Report of the Board of Trustees
Stefan Evers, Germany

The Board of Trustees of the International Headache Society (i.e. the President, the President-elect, the Secretary, the Treasurer, seven members at large and a co-opted member) meets regularly face-to-face or via teleconferences to discuss all major issues of the IHS. The meetings are prepared by our Administrative Manager, Carol Taylor. This report is to give an overview of items on the agenda and what will be future priorities for IHS. The last meeting took place in London on 20 January 2012. Besides the routine financial and administrative matters, the following major items were discussed.

International Headache Congresses (IHCs)
The next IHC will take place in Boston in 2013 together with the American Headache Society. It will be organised by Tailley Management, who also organised the IHCs in 2001 in New York and 2009 in Philadelphia. The contract with Tailley Management was approved. The venue for IHC 2015 needs to be decided this year. Kenes International, who organised the IHC 2011 in Berlin, prepared a presentation with several destinations. After a long debate, two venues in Spain (Madrid and Valencia) and Dubai in the Arab Emirates were considered as the best venues for the IHC. IHS has sent a survey around to its members and IHC delegates asking whether Dubai is appropriate given the political problems which might arise. The final decision on the venue will probably be made in June.

Risk Management Policy
A Risk Management Policy is an official document required by the UK Charity Commission. There are regulations on transparency, cooperation with the pharmaceutical industry, funding etc. which have now been approved by the Board. The Risk Management Policy is posted on the IHS website.

Memorandum and Articles of Association
There have been concerns about the IHS articles with respect to the Board membership of the Past-President and the membership categories. The Board has decided to put amendments to the members for adoption at the Annual General Meeting in September in London for the following items:
- the President will remain as a member of the Board for a further 2-year term
- regular, adjunct and pharma membership will be clearly defined.

Headache Centres
A task force has been working on guidelines for Headache Centres since early 2010. The final document was submitted to the Board in September 2011. After a long debate, the Board agreed that IHS cannot meet all the regulations set by local/country authorities and many centres would not fulfil the criteria according to the proposed guidelines. The general view was that IHS is not well placed to dictate standards for specialist headache centres. The task force was disbanded and publication of these guidelines will not be endorsed by IHS.
IASP collaboration

In 2012, the International Association for the Study of Pain (IASP) launched its Global Year Against Headache. Arne May from IHS and Ralf Baron from IASP have facilitated the publication of several fact sheets on various aspects of headache; these are uploaded on the IASP website (http://www.iasp-pain.org/) and translated into five languages. There will be a headache session at the IASP annual symposium in Milan in August this year, including teaching courses and workshops. From 6–7 October, in Hamburg, a joint meeting of IASP and IHS will be organised by Arne and Ralf, co-funded by both societies. This meeting will bring together young researchers from both societies to share recent research developments. Participation will be by invitation only. Juniors may propose themselves for eligibility for participation to the Juniors committee.

Headache Master Schools

IHS has introduced Headache Master Schools and is pleased to fund such activities. The first IHS Headache Master School is ongoing in Brazil – split into three phases (see First Headache Master School article on page 6). A certificate for all successful delegates will be presented at the Brazilian Headache Society meeting in September this year. The second Headache Master School will be held in Asia in 2013, probably in Japan.

Long-term strategy

It was agreed that IHS should focus on areas not covered by other societies such as AHS (which has a focus on South America). IHS already has a good relationship with Japan, China, and South Korea, and it was agreed that activities should be concentrated there. Further, it is hoped to have a headache sub-section within the Indian Academy of Neurology and thus provide better education on headache to Indian neurologists. Education in the Arabic world was also discussed, and it was noted that a congress in Dubai would be a good opportunity to move into that region.

