The 17th Congress of the IHS will start on May 14 in Valencia, Spain. I hope all of you can attend. We are expecting between 1,000 and 1,500 delegates to join us at a very nice time of the year in Spain. You can expect a robust scientific program while connecting with your friends from all over the globe. Click here to register and see the scientific program at a glance.

The membership committee, under the guidance of Chairman Luiz Paulo de Queiroz of Florianopolis, Brazil, reports that we continue to grow in numbers from all parts of the world. The price is right, especially if you join through your local society and take advantage of reduced fees for online only membership. Currently we have 1,850 members when we include everyone, even those from countries that do not have to pay for membership.

Our three most recent educational programs were extremely successful. Dr Ravishankar led the Indian Headache Master School in Mumbai in early December 2014. Over 150 Indian neurologists attended and we were joined by the President of the Indian Academy of Neurology. We had a large number of international speakers including our own Allan Purdy who ventured to India for the first time. I was very pleased with the program and I have to thank Ravi and his team for working so hard to put on a great meeting. This is the beginning of ramping up headache knowledge in India, where the neurologists see well over 50 patients per day.

The 4th ARCH meeting (Asian Regional Congress on Headache) began on January 31 in the city of Chiangmai in northern Thailand. There were 15 countries represented and both David Dodick and I made the trip from the IHS Board. Siwaporn Chankrachang, the lovely head of this program, put on a wonderful meeting in her special city, covering many scientific and clinical topics and setting up a nice social program in the great country of Thailand. She was aided by a young, dynamic neurologist named Surat Tanprawate who must have answered 30 emails a day from all of us as the meeting approached. Plans were set at the ARCH business meeting by the leader of ARCH, Professor Fumihiko Sakai from Japan, to have the next meeting in South Korea. Professor Sakai has lead ARCH so well for the last 4 years that he was voted in for 2 more!

At that meeting we set the final dates for the IHS Master School in China to begin October 17, 2015 in Beijing, led by Professor Yu. We look forward to hearing about his plans for involving a lot of Chinese neurologists.

A few days ago I participated in an international webinar run by Hayrunnisa Bolay from Ankara, Turkey. She has put together a great program to educate the top young neurologists from all over Africa by bringing them to Turkey in May for a week-long conference on headache and pain. This is partially funded by Gazi University and contributed to by IHS, so it will become an IHS Master school for Africans. There will be several IHS speakers at the meeting, which was initiated by this webinar. Thirty-five people joined in from multiple African countries. It made me realize that this will be a great way to
educate in certain parts of the world. Maybe Allan Purdy and I can bring back the Case of the Quarter but do it by interactive webinar. We will look into this possibility for involving IHS members in future interactive educational activities at which we will all learn.

Speaking of Allan Purdy, we are about to have a change in our Education Committee. Guus Schoonman has decided to transition off the Board after 4 successful years and that means his Co-Chair of the Education Committee, Allan Purdy from Halifax, Nova Scotia, will take over as the new Chairman of the Committee. He and David Dodick already have plans to have a Strategic Planning meeting after the summer to look at where IHS is going to be in 5 and 10 years. I am sure that under Allan's leadership the educational endeavors of IHS will take on a new look and involve many around the globe.

The financial picture continues to be good in spite of the fact that it is harder to raise funds that ever before. Several small and large companies are contributing to the IHC and we expect to have enough funding for all of our activities. This includes not just the IHC but also the Fellowship, travel grants to get to the IHC, the Visiting Professor program and support of the International Headache Academy (iHEAD) meetings for up and coming headache specialists.

I want to remind you to download your set of PowerPoint slides that go through the new ICHD-3-beta classification. Please make use of them for your local and international teaching of Headache Medicine. Give them to your students and encourage everyone to use the new classification so we all can all speak the same headache language to each other. The classification is excellent but not perfect. If you have a problem with any part of it, design and run a field study to demonstrate what has to be changed and the Classification Committee will take note of that.

As we get closer to our biannual IHC which completes my term as President, I am pleased with the overall health of the International Headache Society and will endeavor to keep it that way. I look forward to seeing many of you in Valencia.

Email: Alan Rapoport

Report of the Honorary Secretary
Stefan Evers

Membership
Final membership numbers for 2014 were 1,341, 842 of whom were members through their national society. During the year 170 new members joined IHS, and Associate Membership numbers (membership offered free of charge to physicians from countries in transition) increased hugely to over 650, mainly due to the efforts of Dr Ravishankar in India who encouraged many members of the Indian Academy of Neurology to join.

