other physicians. Since 2013 he has co-organised the Russian Headache Congress (approximately 400 attendees each year) which has been supported by IHS (in 2017) and by EHF (in 2018 and 2019). He is also the co-organiser of the EHF Headache schools in Moscow.

Dr Skorobogatykh has a particular interest not only in clinical work and education, but also in the development of tools that help patients and doctors to interact, for example, developed chat-based headache diary Migrebot. He also has a special commitment for raising the awareness of migraine in the media.

DAWN OF NEW headache treatments

5-8 September | Dublin, Ireland
Convention Centre Dublin

IHC
2019

A big THANK YOU to all who attended IHC 2019 in the wonderful city of Dublin, Ireland, in September 2019.

IHC 2019 was our most successful congress for many years:

- 2,007 delegates from 73 countries (the highest number of delegates since 2003)
- 132 speakers from 25 countries
- 657 abstract submissions
- >500 posters displayed covering a range of important topics.

Over the last 2 years, the Scientific Programme Committee has invested over 400 hours of time working on IHC 2019 – the result was an incredibly diverse and rich programme covering all topics of headache medicine through teaching courses, plenary sessions, 'one topic, two views'



Rigmor Jensen presents the IHS Special Lecture

sessions, lunchtime and parallel sessions, and oral presentations from submitted abstracts highlighting the recent exciting developments in headache medicine. Over 500 posters were displayed, the best of which were selected for presentation as e-posters in specially built booths on the perimeter of the exhibition area. Special thanks go to Professor Rami Burstein and Dr Gisela Terwindt, the Scientific Programme Committee Co-Chairs, and their Committee members.

The IHS Juniors Group was also 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 over 25 exhibitors including our partner societies, and we thank all our sponsors and exhibitors, without whom IHC 2019 would not have been possible:

Platinum sponsor: Novartis/Amgen, Teva
Gold sponsor: Allergan, Lilly
IHC 2019 app: Novartis/Amgen
Electronic poster booths: Lilly
Pocket programme: Biohaven
Juniors football tournament: electroCore
Exhibitors: American Interventional Headache Society, BalancAir (ReHaler), BioKult Migréa, Cefaly Technology, Out of my Head, Springer Healthcare, Theranica, UFHealth Neuromedicine, Wisepress, Zosano Pharma.

Partner societies: American Headache Society, European Headache Federation, European Migraine and Headache Alliance, Lifting the Burden, Migraine Ireland, OUCH, SAGE Publishing.



And finally special thanks must be given to Professor Lars Edvinsson, IHS President and Congress Co-Chair, and to Dr Martin Rutledge, Congress Co-Chair, who warmly welcomed us to his home city.



Congratulations to the winners of the IHC Headache Science Excellence Tournament and the poster prizes

Juniors activities at IHC 2019



Anders Hougaard

It was a great pleasure to attend the IHC in September and, as Chairman of the IHS Juniors Group, I was very happy to see so many young scientists and clinicians from all over the world presenting their excellent work and participating actively in debates on headache topics, during and outside of sessions. The future of headache medicine seems very bright!

Once again, the members of the IHS Juniors Group have worked hard this year to make the IHC a great experience for the junior delegates.

To facilitate the attendance of juniors, the Juniors Group awarded IHC travel grants. This year, we awarded a total of 53 travel grants for juniors to attend the IHC in Dublin; 38 grants were awarded to applicants with a submitted abstract and 15 educational grants were awarded to applicants from developing countries. Applications were reviewed by the Juniors Group members.

In addition, we offered the opportunity to three young physicians and scientists from developing countries to attend the IHC and visit a headache clinic or research facility in Ireland. These 'Short-stay peri-congress scholarships' were started by the Juniors Group in 2013 and are awarded annually. Twenty-one applications were reviewed by the members of the Juniors Group and the winners were:

Dr Gunjan Kumar from India (visited Dr Sean O'Dowd at Tallaght Hospital, Dublin)

Dr Agaath Hedina Manickam from India (visited Dr Martin Rutledge, Beaumont Hospital, Dublin)

Dr Ana Podgorac from Serbia (visited Dr Roisin Lonergan, Mater Hospital, Dublin).



