Report on What’s New In Headache 2013, IHS program in Mumbai, India
Aug 11, 2013

Stewart J. Tepper, MD

Structure of Program

The program was structured into an all-day course with topics including pathophysiology of migraine, work-up of headaches, chronic migraine, TACs, surgical options for intractable cluster, secondary headaches, migraine and epilepsy, and paradigm shifts in headache treatment as of 2013. In addition, there were several diagnostic case-based sections with extensive audience participation.

The attendees were close to 200 Neurologists from all over India, of extremely high caliber, intellectual curiosity, and interpersonal skills. They queried speakers with acuity and aplomb after each talk.

Speakers and talks

Dr. Ravishankar began the course with an introduction of one of the great Neurologists in the history of India, and the mentor to countless attendees, Dr. Wadia, who gave a brief overview prior to the beginning of the lectures. Dr. Ravishankar then provided a discussion of the IHS, its role, its potential, and the advantages of membership for individual doctors and the country. He also discussed Cephalalgia, IHS educational offerings, meetings, and outreach opportunities.

Dr. Tepper followed with a lecture on pathophysiology with emphasis on glutamate, CGRP, and CSD. Dr. Ravishankar returned to the stage to give a bravura case-based lecture on the stakes in presentation with respect to necessity for work-up.

Dr. Tepper then discussed chronic migraine, and its terminology, diagnosis, pathophysiology, prevention, and treatment. Dr Choudhary next provided a detailed overview of the TACs. In an excellent segue way, Dr. Doshi moved from the overview of TACs to
potential surgical treatment of cluster headache. Dr. Ravishankar ended the morning session with an excellent and lively set of diagnostic dilemmas, involving the whole audience.

In the afternoon, we began with further cases of concern, presented by Dr. Desai as the potential traps of secondary headaches. Dr. Rawat gave an erudite overview of the bi-directionality of migraine and epilepsy. Dr. Tepper then discussed new treatments in headaches, including new formulations, new classes of medications, and new approaches to neuromodulation.

Dr. Ravishankar concluded the meeting with another session of cases for diagnosis, with twists and unexpected pearls for the attendees that made each patient come to life and teach us all.

Conclusion

Overall, this was a marvelous use of IHS grants for education. The quality of the attendees was so high that they could take advantage of the faculty, and while recusing myself in discussing my presentations, I can say without qualification that the other lectures were entirely of the first order. I learned an enormous amount, and I am sure the other Neurologists did as well.

I would like to thank both Dr. Ravishankar and the IHS for the opportunity to participate in such an excellent educational endeavor.

Stewart J. Tepper, MD

Professor of Medicine (Neurology)

Cleveland Clinic Lerner College of Medicine