Note from the President

OUR GOAL IS TO CREATE AN UMBRELLA ORGANISATION

As a member of the International Headache Society you are already well aware of the society’s commitment to helping people whose lives are affected by headache disorders.

2009 has been a year full of new opportunities and challenges and I am pleased to take over the helm from Michael Moskowitz as President, and look forward to leading IHS through the next 2 years with the help of the Board of Trustees and the Standing Committees and Special Interest Groups of IHS.

Our goal is to create an umbrella organisation, working closely with and supporting our Affiliate Member Societies; we want all members to feel involved with IHS through their national society and will strive to achieve this through initiatives with the American Headache Society, the European Headache Federation and the Japanese Headache Society.

With their contribution, we will continue to expand the resources on our Online Learning and Education Centre, with the addition of more materials in several different languages. In the near future I will contact all our member headache societies to find out what they expect from IHS. I look forward to the next exciting chapter in the future of IHS.

Hans-Christoph Diener – President of IHS
Germany

MEMBERSHIP BENEFITS AT A GLANCE

• Subscription to Cephalalgia and complimentary online access to The Neuroscientist
• Online Learning Centre
  Webcasts/Podcasts
  Sets of slides and selected book chapters
  Top articles from Cephalalgia
  Calendar of major events
  Case of the quarter – coming soon
• Early access to IHS International Guidelines
• International Exchange Programmes and Awards
  Fellowship 2010
  Visiting Professor Talks – coming soon
• IHS Quarterly Newsletter
• Reduced registration to the International Headache Congress

To learn more about the different membership categories, please visit our website or contact Carol Taylor at carol.taylor@i-h-s.org
JUNIORS’ FORUM 2009

Andy Gantenbein, (new) chairman of the Trainees and Residents Special Interest Group
Switzerland

As in previous years a successful Juniors’ Forum was organised by the Trainees and Residents Special Interest Group during the IHC 2009 in Philadelphia. More than 80 juniors enjoyed drinks and dinner at the “Rembrandt’s Bar and Restaurant”. The Forum has a social networking function and enables headache Trainees & Residents to meet each other in a relaxed and informal atmosphere. The next Juniors’ Forum will be organised in 2010 during the EHMTIC in Nice.

ORGANISATIONAL REPORT

Looking back in order to move forward!

Here we are again at the end of another year. This is the time to look back on what we have achieved during 2009 and plan what we need to do for 2010.

Many things have happened during the past 12 months such as IHS Online Learning and Education Centre, the International Headache Congress (IHC 09), the appointment of a new publisher for Cephalalgia and the election of a new Board of Trustees. This is just to mention a few.

We have been working hard to meet our members’ needs and our commitment to the whole international headache community.

One of the main highlights of this year was the 14th International Headache Congress, held in Philadelphia last September.

The congress was organised together with the American Headache Society (AHS) and gathered over 1200 participants worldwide.

The scientific committee designed a programme for physicians, psychologists, and other healthcare professionals offering an update on the state-of-the-art in the care of headache sufferers and the scientific programme has already received very positive feedback from the participants.

The IHC 09 consisted not only of a platform of poster presentations, teaching courses, scientific and satellite symposia, but also special lectures and informal events.
IHS News

ORGANISATIONAL REPORT (Cont‘)

This year’s IHS special lecture - CAMERA-II Study: A 9-year MRI Follow-up Study in a Large Cohort of Migraineurs from the Dutch General Population - was given by Professor Michel Ferrari from Leiden University Medical Centre. Furthermore, the Cephalgia Award Lecture focused on Dr Kenneth Reed’s paper. Dr Reed is a physician at Texas Institute for Surgery in Dallas and he received our journal award for the best submitted paper.

The Juniors’ Forum and our first Cephalalgia authors’ workshop with Professor David Dodick were also two of the IHC 09 successful informal events.

During our biennial congress we approved new IHS Honorary Members and recognised their commitment to the society. This year we awarded Professor Michael A Moskowitz (Past President), Professor Fumihiko Sakai (Past President), Professor Peter J Goadsby (IHS Recognition for Service Award) and Dr Timothy J Steiner (IHS Recognition for Service Award). Professor Jes Oleson also received an IHS Recognition for Service Award.