Tournament winners with Anna Andreou, Anders Hougaard and Alexandra Sinclair

Their scholarship reports are included in this newsletter. We are very grateful to the doctors who agreed to host the three scholars in their clinics.

A definite highlight of the IHC was the Headache Science Excellence Tournament, an event that has become a true IHC tradition and is also organised by the IHS Juniors Group. The tournament is designed to give young scientists a platform to present their data during a short talk and discussion, and to benefit not only from sharing their research expertise, but also from improving their communication skills and expanding their knowledge in the headache field.

Juniors Group welcomes any ideas for Juniors activities or ways for IHS to support Junior headache scientists and clinicians

Thanks to Juniors for attending the IHC Juniors Open Meeting

All presenters were selected in a blinded fashion based on the content of their submitted abstract. Of the six presenters, two winners were selected by the audience: one for a clinical research presentation and one for basic research. The presentation award winners were Dr Mohammad Al-Mahdi Al-Karagholi from Copenhagen, Denmark (Clinical science) and Dr Zach Bertels from the University of Illinois at Chicago, USA (Basic science). We were thrilled to see excellent presentations from all participants and we thank Drs Anna Andreou and Alexandra Sinclair for chairing the event.



Juniors forum, Urban Brewing

The members of the Juniors Group also want 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: 'Detailed intra-cranial pressure monitoring in idiopathic intracranial hypertension probes diurnal and postural variability', Dr James Mitchell et al. (Birmingham, UK)
Best poster chosen by the congress delegates: 'PACAP27 induces migraine-like attacks in migraine patients', Dr Hashmat Ghanizada et al. (Copenhagen, Denmark).



Junior delegates in Dublin Convention Centre

For the second time during IHC, the Juniors Group organised the 'Juniors Open Meeting', a meeting for Junior delegates including a presentation of current IHS initiatives and activities for IHS Juniors, and with the possibility for participants to ask questions and provide suggestions for new Junior activities and ways of better promoting IHS to Juniors.

We were delighted to see many interested and committed Juniors attending. The audience provided extremely valuable feedback which will allow us to make IHS even more attractive to trainees and residents in the future.

Before the IHC, four new members of the Juniors Group were elected through an online election, by the IHS Junior members. The new members, who were presented during the meeting, are:
Irene de Boer (Netherlands)
David Garcia Azorin (Spain)
Roberta Messina (Italy)
Olivia Begasse de Dhaem (Belgium).

This year's Juniors' Forum was held at Urban Brewing, a nice brewpub-style restaurant located near the Convention Centre. This very popular annual event allows the young

Scandinavia/Asia/ Africa team win the 2019 Headache World Cup

attendees to network in a relaxed and informal atmosphere. The evening was a great success. Following dinner and drinks, the party continued into the Dublin nightlife.

Another major event during the IHC was the traditional 'Headache World Cup' football (soccer) match. The match was well attended by Junior as well as Senior delegates and took place at the Dublin Soccer Dome. Three excellent teams competed: Europe, Scandinavia/Asia/Africa, and 'the Rest of the World'. Following the very intense matches, the Cup was won by Scandinavia/Asia/Africa. Congratulations to the winners and thanks to our sponsor electroCore for supporting the event and Eric Liebler for refereeing!

If you have any suggestions for new Junior activities or ways for IHS to support Junior headache scientists and clinicians, please email me your thoughts: ahougaard@dadlnet.dk



Headache World Cup

IHS Education Committee



Allan Purdy, Henrik
Winther Schytz

Welcome to the Education Committee report. We have been quite busy on the Education Committee over the past year and have lots to do in the upcoming years. We continue to direct many educational courses in conjunction with IHS and other headache meetings, as well as educational programmes worldwide.