Third edition of Guidelines for Controlled Trials of Drugs in Migraine

Julio Pascual, Spain, for the IHS Clinical Trials committee

The third edition of the IHS guidelines for trials in migraine has just been published in the January issue of *Cephalalgia*. It is also available, together with a podcast of the presentation during the IHC in Berlin, on the *Cephalalgia* website (http://cep.sagepub.com/). Peer Tfelt-Hansen, as for the two previous editions (1990 and 2000) of these guidelines, was the superb Chairman of the ad-hoc committee comprising a total of 12 people – 11 European and US headache specialists, including the past IHS President, Hans-Christoph Diener, and one statistician. The previous edition of these guidelines was adopted widely, even by the regulatory agencies. In addition to a lot of work via email, the committee met for 2 intensive days in Copenhagen at the end of 2010. During approximately the first quarter of 2011 the draft guidelines were open for member comments on the IHS website, and were finally approved by the IHS Board. The purpose of these guidelines is to recommend a contemporary, standardised and evidence-based approach to the conduct and reporting of migraine randomised controlled trials (RCTs).
This Third Edition is organised similarly to the previous two. Notably, RCTs for acute attacks of migraine are addressed in the first section of the report, and are followed by discussions and recommendations relating to RCTs for migraine prevention, including short-term prophylaxis or ‘mini-prophylaxis’ for predictable migraine attacks, such as those associated with menses. Sub-sections include: patient selection, trial design, evaluation of results, and statistics. A toolbox for each type of trial (i.e. acute vs prevention) is provided at the end of the report. While keeping many of the recommendations of the last edition (for instance, pain-free at 2 hours continues to be the recommended primary efficacy measure for trials for acute treatment), this new edition incorporates new outcomes, such as migraine days as co-primary endpoint in trials for prophylactic treatment, new potential designs, such as phase II, dose-defining sequential adaptive trials, and new or very renewed sections, such as those for migraine aura, early intervention trials or how to evaluate quality of life.

As most readers of this newsletter know, the IHS Classification Committee has been working on a third edition of the International Classification of Headache Disorders, ICHD-3. We started 2 years ago and have already had several meetings. Work is divided amongst the committee members so that each committee member chairs a working party on one chapter of the classification. I personally chair the working group on migraine, in addition to being chairman of the whole exercise. Originally, the idea was to make a minor modification and call it ICHD-2R, but as work progressed it became clear that more fundamental changes were required. Following the IHS Board recommendation, we then decided to do a thorough revision and produce a whole new edition.
Work has progressed slowly but surely in the different working parties and the plan is as follows. After the American Headache Society Congress in Los Angeles (21–23 June) we shall have a lengthy meeting on 24–25 June. Before that meeting all committee members must have their chapter in a next to final form so that all chapters can be discussed. Following these discussions a revision will be made and a final discussion will take place during the EHMTIC meeting in London at the end of September 2012. Desk editing will then follow, and by the end of 2012 we should have a beta version ready. This version will go on the IHS website, and there will be a general appeal to the headache committee to field test the classification piece by piece. This work will be chaired by the responsible chairman of the working party in question.

This timeline is important in relation to the World Health Organization (WHO). The WHO is preparing the next edition of the International Classification of Diseases, to be known as ICD-11. As most readers know, it is the WHO classification that is the basis of reimbursement and many other decisions in public health. It is absolutely pertinent, therefore, that we get the ICHD-3 ready soon enough to form the basis of the ICD-11 chapter on headache. Because of our thorough homework, we are popular with the WHO. It looks extremely likely that we will be able to secure a much better slot for headache in ICD-11 than we had in ICD-10, not to mention the terrible place it had in ICD-9. Unfortunately, it is still the ICD-9 in modified form that is used in the USA.

After a period of 2 years of field testing, it is planned to publish ICHD-3 towards the end of 2014, probably published in print in the first issue of Cephalalgia in 2015.

Today, despite every effort from clinicians and researchers, headache disorders in the main are largely underdiagnosed and undertreated, with the needs of the patient often unmet by current standards of care. In running for the IHS presidency I had two core purposes: first, to do whatever I could to promote the next generation of leaders in headache; and secondly, to see IHS reach out to Asia and the Far East.

To the first goal, the 1st International Headache Academy (IHA) Meeting has been established to provide a platform for developing the next generation of headache specialists. This 3-day meeting, planned for 18–20 May in Copenhagen, Denmark, will provide an opportunity for headache specialists to engage with their peers through presentations, workshops, debates and hands-on clinical mentoring.