As you know we also have a new Board of Trustees for 2009-2011. The new Board is composed as follows:

Messoud Ashina
Carlos Bordini
Margarita del Rio
Hans-Christoph Diener (President)
Peter J Goadsby (President-elect)
Judith Lutz-Burns (Secretary)
Anne MacGregor (Treasurer)
Allan Purdy
Alan Rapoport
K Ravishankar
Cristina Tassorelli
Peter Sandor

This new Board will continue and enhance the work started by the previous Trustees in order to seek new and better ways to bring excellence in the diagnosis, treatment and management of headache-related disorders to all corners of the globe!

IHS Administrative Office
The KHS was first founded officially in the year 2001. The KHS originated from the “Korean Association for the Study of Headache” (KASH) which started its activities back in 1998. In 1999, the “First Joint Symposium of the Korean Association for Study of Headache” was held in Seoul. After three years of activities and preparation, all the 45 members of this study group agreed that an organisation representing headache society in Korea was in need. So the KHS was first established. The first and founding president of the KHS was Professor Kyung-Cheon Chung of Kyunghee University Hospital. Also the Journal of KHS was first printed in 2000. In 2001, “Guidelines for management of migraine”, which is a guide book for the physicians who treat patients with headache, was published and distributed. In 2003, Professor Chin-Sang Chung of Samsung medical center was elected as the 2nd president of the KHS. In 2005, Professor Chin-Sang Chung was also elected as the vice president of the Asian Headache Society (Professor Sakai of Japan was elected as the president at the time), which was an honour for him as well as for the KHS.

For the regional and international activities, we have held regular biannual meetings of the KHS from the start of the KHS, usually held in spring and fall. The KHS has frequent joint academic meetings with the Japanese Headache Society (JHS) in Seoul and also in Tokyo since 2006 to broaden our scope for understanding and strengthen our academic activities in the treatment and study of headache. Also we have extended our academic relationships with China and Taiwan.

Professor Kwang-Soo Lee of Catholic University Hospital was elected as the 3rd president of the KHS in 2006 and he is still serving for the KHS as the president and he is also serving as a representative of affiliate member society of the International Headache Society (IHS), on behalf of the KHS.

Recently, as you know already, the KHS has joined IHS as an affiliate member society representing Korea, and all the members of the KHS were very encouraged with the news.

In 2008, the “Textbook of Headache” was published and distributed. The website for the KHS is now http://www.headache.or.kr which was launched in 2005. The KHS website has an English version also, so you can always visit us and look around what is going on with the KHS and the members. And of course, you can leave your messages and thoughts.
Affiliate Societies

THE KOREAN HEADACHE SOCIETY (KHS) (Cont')

Kwang Soo Lee, President KHS
Korea

Followings are the staffs of the KHS

President: Kwang Soo Lee, MD
Vice-president: Jae-Moon Kim, MD,
Chief of Textbook Editors’ Committee: Chin-Sang Chung, MD
Auditors: Man Wook Seo, MD, Jeong-Geun Lim, MD