Update by Dr Allan Purdy

In a report to the IHS Board and Annual Meeting, I outlined a lot of activities we are involved in with respect to headache education. Over the years, the society has successfully ported out learning activities through a multitude of methods including:

- Bi-ennial Scientific Meetings, including Teaching Courses
- Bi-ennial linkage to Migraine Trust and other meetings
- Visiting Traineeships with society mentors
- Headache Master Schools worldwide – recently in Australia (2018) and Latin America/ Colombia (2019)
- Visiting Professor programmes with IHS faculty
- Sponsorship of iHead for headache fellows (Europe)
- Partner in IHA for headache fellows (North America)
- Sponsorship of society fellowship for research and educational training with society mentors worldwide.

New Co-Chair joins the Education Committee

New online educational projects planned for 2020 - Webinars, Podcasts, Videos

Members of the Education Committee

We have many new members of our committee and welcome new members this year. We want to thank and give kudos to Dr K Ravishankar, who is retiring this year after many years of service on the committee. He has done tremendous work on headache education in India, in particular, and other venues. Dr Nooshin Yamani has joined the committee as representative from the Juniors Group and we very much look forward to working with her. The most significant addition to our committee this year has been Dr Henrik Schytz of Denmark, who was appointed by the IHS Board to become the new Co-Chair of the Education Committee. Henrik brings a lot of talent and new and innovative ideas to our group, and is particularly interested in upgrading our IHS website and Learning Centre. He already has been a bright light in that regard, and we all look forward to his many ideas and projects over time. In 2021, I will retire as Co-Chair of the committee at the meeting in Helsinki, after 6 years as Chair and many more as a member of the committee, as well as a prior Director of the IHS Board for two terms. Then Henrik will direct our committee and societal goals in Education. I am excited by his appointment to this current position and future role in our Society. I wish him the very best over time.

Update by Dr Henrik Schytz

I am very happy to become Education Committee Co-chair and would like thank the IHS Board of Trustees for this opportunity. I very much look forward to working in headache education in IHS, and continue the excellent projects that the committee has successfully created.

New initiatives in 2020

The IHS Education Committee is currently working on improving the Learning Centre on the IHS website. We expect to participate in re-designing the website and we aim, in collaboration with the Electronic Media Committee, to develop an electronic platform for headache education to reach many current and future members of IHS. We have already started revising the Core Curriculum published 8 years ago and expect to have a new version that will be sent to all the national headache societies next year.

We all know how inspiring it can be to go to conferences and listen to lectures and discussions among headache experts, and we in the Education Committee want to bring this experience to the homes of all IHS members. We therefore plan to introduce quarterly webinars, which IHS members can attend and view via the IHS website. Each webinar will have a certain topic, and will contain presentation of challenging patient cases. Furthermore, monthly videos and podcasts on various topics – from basic research to clinical applications in the headache field – are in the pipeline. In the Education Committee, we would like to use and benefit from various headache expertise found among IHS members, so we hope that many of you will contribute with ideas and help to further develop headache education.

The current Education Committee members are:

Co-Chairs

Allan Purdy (Canada) (2015) & Henrik Schytz (Denmark) (2019)

Committee Members (year joined)

Sait Ashina, USA (2015)

Hayrunnisa Bolay, Turkey (2015)

Fabiola Dach, Brazil (2015)

Espen Kristoffersen, Norway, Primary Care Representative (2019)

Rigmor Jensen, (Denmark) (2015)

Delphine Magis, Belgium (2015)

K Ravishankar, India (Retiring 2019)

Michele Viana, Italy (2019)

Michalis Vikelis, Greece (2015)

Nooshin Yamani, Iran, Juniors Group representative (2019)

**110 delegates from
28 countries
attended iHEAD in
Dublin**

**Interactive
programme including
cases,
pathophysiology,
diagnosis, patient
management
debates on current
topics and interactive
workshops**

6th International Headache Academy (iHead) 2019, Dublin, Ireland

From Monday 2 September until Wednesday 4 September 2019 the 5th International Headache Academy (iHEAD) international was held at the award-winning Dublin Convention Centre, Dublin, Ireland. During this 3-day course delegates from all over the globe were offered a unique and highly interactive programme consisting of far-reaching insights for headache including cases, pathophysiology, diagnosis, patient management, debates on current topics and interactive workshops. Here is a brief overview with some of the highlights.