In January the Iranian Headache Association was welcomed as an Affiliate Member Society, bringing the total number of Affiliate societies to 47.
ICHD-3-beta
The following translations of ICHD-3-beta are posted on the IHS website: Italian, Korean, Portuguese, Serbian, Spanish. There is a link to the Japanese Headache Society website for the Japanese translation. Permission has been granted for translations in Chinese, French, Polish, Romanian and Taiwanese (traditional Chinese).

Education and grants
The 3rd iHEAD (International Academy in Headache) was held in Leiden in October 2014. Sixty-three delegates from all over Europe and a few from farther afield attended the 2-day course hosted by Michel Ferrari and colleagues from Leiden University Medical Center. The Indian Master School was held on 6–7 December 2014 and was very successful attracting over 150 participants from all over India. Reports from both meetings are included in this newsletter. Funding has been secured for the second US iHEAD and this will be held in Bethesda, USA, in June 2015. IHS also supported the ARCH (Asian Regional Conference for Headache) meeting in Thailand from 31 January to 1 February 2015.

A peri-EHMTIC short-stay scholarship was offered to a young doctor from Moldova. She attended EHMTIC and then spent a 6-week observation period with Messoud Ashina at the Danish Headache Centre, and her report is included in this newsletter. Three peri-IHC short-stay scholarships have been awarded to young doctors from Argentina and Colombia to attend the IHC 2015 and then spend time at three major headache centres in Spain. Ninety-six applicants for IHC travel grants were received; due to the high number of applications the Board agreed to increase the travel grant budget and 35 grants have been awarded.

Social media
IHS is now tweeting! Follow us on @ihs_official. We will be tweeting news throughout the IHC so keep up to date with what’s happening and the latest research news.

ICD-11
This was planned for publication during 2015 but is likely to need 2 or 3 years’ work before it is complete. The ICHD-3 final version will be part of the Neurology section. The chronic headaches will also be part of the new chronic pain section. IASP agreed with the classifications except facial pain, which will be extended; IASP has noted that some disorders they accept as facial pain (e.g. chronic dental pain) are missing and they wish those to be included in the ICD-11. Therefore ICD-11 will include disorders which are not included in the ICHD-3, and this will be made clear in the final version.

Trustee elections 2015
We congratulate Werner Becker (Canada) and Lars Edvinsson (Sweden) who were selected by the Board to stand for the position of President-elect. There are three vacant positions for Elected Trustees for which we have six candidates (three female and three male). The ballot papers will be distributed towards the end of March; most members will receive these by email. Please take time to vote in this important decision.

Cephalalgia Editor-in-Chief
David Dodick will step down as Editor-in-Chief at the end of 2015. IHS is actively looking for a new Editor-in-Chief who will work with David in the last few months of 2015 before taking over the helm in January 2016. The Board has agreed that future Editors should not receive any personal funding from industry. Research funding from industry and non-industry sources and personal funding from non-industry sources will be permissible.
Ballot now open for next President-elect and Trustees

Advertisement for this position has been published in Cephalalgia and on the IHS and Cephalalgia websites, and sent by email to all members.

IHCs
The organisation of IHC 2015 is progressing well and we are looking forward to a very exciting programme. We have received 635 abstract submissions, which is more than for many previous IHCs.

A pre-congress neuromodulation course organised by Allan Purdy will be held on Wednesday 13 May, with the main scientific programme beginning at lunchtime on Thursday 14 May.

We can now announce that the 18th IHC in 2017 will be held in Vancouver, Canada, from 5–10 September. This will be the second time the IHC has been held in Canada, the first being 20 years ago in Toronto in 1995. David Dodick and Werner Becker will Co-Chair the congress.

Email: Stefan Evers

Cephalalgia highlights

David Dodick

I am pleased to highlight some important science published in Cephalalgia over the past 6 months. Cephalalgia continues as the foremost source for the most important clinical, basic, and imaging science produced by the world’s leading clinicians and scientists in the field of headache. I will highlight only a portion of the most recent advances published over the past 6 months.

A number of very important imaging studies have been published which highlight the functional and structural brain changes that occur over time in those who suffer from migraine. They document the brain regions that are affected which helps provide insight into the clinical features that characterize the disease as it becomes chronic, and why the pain in particular becomes persistent.