Members of the board: Yong-Jae Kim, MD, Min Kyung Chu, MD, Kun Kim, MD, Sung Woo Chung, MD, Kwang-Yeol Park, MD, KonHee Lee, MD, Gun Sei Oh, MD, Sung-Hee Hwang, MD, Min Ki Kim, MD, Jae-Myun Chung, M.D, Kyungmi Oh, MD, Jeong Wook Park, MD, Heui-Soo Moon, MD, Seong Taek Kim, MD, Sun Uk Kwon, MD, Manho Kim, MD
Dr Wang and colleagues have recently published a paper in Neurology, titled “Chronic daily headache in adolescents: an 8-year follow-up study”. The long-term outcome of an adolescent cohort with chronic daily headache was assessed. A field sample of 122 adolescents aged 12-14 years with CDH was established in 2000 (baseline) with short-term follow-up studies in 2001 and 2002. In 2008, the cohort was re-interviewed by physicians via telephone to determine the headache profile for the past year, including Migraine Disability Assessment (MIDAS), a headache disability questionnaire. Presence of CDH was defined as \( \geq 15 \) headache days/month, average \( \geq 4 \) hours/day for \( >3 \) months. A total of 103 subjects completed the study (response rate 84.4%). The average monthly headache frequency was 4.7 +/- 6.0 (0-30) days. Twenty-eight (27.2%) subjects had moderate or severe headache disability (MIDAS \( \geq 11 \)). Twelve (12%) subjects met CDH criteria, with chronic migraine (n = 10, 83%) as the most common subtype. Two (2%) subjects overused medications. From 2000 to 2008, the frequencies of migraine diagnoses were fairly consistent in this cohort. Presence of migraine at baseline predicted poorer outcome of all 3 measures. Additionally, CDH onset \(<13\) years old, duration \( \geq 2 \) years, and medication overuse predicted either higher headache frequencies or presence of CDH in 2008. These findings led to the conclusion that there was a marked decline in the frequency of CDH. However, one fourth of patients still had significant headache disability. Migraine history was a major factor in evolution of CDH into young adulthood. Early onset and longer duration of CDH implied a protracted disease course.

The best strategy to avoid becoming a persisting CDH patient

Dr Wang: Our study clearly showed that adolescents with four predictors which included: A diagnosis of migraine; CDH onset before 13 years of age; CDH duration of 2 or more years, and finally, medication overuse were more likely to have CDH 8 years later when they turned into young adults. Based on these findings, I propose two effective strategies to prevent persistent CDH. First, educate the adolescents with CDH and their parents to the real dangers of medication overuse. Second, and I can't stress this enough, doctors and other public health professionals need to target adolescents with early onset and longer duration CDH for early intervention with prophylactic medications.
EDUCATE THE ADOLESCENTS WITH CDH (Cont’)
Dr Shuu-Jiun Wang
Taiwan

Dr SJ Wang, is now the Chief of the Neurology Department of TPE-VGH. He and Dr Fuh founded the original headache clinic in the hospital in 1997. More than 1000 new patients visit this headache clinic each year, and enrich the population base for our clinical studies. The most important clinical research work of the HRG is focused on several headache problems including: CDH as well as secondary headache disorders such as reversible cerebral vasoconstriction syndromes (up to 118 patients), spontaneous intracranial hypotension (up to 105 patients), primary cough headache, primary stabbing headache and sex-induced headache. Our findings have not only provided new insights into these headache disorders but also provided a comparison between East and West. Dr SJ Wang is now chairing a working group to revise the classification criteria in Chapter 4 “Other primary headaches” of the ICHD-II.

A precursor of the HRG started headache epidemiological studies as early as 1993. The focus then as now was on CDH especially longitudinal studies. The neurologists and psychiatrists perform face-to-face interviews by themselves after a survey using a validated screening questionnaire. A final diagnosis is reached after a consensus meeting. This is important because misclassification may severely bias the study results. In addition, this group is very good at longitudinal studies and has done a 13-year follow-up study in a cohort of elderly patients with CDH. Recently, this group added a new focus: Headache in adolescents. A community-based adolescent headache survey was launched in 1998. This study was conducted in five public middle schools in Taiwan and established a cohort of 122 adolescents with chronic daily headache. The HRG has visited more than 10,000 adolescents during the study periods and published many important papers. In 2005, the group initiated another adolescent headache study in a southern Taiwan county, Taitung, to investigate the incidence and risk factors of CDH.