In total 110 delegates from all over the world were present including neurology residents, headache medicine fellows, other MDs and PhDs. An astonishing number of 28 different countries was represented and juniors made their way to Dublin to learn more about headache sciences.

The first day started with three interactive clinical teaching cases by delegates presenting interesting and unique real-life histories, showing the importance of thinking outside the box. This was followed by three presentations from delegates of what they themselves thought was this year's best clinical paper. Furthermore, a very interesting lecture was given by Arne May about a relatively new topic: first division trigeminal pain. The day was concluded with two highly interactive debates in which delegates debated in two teams of two. The first debate was about the need for a better CGRP-assay. The majority of delegates was in favour, although several people were convinced otherwise. The second debate was about a controversial topic in the headache community: the need to withdraw from medication before starting a prophylactic drug in migraine with medication overuse headache. It was clear that both debates touched upon relevant subjects as they resulted in a very lively discussion. As a social event, the day ended with a visit to the Irish Emigration Museum where delegates attended a dinner within the museum.

The second day began with three interactive lectures; firstly Andrew Charles shared his very interesting experience on the use of CGRP and CGRP receptor antibodies in 2000 patients. Secondly Patricia Pozo-Rosich gave an insightful lecture on psychiatric disease in migraine patients. Thirdly Gisela Terwindt increased delegates' knowledge on the topic of rare genetic forms of migraine. After this delegates were involved in four types of interactive workshops ranging from more clinical (patient cases and neuromodulation in headache) to more practical (how to review a paper and improve your poster and slides) sessions. After this a lecture by Arne May on neuroimaging in headache formed a critical appraisal of what we have really learnt in which he emphasised the need for reproduction of previous study findings in imaging in particular, but also in research in general.

The Kathmandu
Headache Course
aimed to increase the
knowledge and
interest in headache
among neurologists
and physicians
working in Nepal

On the third and last day delegates' choices for one clinical and one basic science paper were covered. For clinical research Samira Younis presented results of migraine induction using CGRP and sildenafil. A discussion followed concerning the used methodology and interpretation of the results. This presentation was followed by basic science research by William Renthal on molecular characterisation of human trigeminal ganglia at single-cell resolution. He very clearly explained the importance of single-cell genomics in subtypes of trigeminal nociceptors and how he and his team obtained the first single-cell atlas of a wide range of human neuronal cells. After this Timothy Houle was able to make statistics fun again, by giving a clear overview on the 13 most common mistakes he encounters in clinical and basic science papers. Ranging from solely reporting p-values up to (again) emphasising the need to report the plan of analysis with enough detail to allow replication. Finally, to shed more light on (future) career paths and opportunities, three interactive lectures about working in the industry were held. Ronald Zielman told us about his work as a clinician for a pharmaceutical company. The same was done by Kirk Johnson, but this time in the role of a basic scientist. The series was completed with an inspirational talk by Eric Liebler on working in a start-up biotech company. He used a fantastic analogy of each type of biotech company from small to large by comparing them to a particular type of navy vessel. After this, the last day and iHEAD 2019 were concluded by some final remarks and messages by Michel Ferrari and Peter Goadsby.

On behalf of all participants, we would like to thank the organising committee (Professors Ferrari and Goadsby) with the indispensable help of Roemer Brandt, Aster Harder, Thomas van den Hoek, Iris Verhagen, Harriet Toole and Carol Taylor, as well as the IHS for supporting this unique event for talented and young headache researchers.

To all young clinicians and researchers who are working in the headache field who could not attend this time, please keep an eye open for future iHEAD events!

Thanks to iHEAD 2019 sponsors: Allergan, Eli Lilly, Novartis, Teva.