Special issue on vascular disease and migraine


*Cephalalgia* continues its initiative with special issues that bring together the world’s leading experts to focus in a comprehensive way on a particular topic. Recently, Professor Tobias Kurth, Associate Editor of *Cephalalgia*, was the guest editor of a special issue on vascular disease and migraine. This is a topic of great clinical relevance and scientific interest because of the potential for serious neurological and systemic morbidity in patients with migraine. These selected articles provide a comprehensive review on the potential mechanisms underlying the development of vascular disease in those with migraine and biomarkers that are emerging to detect those at risk. A systematic review of cardiovascular disease and stroke in migraineurs during pregnancy revealed an elevated risk of ischaemic stroke, heart disease, thromboembolic disease, gestational hypertension and pre-eclampsia. This should alert clinicians to the importance of counselling migraine sufferers about the potential risk of adverse vascular outcomes during pregnancy and the potential benefit from high-risk obstetric monitoring in those with other vascular risk factors. The study also pointed to the need for more biomarker discovery research to identify those who are most at risk.


In a rigorous systematic review, Orr and colleagues provided recommendations on behalf of the Canadian Headache Society on the evidence-base to support the use of selected treatments for the acute treatment of migraine in emergency departments and other urgent settings. Overall, the quality of the evidence was low but strong recommendations based on the evidence could be offered for prochlorperazine, lysine-acetylsalicylic acid, metoclopramide, sumatriptan and ketorolac. The recommendations from this group should help to inform clinical decision making for patients with severe migraine in emergency settings.


In an elegant study, Burstein and colleagues provided experimental evidence in an animal model that botulinum toxin type A may inhibit mechanical nociception in peripheral trigeminovascular neurons by interfering with the neuronal surface expression of high threshold mechanosensitive ion channels by preventing their fusion into the nerve terminal membrane. This provides a potential mechanism that may explain the therapeutic effect of botulinum toxin type A for chronic migraine and other pain disorders. In an accompanying editorial, Russo speculated that this study may have uncovered a unique target of botulinum toxin type A at peripheral sensory terminals and that the regulation of receptor trafficking to the cell surface may be an emerging mechanism underlying chronic pain.
The programme continued the high level of participant involvement and interaction which has proved successful in the previous iHEADs.


In a meta-analysis, infantile colic was demonstrated to be associated with an increased odds of developing migraine. Each of the studies analysed in this review independently demonstrated an association between infant colic and migraine. As the authors highlight, if further study confirms infant colic as the earliest manifestation of migraine, this would have significant treatment implications for this common and distressing disorder of early infancy.


The International Headache Academy – iHEAD
‘How to become a next leader in headache science’

Following the success of the first and second International Headache Academies (iHEAD) in Copenhagen, Denmark (2012) and Phoenix, USA (2014), the third iHEAD was held in Leiden, the Netherlands, from 31 October – 2 November 2014.

iHEAD is designed to educate and motivate future headache specialists, and inspire a long-term commitment to headache medicine in young neurologists and research scientists through an educational programme focused on clinical and research aspects of the field.

Leiden welcomed 63 young delegates from 22 countries (mostly from central and eastern Europe, but also a few from Russia, India, Iran and Thailand) who have shown commitment to and great promise in the field of headache. The 2-day programme offered a mix of scientific topics and social skills; the scientific programme included an intensive overview of headache medicine, including genetic research and translational headache genetics, pathophysiology, translational headache research, measuring headache mechanisms, and neuromodulation. In addition there were practical workshops to develop skills in oral and poster presentation, case presentation, debating, working with media, and grant writing.

The meeting opened in the historic Academie Gebouw, one of the oldest buildings in Leiden where Leiden University was founded in 1575, and delegates were treated to a view of the ‘Sweating Room’ where examination students await their results and the walls are covered with signatures of past students, including Winston Churchill, Albert Einstein, Nelson Mandela, and of course the Leiden iHEAD organisers.
The workshops offered a unique and invaluable experience to ‘try out’ various skills in a very relaxed and friendly atmosphere.

The programme continued the high level of participant involvement and interaction which has proved successful in the previous iHEADs. For each workshop selected delegates were assigned different tasks and there was a very ‘hands-on’ approach to the sessions which were mediated by the faculty members. Tasks assigned included:

- poster presentation – delegates were given just 3 minutes to provide an overview of their data and then offered critique of their poster and presentation skills, and general advice on how to create and present the perfect poster
- presentation of a research paper – over 5 minutes delegates gave an overview of their favourite research paper (clinical or scientific) from 2014 and their reasons for its importance, following which their presentation skills were reviewed and tips for improvement offered
- case presentation – presentation and discussion of interesting headache cases, which created lots of interaction and questions to and from the audience and suggested diagnoses
- GWAS workshops – delegates were tasked to design a study on ‘Translating GWAS results to migraine mechanisms’ and ‘Epigenetic mechanisms in migraine’ which they presented to a small group, received feedback, and then presented to all the delegates
- debating skills – how to win a debate – in which two teams each comprising three delegates fought to win over the audience to their opinion; to make it more interesting each team did not know whether they were ‘pro’ or ‘con’ the argument until the debate started
- media training – one of the highlights of the meeting facilitated by a media expert, highlighting the ‘dos and don’ts’ of working with the media; three courageous delegates participated in a talk-show type interview which was very much enjoyed by the audience.