Figure 1. The authors of the paper.
From left to right.
Drs Shiang-Ru Lu, Shuu-Jiun Wang, Jong-Ling Fuh, Kai-Dih Juang
Papers and People

EDUCATE THE ADOLESCENTS WITH CDH - (Cont’)
Dr Shuu-Jiun Wang
Taiwan

Figure 2. The Headache Research Group of Taipei Veterans General Hospital
From left to right
Upper: Drs Jong-Ling Fuh, Shuu-Jiun Wang, Kai-Dih Juang, Yi-Chu Liao, Shiang-Ru, Lu
Lower: Drs Yen-Feng Wang, Shih-Pin Chen, Wei-Ta Chen

Figure 3. Research assistants of the Headache Research Group
From left to right
Mr Wei-Te Tsai, Ms Hui-Fen Tseng, Huei-Wun Lin, Ching-Yi Ling, Ching-Chi Shen
Epidemiological research has uncovered the association between migraine and stroke. My interest has been focused on the pathophysiological underpinnings of this association. Beginning in my stroke fellowship 20 years ago, I undertook investigations of the role of antiphospholipid antibodies as a link between migraine and stroke, but found no association. In several different populations of migraineurs, I have, however, demonstrated an elevation of endothelial dysfunction biomarkers (e.g. von Willebrand factor) in persons with migraine compared to controls without migraine. Subsets of the migraine population more likely to have evidence of endothelial dysfunction have been identified, based on history (those with aura, prior stroke), clinical findings (livedo reticularis, a dermopathy involving the small vessels), and genotype (ACE DD and MTHFR C677TT). We are currently investigating whether endothelial biomarkers are related to duration, frequency and type of migraine, and linked to brain lesions. If true, biomarkers may play a valuable role in screening migraineurs for increased stroke risk, and introducing avenues to prevent migraine progression. Over the years I have written extensively about the migraine-stroke relationship, including the evidence of migraine as a systemic vasculopathy, and of the bidirectional relationship of migraine and ischaemia.

Another area of research I find particularly interesting is the epidemiology and neurobiology of childhood maltreatment in a migraine population. In the past 5 years I have spearheaded two multicentre headache clinic studies of migraine, its comorbidities, and abuse, and published on this topic. Intriguing findings from this work have included: 1) the high prevalence abuse in the migraine population, 2) the relationship of abuse to headache frequency, disability and transformation from episodic to chronic migraine, 3) the important role of abuse in the relationship of migraine to depression and anxiety, 4) the “dose-dependent” relationship between the number of maltreatment types and the number of painful comorbidities (e.g. fibromyalgia, irritable bowel syndrome, arthritis, endometriosis), 5) the clustering of migraine comorbidities, and the increased prevalence of abuse associated with them, 6) the modulating role of depression and anxiety in the association of migraine and obesity, and 7) the association of migraine-associated allodynia with other central sensitisation syndromes. I am currently investigating whether endothelial dysfunction markers are related to adverse events of childhood, which will bring my interests full circle.
Personal background
My present position as a Professor and Chair of Neurology involves administrative work (I run the Department, the Stroke Center and the Headache Medicine Program), teaching (mostly medical students, residents and physicians), patient care (2 months of inpatient attending per year and 2 full days of clinic each week), and research (by far my favourite thing). I use weekends and vacation days to write papers, since I am too distracted at work to concentrate.

I attended the University of Michigan for my undergraduate degree and for medical school and my Neurology Residency. I also studied in Freiburg, Germany for two years and trained in Internal Medicine at the University of Rochester. I did a two year stroke fellowship at Henry Ford Hospital in Detroit, one year of which involved basic research on a rat model of embolic stroke. During my fellowship I also started a 3 year project on anticardiolipin antibodies in migraine and TIA, which sparked my continuing interest in the overlap of stroke and headache.

I have been married 26 years (to another physician, a neonatologist). Our two sons (one born during each year of my fellowship) are attending universities in another state, but left behind their dog, Blitz, a quirky little middle-aged schipperke. Although I love foreign travel, because of family I spend a lot of my vacation time in Seattle and think that I will eventually end up living in the Northwest.