The meeting content has been directed by the Scientific Steering Committee: Hans-Christoph Diener and myself, who will act as co-chairs for the meeting, Messoud Ashina, Michel Ferrari, Julio Pascual and Jean Schoenen. The Scientific Steering Committee has worked to develop a comprehensive educational agenda combining the latest research in headache care with instruction in practical approaches to research, clinic-based medicine and professional development.
The programme of the meeting will include plenary sessions, as well as practical workshops and interactive masterclasses. Features of the meeting include debate on hot topics in headache management, as well as practical masterclasses through a preceptorship programme at the Glostrup Hospital and the Danish Headache Center. A key feature of the meeting is practical, hands-on learning. As such, workshop sessions will be focused on developing leadership skills, including setting up clinical trials, presentation skills and publishing work.

Delegates of the meeting, comprising the next generation of headache specialists from across Europe, have been carefully selected by the Scientific Steering Committee following a nominations process, which has included direct input from the IHS Juniors committee.

The meeting promises to be an exciting and informative educational event, providing an excellent learning opportunity for the delegates involved and allowing them to develop their leadership skills in their field of headache care. From the International Headache Academy, which is made possible through generous unrestricted sponsorship from Allergan UK, we can look forward to improved standards of care in headache patient management and research across Europe, now and in the future.

Cluster headache – a need for better knowledge and management
José M Pereira Monteiro, Portugal

Despite its relatively low prevalence, cluster headache is a severe and disabling disorder which, even with currently available treatments, remains difficult to manage, and needs better clinical delimitation from other trigemino-autonomic disorders. There is also a need to increase our knowledge of its genetic background and pathogenic mechanisms to find disease markers and potential targets for new, and hopefully better treatments in the future. This will open the way for better clinical practice and new drug trials.

With this in mind, the IHS Cluster Headache Special Interest Group (SIG) is looking for members who would like to help in developing the following plan:

- to create a worldwide registry of all headache centres interested in cluster headache regarding:
  - clinical practice
  - clinical research
  - basic research
  - surgical treatments
  - other experimental treatments (dependent on status)

- to create a worldwide registry of the names, qualifications, positions and institutions of IHS members with an interest in cluster headache

- to find people with expertise in this field, interested in multicentre co-operation, to improve our knowledge on cluster headache disorders

- to find people available and with a broad range of knowledge in this field to become members of the Cluster Headache SIG and to set up a good strategy for the next 3 years.
If you are interested in joining the group, and helping to increase and share knowledge on this complex headache disorder, please contact the IHS Administrative Manager email: carol.taylor@i-h-s.org

1-year course to advance education in headache medicine

First IHS Headache Master School for clinicians in Brazil

Alan Rapoport, USA, and Guus Schoonman, Netherlands

In order to promote headache education worldwide, IHS organised its first Headache Master School for clinicians. The idea was first put forth by Vincenzo Guidetti when he was on the IHS Board of Trustees, and a committee consisting of Vincenzo, Alan Rapoport, Allan Purdy and Guus Schoonman along with Carol Taylor made plans for the first event. The 1-year course is designed for any headache-interested physician, including neurologists, other specialists or generalists, who wish advanced education in headache medicine. Brazil was chosen as the first country as it has a large population, many headache specialists and a good number of physicians interested in advanced training in headache.

Phase I of the master school was held in São Paulo, Brazil, in September 2011. The attendees sat through 2 days of talks with questions and answers. We started at 8 am and finished after 5 pm. Some slides were in English, some in Portuguese, and some in both. The attendance was better than expected, with 117 filling the room. As a positive boost for IHS, all attendees were asked to join the Brazilian Headache Society, which automatically makes them members of IHS. There was a wonderful costume ball as a social event which was enjoyed by all.

There was a very positive feeling about the information exchanged expressed by both the teachers and the attendees. Allan Purdy felt, and we all agreed, that the third phase (the next face-to-face meeting) should be short on didactics and long on discussion and interaction.

Phase II started shortly after phase I and consists of a slow roll out of the slides from the course, plus book chapters and papers, all of which were placed on an intranet accessible to all who attended Phase I. Delegates can also access all areas of the IHS website and online learning centre, and have online access to *Cephalalgia*.

Phase III will take place in May as the second face-to-face meeting. There will be four representatives of IHS coming from Italy, India and the USA, in addition to the Brazilian and other South American teachers.