All the workshops offered a unique and invaluable experience to ‘try out’ various skills in a very relaxed and friendly atmosphere.

Based on faculty and participant feedback the meeting was a tremendous success. IHS is very grateful to Michel Ferrari and his colleagues at Leiden University Medical Centre who organised the meeting, and gratefully acknowledges the generous support for iHEAD through an unrestricted educational grant from Allergan.

The aim of the meeting was to try and establish the sub-speciality of headache medicine in India.

Web-based learning and MCQ exams preceded a 2-day meeting involving over 150 delegates.

IHS Master School India

K Ravishankar

The 3rd IHS Headache Master School was held in Mumbai, India, on 6–7 December 2014. This teaching course was initiated and supported by IHS and endorsed by the Indian Academy of Neurology (IAN). The international faculty for the event included Alan Rapoport, Peter Goadsby, Allan Purdy, Fumihiko Sakai and Shuu-Jiun Wang. Dr K Ravishankar was Course Director for the event and Dr Debashish Chowdhury, Dr Rakesh Shukla and Dr MV Francis were part of the Organising Committee.

The Master School programme was conducted in two modules. Module I was a web-based launch inaugurated by Alan Rapoport in August 2014. Neurologists from all over India took the online MCQ tests in two phases. Module 2 was conducted through live interaction with the faculty. The meeting was attended by over 150 neurologists. The aim was to try and establish the sub-speciality of headache medicine in India.

Day 1 commenced with Dr Ravishankar outlining the objectives of the meeting. Alan Rapoport addressed the neurologists on the importance and advantages of belonging to IHS and inaugurated the proceedings. Dr Arabinda Mukherjee, President of the IAN, released the Proceedings booklet and talked about his plans for the headache sub-section of the IAN.

Allan Purdy’s opening presentation on dilemmas in diagnosis and treatment was a thoughtful exposition on why headache diagnosis is sometimes problematic and what makes treatment difficult. His talk helped in setting the tone for the remaining talks that followed. Peter Goadsby next discussed recent advances in the pathophysiological understanding of primary headaches. He talked about ion channel dysfunctions, the trigeminovascular system and the future role of calcitonin gene-related peptide (CGRP) receptor antagonists. Shuu-Jiun Wang followed up with a detailed analysis of chronic migraine, the evolution of terminologies, pathophysiology and treatment. Peter Goadsby then explained the complex subject of trigeminal autonomic cephalalgias (TACs) in a very simple manner, using a patient history to illustrate the finer aspects. Dr Ravishankar then presented a talk on the less commonly seen group of other primary headaches, using case histories to make it more lively.

The afternoon session started with Alan Rapoport who gave an interesting talk on changing paradigms in migraine treatment, outlining the strategies that are useful in optimising migraine management in practice. Peter Goadsby talked about the role of onabotulinum toxin A and neuromodulation in the treatment of refractory headache scenarios and drove home the point that where medicines fail, neuromodulation is offering a possible way forward. The interactive session which followed was chaired by Allan Purdy, who in his inimitable style made the interactive session good ‘fun’. In the concluding talk of the day, Debashish Chowdhury discussed the advantages of multidisciplinary management and the way to go about setting up an ideal headache clinic.
The second day opened with Alan Rapoport’s lecture on medication overuse headache, wherein he listed a number of useful practice tips. Allan Purdy then came on to discuss some common as well as uncommon secondary headache traps that are seen in practice. Fumihiko Sakai, President of ARCH (Asian Regional Committee for Headache), compared the headache scenario between the east and the west, and noted the important role of ARCH in promoting headache care in Asia. Peter Goadsby shared his views on how the understanding of primary headache syndromes has advanced through functional neuroimaging. Using illustrative images, he highlighted the differences in functional imaging between migraine and the TACs. This was followed by a lively debate on the role of the IHS Classification (ICHD) in practice; Peter Goadsby and Rakesh Shukla spoke ‘for’ the proposition and Allan Purdy and MV Francis brought out the difficulties in using the Classification. Alan Rapoport summarised and all participants agreed that the classification is useful and has contributed significantly to progress in headache.