Visiting Professor report – Nepal



Rajeev Ojha

The IHS Visiting Professor programme has been a great support for the countries where there is lack of headache specialists. The Kathmandu Headache Course was held on 20 July 2019 at the Hotel Ambassador, Lazimpat, Kathmandu, organised by the Nepalese Academy of Neurology (NAN). The IHS Visiting Professors were Timothy Steiner and Derya Uluduuz; the course was organised by Rajeev Ojha and local speakers were Ajay Risal and Bikram Prasad Gajurel. This course aimed to increase the knowledge and interest in headache among neurologists and physicians working in Nepal.

There were 41 attendees including the speakers; 12 neurologists, four physicians, one neurology resident, 21 medicine residents and three MBBS medical students. The programme started with a welcome speech by Professor Krishna Kumar Oli, President of NAN, and then



The IHS Visiting Professor programme not only provided us with knowledge in the field of headache diagnosis and management, but also guided us to initiate multicentre or community-based headache studies in Nepal



Group photo at the end of the program: guest speakers, NAN members and delegates

and headache management, both prophylactic and abortive. Derya Uluduuz presented topics on headache in children and adolescents, trigeminal autonomic neuralgias and red flags of headache. She discussed different interesting cases and was interactive throughout the lecture period. Ajay Risal who has worked in the community-based headache study in Nepal presented details of the prevalence of headache in Nepal and the national obstacles of headache management.

He also presented on psychiatric comorbidities and headache, which was a very useful discussion for all the neurologists and physicians. Bikram Prasad Gajurel, a neurologist from Tribhuvan University Teaching Hospital, nicely presented on headache in pregnancy, focusing on migraine treatment. Finally we had an interesting case of an episodic headache patient, who himself attended the meeting, which was an important and interactive portion of the programme.



Question and answer session: D B Shah, neurologist from Nepal, with Timothy Steiner

The IHS Visiting Professor programme not only provided us with knowledge in the field of headache diagnosis and management, but also guided us to initiate multicentre or community-based headache studies in Nepal. We hope to organise similar programmes in the future and would like to thank IHS for this opportunity.



Delegates: Luna Bajracharya (Paediatrician), Derya Uluduuz (Headache Specialist), Rajeev Ojha (Neurologist), Timothy Steiner (Headache Specialist), Reema Rajbhandari (Neurologist), Krishna Dhungana (Neurologist) and Ajay Risal (Psychiatrist)

Overall the experience gave me a deeper insight about the cultural and various other aspects of headache and the patients. It has also helped me understand the array of therapeutic options available and how to tailor them for each patient

We have already streamlined our efforts in establishing the first 'Headache Clinic' in our region, and this experience will definitely give us the necessary impetus for research, proper diagnosis and management in our resource constrained setting

Short-Stay Scholarship reports



Gunjan Kumar, India

Tallaght Hospital, Dublin, Ireland
Mentor: Sean O'Dowd

"Céad míle fáilte", literally 'a hundred thousand welcomes' was something often mentioned throughout my stay in Dublin, and it aptly captures the hospitality of the IHC 2019. Barring initial hiccups at the airport, my 4 weeks experience was a memorable one and something to be cherished.

I had the privilege of attending the iHEAD meeting, IHC 2019 and a short observership with Dr Sean O'Dowd and his team at Tallaght University Hospital, Dublin. iHEAD was a true brainstorming session with presentations, debates and exciting ideas to keep one glued throughout the meeting. It was inspiring to interact closely with all the renowned experts and colleagues throughout the world. The IHC 2019 followed and I had an opportunity to present two posters from our institute. The deliberations, presentations and posters were of the highest order and it was an eye-opener to see the advances being made in the field of headache. The discussion and experiences regarding newer drugs and devices was unparalleled and I had the opportunity to experience a few of them first hand in the exhibition area. There was lot of thought behind the topics and workshops and it was well-organised. There was a separate Juniors Group event headed by Anders Hougaard and it was fun to relax, make friends and air views.