Phase IV will be an online, open-book examination, and then all the delegates will attend the Brazilian Headache Society annual meeting in September in Rio and be given their certificate.

This has been a big and very successful undertaking, put together mostly by Carlos Bordini, Allan Purdy and Alan Rapoport, along with Marcelo Ciciarelli, the current President of the Brazilian Headache Society.
Below are some photos showing the teachers, including the senior statesman of the Brazilian headache specialists, Eliova Zuckerman.

Carlos Bordini, Eliova Zuckerman and Alan Rapoport
Mo Levin, Ben Frishberg, Luiz Paolo de Queiroz, Rob Cowan and Eliova Zuckerman

Allan and Pam Purdy at the welcome reception dinner
“The entire team”

Joint meeting in the Swiss Alps
Administrative Secretary of the Swiss Headache Society

For the third time experts in headaches from Germany, Switzerland and Austria will come together for a joint congress from 29–31 March 2012. It will take place in Pontresina in Switzerland, an attractive alpine destination near St Moritz.

The Deutsche Migräne- und Kopfscherzgesellschaft (DMKG), the Swiss Headache Society and the Österreichische Kopfscherzgesellschaft (ÖKSG) are the hosts of this congress. The Scientific Committee unites physicians from all three countries and is chaired by PD Peter Sandor, MD, from Baden in Switzerland.

Interdisciplinary programme
The subject of headaches will be regarded from different perspectives. Renowned speakers will present the latest results concerning headache research, treatment and interdisciplinary methods of approach. There will be a special focus on pro-contra debates as well as six different workshops. Tobias Kurth, MD, ScD (Bordeaux, France) and Jean Schoenen, MD (Liège, Belgium) are amongst the invited speakers, in addition to experts from Germany, Switzerland and Austria. The programme addresses neurologists, neurosurgeons and psychologists, as well as specialists in internal medicine.

Information and registration
Additional information, the entire programme and the registration form can be found online at www.imk.ch/skg2012.
IHS Fellowship Award 2012

REMINDER – deadline approaching – 1 April 2012

IHS is accepting applications for clinical or basic headache research fellowships, or a combination of both

APPLY NOW if you are interested in enrolling in one of these international programmes

12-month award value: £50,000

Visit the IHS website for more information
www.ihs-headache.org

Travel grants to

3rd European Headache and Migraine Trust International Congress

IHS will offer grants for Juniors to attend EHMTIC (20–23 September 2012)

Value of grant

From European destinations: € 525 or US$ 700
From non-European destinations: € 975 or US$ 1,300

Deadline: 1 June 2012

Visit the IHS website for more information www.ihs-headache.org

www.ehmtic2012.com
# Calendar of events 2012

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<th>Date</th>
<th>Event</th>
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<tr>
<td>29–31 March</td>
<td>Joint meeting – Germany, Switzerland, Austria</td>
<td>Pontresina, Switzerland</td>
<td><a href="http://www.imk.ch/sgk2012">www.imk.ch/sgk2012</a></td>
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<td>24–27 April</td>
<td>Annual Scientific Meeting of the British Pain Society</td>
<td>Liverpool, UK</td>
<td><a href="http://www.britishpainsociety.org/meet_home.htm">http://www.britishpainsociety.org/meet_home.htm</a></td>
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<td>18–20 May</td>
<td>1st International Headache Academy</td>
<td>Copenhagen, Denmark</td>
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<td>31 May–2 Jun</td>
<td>5th ANIRCEF National Congress – Headaches: pain as necessity</td>
<td>Rome, Italy</td>
<td><a href="http://www.anircef.it">www.anircef.it</a></td>
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<td>21–24 June</td>
<td>54th Annual Scientific Meeting of the American Headache Society</td>
<td>Los Angeles, USA</td>
<td><a href="http://www.americanheadachesociety.org">www.americanheadachesociety.org</a></td>
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<td>27–31 August</td>
<td>IASP 14th World Congress on Pain</td>
<td>Milan, Italy</td>
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<td>6–7 October</td>
<td>IASP/IHS joint meeting</td>
<td>Hamburg, Germany</td>
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<td>26–28 October</td>
<td>XXVI National SISC Congress – Pharmacological therapies and beyond</td>
<td>Modena, Italy</td>
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