The interactive session on day 2 was again an absorbing event. Allan Purdy convinced the delegates that learning through cases is superior to learning through didactic lectures. The meeting closed with Dr Ravishankar conveying his thanks to the faculty, the audience, the sponsors, Janssen, and all who contributed to the success of the meeting.

The Headache Master School was a resounding success with neurologists benefitting from interaction with the experts. Proof of this was the fact that there was a surge in membership to IHS following on from this well attended meeting.

We are thankful to the faculty who gave their time and travelled so far to teach. The Master School has helped focus attention on headache in India and hopefully will be followed by more such teaching courses in the future.

MV Francis, Rakesh Shukla, Dr Chowdhury, Shuu-Jiun Wang, K Ravishankar, Alan Rapoport, Fumihiko Sakai, Peter Goadsby and Allan Purdy

The inauguration – K Ravishankar, Alan Rapoport and A Mukherjee

Allan Purdy conducts the interactive session

The Master School has helped focus attention on headache in India
Fellowship report

Mathias Houben, Netherlands

Visual evoked responses in migraine mutant mice as a monitoring tool of the excitability state of the migraine brain

Fellowship from April 2013 to April 2014
Massachusetts General Hospital, Harvard Medical School, USA
Mentor: Dr Cenk Ayata

Overview
Neuronal hyperexcitability is thought to be a major pathophysiological mechanism underlying the susceptibility for developing migraine attacks. The identification of migraine genes allowed the development of transgenic migraine mouse models to investigate this mechanism. For my IHS fellowship project I aimed to develop the use of evoked responses as a tool for measuring changes in excitability in migraine mouse models. After establishing the required techniques, I applied them in specific neuronal and sensory pathways both in wildtype mice and in mice carrying mutations derived from patients with familial hemiplegic migraine type 1 (FHM1).

Research methods
I tested how specific neuronal and sensory pathways are affected by migraine gene mutations and by migraine-relevant environmental factors. In order to obtain pathway-specific excitability readouts in anaesthetised animals, I started out establishing and optimising methods for stimulating and recording different pathways, both sensory pathways (visual stimulation and whisker stimulation) and – using targeted electrical stimulation – specific white matter tracts within the brain, including the anterior hippocampal commissure and transcallosal connections connecting contralateral somatosensory cortex hemispheres. As excitability readouts, I recorded evoked responses in these different pathways but also monitored for spreading depression in all experiments using either DC recording or laser-speckle flowmetry. Considerable time was spent optimising the experimental parameters to achieve minimal suppression of evoked responses while maintaining optimal physiological conditions of the animals.

Research results
During my fellowship work in Boston I completed an ongoing project showing that FHM1 mutations cause changes in hippocampal network excitability and propensity for long-term potentiation, leading to specific learning and memory deficits in these mice that are comparable to learning deficits seen in some FHM1 patients. The work led to an accepted publication in The Journal of Neuroscience. For the second project, I performed targeted stimulation of white matter tracts combined with laser speckle flowmetry to show that FHM1 mice are susceptible to axonal stimulation-induced spreading depression. Using sensory stimulation, I could obtain first evidence that FHM1 mutations cause changes in evoked network responses in the somatosensory and visual cortex. Unfortunately, sensory evoked responses (unlike responses evoked with targeted electrical stimulation) were strongly attenuated during repetitive stimulation in my experiments, likely due to suppressive effects of anaesthesia on the gating of sensory information by thalamic nuclei. To overcome this limitation, I am currently performing additional experiments in my home lab, Leiden University Medical Center (LUMC, the Netherlands), in
Apart from the successful results and (upcoming) publications, my IHS fellowship period has been a great learning experience for me that will help me advance my career in migraine research for many years to come.

which we will obtain visual evoked potentials under different anaesthesia regimes as well as in freely behaving animals.

**Presentation**
I will present my results at the 2015 IHC in Valencia in a scheduled talk entitled ‘Measuring excitability in the brain of transgenic FHM1 mice with evoked responses’. It will contain the results I obtained during my visit to the Ayata lab in Boston. The presentation will show that I not only was able to pick up novel technologies during my visit, but also could apply the skills I brought from my home lab in Boston. In addition to the first paper entitled ‘Migraine mutations impair hippocampal learning despite enhanced long-term potentiation’ that has been accepted in *The Journal of Neuroscience*, I performed experiments that allowed me to be co-author on a paper entitled ‘Supply-demand mismatch transients in susceptible peri-infarct hot zones explain the origins of spreading injury depolarizations’ that has been accepted in *Neuron*. I am completing experiments and analyses for a third manuscript that describes changes in cortical and sensory evoked responses and susceptibility for axonally-induced cortical spreading depression in FHM1 mice.