I had a short observership with Dr Sean O'Dowd at Tallaght University Hospital which has a well established Neurology Department and is a teaching institute. Dr O'Dowd's team deals with different types of headaches and I had the opportunity to understand the indications of newer injectables and gain deeper insights into medication overuse headaches. I also had the opportunity to audit the different types of referrals, especially the ones related to headache made to TUH with Emmet Kelly (Clinical Nurse Manager). I am also grateful to Dr Petya Bogdanova-Mihaylova, Dr Richard Walsh and Dr Sinéad M Murphy for letting me attend their clinics. Overall the experience gave me a deeper insight about the cultural and various other aspects of headache and the patients. It has also helped me understand the array of therapeutic options available and how to tailor them for each patient.



With Peter Goadsby

Headache isn't a priority in many developing nations; in the absence of proper training in this field, these experiences are invaluable to attract newer talents

I belong to a state which has population greater than that of Great Britain but with only a handful of neurologists. There are a huge number of patients suffering from various headaches affecting their lives. We have already streamlined our efforts in establishing the first 'Headache Clinic' in the region, and this experience will definitely give us the necessary impetus for research, proper diagnosis and management in our resource constrained setting. Headache definitely doesn't feature in the priority of many developing nations, and in the absence of proper training in this field, these experiences are invaluable to attract newer talents. I certainly do hope that IHS



With Agaath Hedina Manickam and Carol Taylor



increases the number of scholarships and many budding clinicians and researchers get timely direction and financial support to set up clinics under the mentorship of a senior expert in the field.

I would like to keep in touch with Dr Sean O'Dowd and his able team and wish that others too get an opportunity to work with him. A big 'Thank You' to IHS for choosing me for the Short-Stay Scholarship and for this memorable experience!



Agaath Hedina Manickam, India

Beaumont Hospital, Dublin, Ireland
Mentor: Martin Rutledge

I would like to express my heartfelt gratitude to IHS for providing me an opportunity to learn more on the advanced clinical and research aspects of headache through this short stay programme. I had a wonderful time learning under Dr Martin Rutledge, Consultant

iHEAD was a wonderful platform for headache researchers to meet and share their knowledge with one another

As a basic science research student this programme provided me the great opportunity to be an observer in a headache clinic where I got to understand the major physical and psychological problems headache patients face in their everyday life

Neurologist, Beaumont Hospital (Ospidéal Beaumont), who is the Headache Specialist in Ireland. The migraine team under Dr Ruttledge is doing great work in providing best treatments to headache patients, and hats off to their wonderful work.



With Gunjan Kumar, Martin Ruttledge and Eamonn Shaikh

During my short-stay, I attended the Headache/Migraine clinic, journal club, the neuroradiology meeting and the weekly neuroscience conference organised by the Department of Neurology in Beaumont Hospital. Since I am a basic science research student, it was a completely different experience for me and I was very glad that I get to know how the clinicians sort every single problem that bothers the patient. As a part of my short-stay programme, I attended the

iHEAD and IHC, both of which were remarkable. I met many headache specialists like Dr Goadsby, Dr Dodick, Dr Edvinsson, Dr Ferrari, Dr Pozo-Rosich, Dr Terwindt, etc. I was very glad that I got to meet and hear their amazing work in headache research. iHEAD was a wonderful platform for headache researchers to meet and share their knowledge with one another. IHC brought together headache specialists from all around the world to inspire and motivate budding headache specialists. The sessions like presentations, debate and interactive workshops helped in understanding more about the various types of headache, and I appreciate the organisers for organising a great event that inspired many.

As a basic science research student (PhD in Human Genetics) I do not have many opportunities to look into the clinical characteristics of headache by directly interacting with the patients. This short-stay programme provided me the great opportunity to be an observer in a headache clinic where I got to understand the major physical and psychological problems headache patients face in their everyday life. This helped me in understanding headaches in a different perspective and motivated me to further explore the molecular and genetic aspects of all headache types. In addition, with more knowledge gained on advanced treatment options for headache, I am inspired to look into the various other mechanisms that might be responsible for headaches. I am looking forward to digging deep into it and with passion and dedication; I hope to find something new in the genetics and molecular aspect of headaches.



With Alina Buture and Esther Tomkins, Beaumont Hospital

Overall, this short-stay programme gave me an amazing opportunity to learn life and subject oriented values and I have many lovely moments to cherish forever. Ireland is a beautiful country with lovely people. I appreciate the IHS for their great work in encouraging headache research all around the world.