One of my favourite books is Love in the Time of Cholera, by Gabriel Garcia Marquez. The last book I read is Charles Dickens Great Expectations. I probably wouldn’t have picked up this classic on my own, but I recently asked my husband to bring me a book while I was visiting an ill relative, and this was his idea of light reading. I have commuted a lot in my career and developed a real liking for books on tape while driving (my VW Passat), and working around the house (large, old and tons of maintenance). In the past I have been an avid collector of antiques, but now my hobby is figuring out how to get rid of all this stuff.
Online Learning and Education Centre

IHC 2009 WEBCAST

The International Headache Society is pleased to announce that we have webcasted a selection of sessions of the IHC 2009: “14th Congress of the International Headache Society” held in Philadelphia, Pennsylvania on the 10 – 13 September 2009.

As an IHS member, you have the privilege of viewing these expert talks from your home/office (and now even on your iPod Video while travelling!). Please visit the IHS website and click on “Online Learning Centre”. You can browse presentations by session, speaker, video podcast and PowerPoint presentations.

In this Webcast/Video Podcast you will be able to view full multimedia presentations (laser pointer movements of the speakers, PowerPoint animations, embedded video files and more...) and even take part in interactive learning quizzes! For selected talks, the PowerPoint slides are available for download. In addition, thanks to a newly available technology (the Search’n BuildTM), you can now build a unique collection of slides with voiceover based on a simple keyword search.

We would like to thank all our speakers for their valuable support in making this Webcast possible.
Members Corner

IHS MEMBERS – FELLOWSHIP FOR 2010 NOW AVAILABLE!

The International Headache Society (IHS) is proud to announce that a Fellowship will be available for 2010!

We are now accepting applications for clinical and basic research fellowships, or a combination of both. Please click here to download the 2010 Fellowship Application form.

The successful applicant will receive the maximum amount of USD 75,000 to complete his/her 12-month fellowship programme. This award is designed to provide funding to cover the fellow’s salary costs based on the local economic context of where the fellowship is taking place.

IHS members are entitled to benefit from this and other exchange programmes. Our Society encourages the mobility of researchers and physicians within different institutions worldwide, to actively increase the knowledge base on headache disorders!

Deadline for applications is 15 March 2010

To learn more please go to the IHS website www.i-h-s.org or contact our secretariat by email at ihs.admin@kenes.com.

Next Newsletter

YOUR CONTRIBUTION

We warmly welcome your contributions to the IHS Newsletter. Please send any material or comments to ihs.admin@kenes.com
Calendar of Events

CALENDAR – JANUARY TO MARCH 2010

9 January, 2010
2010 Annual Meeting - American Society for Peripheral Nerve (USA)

18 January, 2010
CSA Winter Hawaiian Seminar - California Society of Anesthesiologists (USA)

30–31 January, 2010
The 3rd Annual meeting of the Headache Cooperative of the Pacific (HCOP), Ojai, California, (USA)

8 February, 2010
The 23rd Practicing Physician’s Approach to the Difficult Headache Patient - DHC Research & Educational Foundation (USA)

19 February, 2010
North Carolina Neurological Society 2010 Annual Meeting - North Carolina Neurological Society (USA)

26 February, 2010
3rd International Congress on Gait and Mental Function - Kenes International (USA)

26-27 February, 2010
The 20th annual meeting of the Headache Cooperative of New England (HCNE), Stowe, Vermont, (USA)

27 February, 2010
Headache: Easing the Pain - Scripps Conference Services & CME (USA)

4 March, 2010
ECNP Workshop on Neuropsychopharmacology for Young Scientists in Europe - European College of Neuropsychopharmacology (France)

5 March, 2010
Neuroimaging and Head & Neck Update - University of Ottawa Department of Radiology (Canada)

6 March, 2010

17 March, 2010
21st Annual ANPA Meeting - American Neuropsychiatric Association (USA)

20 March, 2010
AANN 42nd Annual Educational Meeting - American Association of Neuroscience Nurses (USA)

24 March, 2010
11th International Geneva/Springfield Symposium on Advances in Alzheimer Therapy - Southern Illinois University School of Medicine (Switzerland)

25 March, 2010
European Association of Neurosurgical Societies Annual Meeting (EANS 2010) - Kenes International (Netherlands)

29 March, 2010
Neurology Updates for Primary Care - American Medical Seminars, Inc. (USA)