**The future**
Continuing the work I was able to carry out in Dr Ayata’s lab, I will carry on my research on the electrophysiological aspects of migraine attack initiation at LUMC involving parallel datasets from patients and animal models. Currently I am setting up several very promising novel neurophysiological techniques and preparing a proposal for a starting grant from the Dutch National Science organisation.

**Recommendations**
Thanks to the generous support of IHS I was able to leave the comforts of home and live and work in the great city of Boston for a year, working together with great colleagues and Dr Ayata in his renowned lab. Apart from the successful results and (upcoming) publications, my IHS fellowship period has been a great learning experience for me that will help me advance my career in migraine research for many years to come. I would strongly recommend to any young migraine researcher deliberating their future to incorporate an IHS fellowship (or equivalent) in their plans!

The Ayata lab, from young to old!
Short-stay scholarship report
Cristina Chicu-Hadirca, Moldova

Programme undertaken in September 2014
Danish Headache Centre, Glostrup, Denmark
Mentor: Messoud Ashina

My programme in Copenhagen started with the 4th European Headache and Migraine Trust International Congress (EHMTIC), where I first met with my mentor Messoud Ashina and Aydin Gozalov, as well as other young neurologists. I attended a teaching course on ‘Headache and facial pain: tips and tricks’, and the presentation during the opening ceremony on ‘Mechanisms of aura and what they tell us about migraine’ by Mark Weatherall, which was of great interest to me.

My other congress highlights included the session ‘Headache night – interesting cases’, the networking programme, where learning took an interactive form and a lot of useful information was presented together with many interesting facts, the session on ‘Neurmodulation in chronic headache: when, where and how to stimulate’, and I very much enjoyed presenting my poster and of course the Junior’s Forum. The congress was a great experience with lots of interesting information presented in an interactive way.

From the first day of my internship in the Danish Headache Center at the Glostrup Hospital, colleagues made me feel comfortable and offered me a friendly reception and access to interaction with patients. I was invited to take part in the Annual Meeting of the Danish Headache Society, where I listened to some captivating reports; I very much enjoyed the presentation on ‘Migraine and stroke: where are we now’ by Professor Cenk Ayata from Boston, USA.

I spent my first 2 weeks at the headache centre where I observed consultations conducted by Dr Ashina, Aydin Gozalov, Lars Bendtsen, Jes Olesen and Rigmor Jensen, who shared their wide experience in the headache area, with determination of the right diagnosis and treatment even in the most difficult cases. Moreover, I tested my knowledge and clinical thinking abilities. Each day started with a morning report, where the hospitalised patients were discussed – diagnosis, clinical approach, medical tests and accuracy of the established treatment. Also during the morning reports interns presented recent articles and doctors presented complicated clinical cases to share experience and initiate discussion (for example the case of a patient with facial migraine and one with insulinoma).

While in the centre I was greatly impressed by the co-operation among doctors, interns, students and nurses, the efficient time management and care for the patients. It was very interesting to follow the tactic of establishing the diagnosis and treatment for each individual patient and the efficient approach performed by every doctor from the centre.

Also while in the centre I had the opportunity to observe alternative methods of treatment, such as physiotherapy and psychotherapy. It was a great pleasure to watch the daily activities of specialists at an international level and to question them on the latest research in the area.
There were many things I learned in a centre of international calibre, with the leading professionals in the area, which I can use in my daily work and in helping fellow specialists from Moldova.

With Dr Ashina’s help I had access to the clinical trials activity which takes place in the centre, and also the opportunity to observe botulinum toxin treatment in patients with chronic migraine, anaesthetic blockade of the greater occipital nerve (GON), and principle of stimulation of the sphenopalatine ganglion (SPG) in cluster headache.

As a result of the good preparation of my programme by Dr Gozalov, I spent the next 4 weeks of the internship at different neurological departments of the Glostrup Hospital. In the Stroke Department, Epilepsy Department, Movement Disorders Department and Dementia Clinic I participated in the morning reports and medical examination of patients. I learned a new example of patient approach, was informed about various aspects of the treatment and different drug combinations, principle of vagus nerve stimulation in patients with refractory epilepsy, and participated in discussions about different medical cases on MRI and CT.

During my scholarship I gained much knowledge and experience through my participation in the Annual Meeting of the Epilepsy Society, and the Annual Meeting of young neurologist and PhD students at Glostrup Hospital and Copenhagen University. I also witnessed the PhD thesis defence of Anders Hougaard (PhD student of Messoud Ashina), with the topic ‘Investigations of functional and structural changes in migraine with aura by MRI’.