I consider it a very important opportunity to compare management of headache, from awareness, through diagnosis, to treatment, in two different countries with a comparable population size, Serbia and Ireland

A good step in finding a way to deal with the burden of headache in one developing country is to understand how it is solved in a country that is more developed



Ana Podgorac, Serbia

Mater Misericordiae University Hospital, Dublin, Ireland
Mentor: Roisin Lonergan

During my short-stay visit to Dublin, I had an opportunity to get an immediate insight in the contemporary management of patients with headache. The most valuable experience of my stay was the possibility to evaluate an effect of new therapeutic approaches, especially new anti-CGRP migraine treatment options, which have not yet been put into practice in my own country. Besides that, I consider it a very important opportunity to compare management of headache, from awareness, through diagnosis, up to treatment, in two different countries with a comparable population size, Serbia and Ireland, and two different health systems, each subdivided into national and private. I would like to thank Dr Roisin Lonergan and Dr Martin Rutledge for welcoming me in Dublin and sharing with me their knowledge and experience.

The attendance of iHEAD offered me a comprehensive review of current trends in headache research, basic and clinical, as well as the opportunity for networking and sharing experiences and ideas with colleagues with the same interest.



I consider this visit very valuable for me and my country, since I deeply believe that the good step in finding the way of dealing with the burden of headache in one developing country is to understand how it is solved in a country that is more developed. After this visit, with the impression that the new anti-CGRP migraine treatment options could be a useful tool in the fight against headache, I will give my best in spreading my impression to other colleagues and finding the options for implementation of this treatment in Serbia.

In the end, I would like to express my gratitude to IHS for the scholarship awarded to me and this investment in myself, as a physician and as a person.



Calendar of events

2020

29 January	5th Annual International Headache Symposium in Israel	Herzliya, Israel	Visit website
11–13 March	14th Asian-Australasian Federation of Interventional and Therapeutic Neuroradiology (AAFITN 2020)	Seoul, S Korea	Visit website
26–29 March	14th World Congress on Controversies in Neurology (CONy)	London, UK	Visit website
16–19 April	Global Migraine and Pain Summit, 4th Middle East and North Africa (MENA) Meeting, 2nd Turkish African Meeting of Headache and Pain Management	Antalya, Turkey	Visit website
25 April–1 May	American Academy of Neurology 2020 Annual Meeting	Toronto, Canada	Visit website
23–26 May	6th Congress of the European Academy of Neurology	Paris, France	Visit website
4–7 June	62nd Annual AHS Scientific Meeting	San Diego, USA	Visit website
3–5 July	14th European Headache Federation Congress	Berlin, Germany	Visit website
4–8 August	2020 World Congress on Pain	Amsterdam, Netherlands	Visit website
10–13 September	18th Migraine Trust International Symposium	London, UK	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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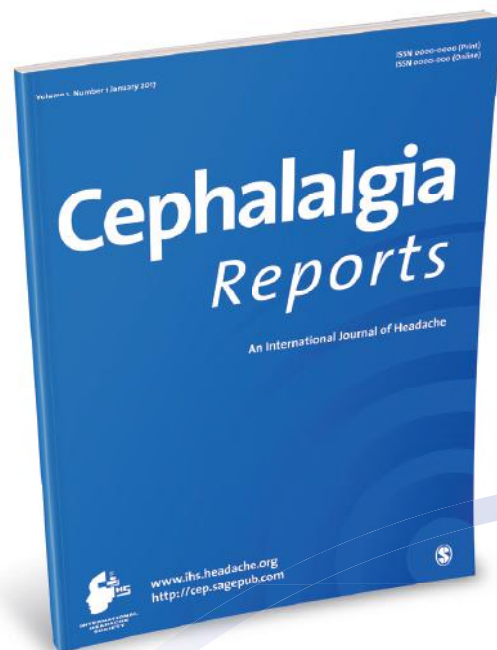
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