The scholarship was a unique experience for me, where I had the opportunity to develop and grow as a specialist in the area of neurology and headache particularly. I am deeply grateful to Messoud Ashina, Aydin Gozalov, Rigmor Jensen, Jes Olesen, Lars Bendtsen, and all the doctors from Glostrup Hospital for their support in overcoming the language barrier, for sharing their experience and knowledge, for satisfying my curiosity and their warm welcome.

I particularly want to thank Messoud Ashina for accepting me as a scholar, for his time and for sharing his enthusiasm and inspiration, and Aydin Gozalov for his support and involvement. Also, I want to thank IHS for offering me this scholarship and the unique opportunity to benefit from such a remarkable experience in my career.

In conclusion, I am very thankful for this scholarship which was a considerable investment in my training as an individual and in my career in headache medicine. As I come from a developing country, there were many things I learned in a centre of international calibre and now I can share them with my colleagues here. I am grateful for the inspiration, knowledge and motivation that some of the leading professionals in the area shared with me so now I can use that in my daily work and in helping fellow specialists from Moldova. The internship at the Danish Headache Center gave me an invaluable experience that I could not have gained in any other way and this experience is now contributing to the future of my country. I am convinced that this kind of programme can be a great investment in the professional development of my colleagues as well.

Morning report

With Messoud Ashina and Kristina Derevyanko
Valencia, is the third largest city in Spain, fronting the Gulf of Valencia on the Mediterranean Sea.

Valencia is not only the city of the paella, but also a city that never sleeps, with an extensive cultural line-up. Valencia combines the dream-like progressive architecture of Santiago Calatrava’s in the Ciudad de las Artes y las Ciencias and the Museo Príncipe Felipe, with one of the largest historic centres of Spain. The city is now firmly established on the European art circuit with galleries containing works by El Greco, Francisco Goya and Diego Velázquez. Of more historical interest are the Cathedral, which has reputedly been home of the mythical Holy Grail for the past 500 years, and the Miguelete bell tower next to it. The city’s silk exchange, covered market and bullring are other major attractions.

Thanks to the excellent climate and the attractive cityscape, Valencia invites you to enjoy the cafe terraces, parks and gardens, strolling contentedly by the seaside and through the city, combining both urban life and the surrounding nature areas. May is even a month in which the most daring can take a dip in the sea at the Malvarrosa beach.

The special atmosphere of this Mediterranean city, with its combination of a long historic tradition and a futuristic character, represent a unique venue and an inspiring environment. I look forward to welcoming you there.

10 Reasons to come to the IHC in Valencia

• Interactive presentations from the perspectives of expert headache scientists and clinicians from around the globe
• A spotlight on ‘new faces’ in the basic and clinical science of headache, with attention to novel studies done by young investigators, and your opportunity to vote for the best poster award
• A course on the basics of neuromodulation, and presentation of the results of ongoing clinical trials of neuromodulation therapies
• A symposium on CGRP, including presentations highlighting the results of the most recent clinical trials of treatments based on this highly promising therapeutic target
• A symposium focused on the pathophysiology, diagnosis, and practical management of headache in children and adolescents
• A joint symposium with the International Association for the Study of Pain (IASP) and IHS, that will compare approaches used by headache and pain practitioners, and foster greater interaction between the two societies
• A juniors ‘tournament’, where young investigators will present their work as part of a friendly competition, and a juniors forum that allows networking and collaborations in a relaxed atmosphere
• Presentation of the most recent studies on headache genetics and epidemiology
• Sessions focusing on practical clinical management issues including acute and preventive therapies, medication overuse, nerve blocks, behavioural approaches to headache, post-traumatic headache, vestibular migraine, and much more...
• A relaxed and casual environment in beautiful Valencia, with an opportunity to enjoy the best of the culture and environment of Spain.
Call for Editor-in-Chief

Cephalalgia

In recent years Cephalalgia has continued to develop and raise its profile due to the commitment and professionalism of Professor David Dodick, Editor-in-Chief. The Journal has a 2013 ranking of 32/194 (Clinical Neurology) and 71/252 (Neuroscience) journals, and an impact factor 4.121.

Professor Dodick will retire as Editor-in-Chief in December 2015 and IHS is receiving applications for the position of a new Editor-in-Chief.

The new Editor-in-Chief will officially assume responsibility on 1 January 2016, but will be expected to participate actively from September 2015 during the transition to the new editorial operation.

All IHS members who fulfil the eligibility criteria are invited to apply for this vacancy.

Applications received will be short listed and the selected candidates will be interviewed by a Journal Editorial Working Group.

Peter J Goadsby
Chair, IHS Journal Editorial Working Group
January 2015

Job description

The Editor-in-Chief of Cephalalgia will chair the IHS Editorial Standing Committee and work closely with the Editorial Manager, the publisher, and any relevant consultants on all editorial aspects of Cephalalgia.

Primary tasks of the new Editor-in-Chief will be to:

- solicit, acquire and review prospective manuscripts for publication
- solicit supplements for publication
- analyse the scientific market interest in subject matter in view of future publications
- explore new ways to increase the readership of the journal
- represent the editorial department in discussions related to the journal when required
- review the Cephalalgia budget and financial records in collaboration with the IHS Finance Sub-committee.
Profile requirements of the new Editor-in-Chief:
- excellent track record in science and in headache-related disorders
- desirable prior editorial experience
- a clear plan to enhance the reputation of the IHS through the journal
- ability to manage the editorial process efficiently and effectively
- knowledge of the scientific publication market.

Any prospective applicant wishing to discuss the role with the current Editor or the Journal Editorship Working Group prior to application please contact Peter Goadsby.

Application content
- Current curriculum vitae
- Application letter (1 page) explaining:
  - why you are interested in the position
  - how your background is suitable for the position
  - what you expect to contribute to the journal.

Eligibility
IHS member fulfilling the profile requirements above.

Note: To keep the journal free of commercial influence, the Editor-in-Chief should not receive any personal funding from industry during his/her tenure.

Annual stipend
An annual stipend of US$ 50,000 is payable.

Deadline for applications
The deadline for application is 17 April 2015.

Applications must be sent to Peter Goadsby and Carol Taylor
IHS Fellowship Award 2015

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

Short-term fellowships from 3-6 months will also be considered

Fellowship Award open to IHS members

Deadline: 1 April 2015

Tell your colleagues about the IHS Fellowship 2015

Spread the word in your institution

IHS encourages the mobility of researchers and physicians within different institutions worldwide, to actively increase the knowledge base on headache disorders

IHS is an international professional organisation working with others for the benefit of people affected by headache disorders. The purpose of IHS is to advance headache science, education, and management, and promote headache awareness worldwide.

Visit the IHS website for more information and an application form

www.ihs-headache.org
## Calendar of events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Country</th>
<th>Contact/information</th>
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<tbody>
<tr>
<td>14–17 May</td>
<td>5th International Congress on Neuropathic pain</td>
<td>Nice, France</td>
<td><a href="http://www.neupsig.kenes.com">www.neupsig.kenes.com</a></td>
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<tr>
<td>18–21 June</td>
<td>57th Annual Scientific Meeting of the American Headache Society</td>
<td>Washington, USA</td>
<td><a href="http://www.americanheadachesociety.org/home">www.americanheadachesociety.org/home</a></td>
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<tr>
<td>20–23 June</td>
<td>1st Congress of the European Academy of Neurology</td>
<td>Berlin, Germany</td>
<td><a href="http://www.eaneurology.org/berlin2015">www.eaneurology.org/berlin2015</a></td>
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<tr>
<td>30–31 July</td>
<td>ASEAN Neuroscience Congress</td>
<td>Singapore</td>
<td><a href="http://www.aseanneuroscience2015.sg">www.aseanneuroscience2015.sg</a></td>
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<tr>
<td>2–5 September</td>
<td>9th Congress of the European Pain Federation, EFIC</td>
<td>Vienna, Austria</td>
<td><a href="http://www.efic.kenes.com">www.efic.kenes.com</a></td>
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<tr>
<td>17–18 October</td>
<td>4th IHS Headache Master School</td>
<td>Beijing, China</td>
<td>Email <a href="mailto:carol.taylor@i-h-s.org">carol.taylor@i-h-s.org</a></td>
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<tr>
<td>31 October – 5 November</td>
<td>XXII World Congress of Neurology</td>
<td>Santiago, Chile</td>
<td><a href="http://www.wcn-neurology.com">www.wcn-neurology.com</a></td>
</tr>
<tr>
<td>19–22 November</td>
<td>Scottsdale Headache Symposium</td>
<td>Scottsdale, USA</td>
<td><a href="http://www.americanheadachesociety.org/home">www.americanheadachesociety.org/home</a></td>
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If you would like IHS to include your meeting on the IHS website and newsletter please contact [Carol Taylor](mailto:carol.taylor@i-h-s.org) with the details.
To advance headache science, education and management and promote headache awareness worldwide

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