

5th ARCH Report
“Challenges in Headache Disorder”
Jan, 31- Feb 1, 2015
Chiangmai, Thailand

Presented by



Asso. Prof. Siwaporn Changkrachang
President of Thai Headache Society



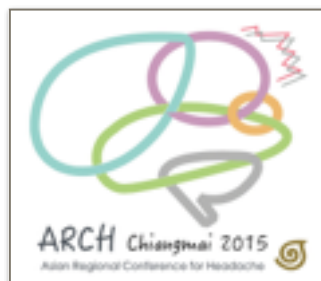
Dr. Surat Tanprawate
Secretariat of Thai Headache Society

5th ARCH Conference Summary Report

This report summarized a two-days meeting of the 5th ARCH conference in Chaingmai, Thailand during 31 January-1 February 2015. The theme of 5th ARCH conference was “Challenges in Headache Disorder”. The conference was organised by Thai Headache Society, in partnership with Chiangmai University, Asian Regional Committee for Headache (ARCH) and supported by International Headache Society (IHS). Chair of the conference was Asso. Prof. Siwaporn Chankrachang.

Over 150 delegates from 14 countries participated in this meeting. The conference brought together neurologists, neuroscientists, general practitioners, and healthcare associate. The meeting provides a scientific platform with the aim to exchange knowledges and works to improve headache disorder care. The format of the conference involved plenary session presented by keynote speakers, scientific session with presentation by ARCH country members, meet the expert session by IHS speakers, panel discussion “For the better headache care in ASIA”, and poster highlight session. One emerging session for the conference was “Headache tournament” which was interactive for participant involving challenges headache knowledges and questions.

Conference logo: this 5th ARCH logo was used during the 5th ARCH conference



Official website was www.archchiangmai.com.

Number of Delegates

The event brought together 162 delegates from local and international (51 international delegates, 111 Thai delegates). The list of delegates by country is showed below. The countries of participant included Thailand (111), China (12), Philippine (7), Korea (8), Japan (6), USA (3), Taiwan (3), Myanmar (3), Australia (2), France (2), Singapore (2), India (1), Malaysia (1), Laos (1).

Scientific program

The 5th ARCH had 2 “Meet the expert sessions”, 4 “Plenary sessions”, 6 “Scientific sessions”, 1 “Poster highlight session”, and 1 “Headache tournament session”.

The speakers were 2 from IHS speakers, 5 Thailand, 2 Taiwan, 2 Japan, 2 Philippine, 2 China, 2 Australia, 2 Singapore, 1 Korea, 1 India, 1 Malaysia, 1 Laos, 1 Myanmar. Moderators of the whole program were Dr. Kamornwan Katanyuwong, and Dr. Apisate Pleumsamran from Chiangmai University.

Day 1.

The first speaker for the early morning “meet the expert session” was Prof. D.W. Dodick who spoke on the topic “Headache diagnosis you do not want to miss”. He highlighted the red flag signs and how to approach for the right diagnosis on headache disorder.

For opening session, Asso.Prof. Siwaporn Chankrachang warmly welcomed the participants on behalf of president of Thai Headache Society. She outlined the objectives of the meeting. Prof. Fumihiko Sakai, President of ARCH provided the information of the success history of 1st to 5th ARCH and the important of continue such effective event. Prof. Alan Rapoport, President of the IHS, thanked Thailand for hosting the event. He addressed the importance of ARCH platform and meeting, and IHS will continue to support.

The first plenary session began with Prof. Alan Rappoport focused on treatment strategies for CDH/MOH, and he emphasised the importance of diagnosis of CDH and MOH using ICHD criteria, and a brief mention on pathophysiology, with some tip on detoxification. This session followed by panel discussion “For better headache care in ASIA”. This session chaired by Prof. Alan Rapoport with overviewed about the concept of the setting up of the regional headache centres, and organised the training of headache experts. Prof. Fumihiko Sakai introduced the importance of the setting up the headache centre across ASIA, followed by Prof. Shengyan Yu from China who shared the experience of how China runs the IHS accredited headache centre. Then, Prof. Shuu Jiun Wang gave an opinion as a role of board member of IHS, Prof. Richard Stark, President of Australian Headache Society, shared his idea from Australia perspective, and Dr. K Ravishankar discussed the about role and success of headache master school which just happened in India.

The scientific session on the first day provided three scientific sessions including epidemiology of migraine and related disorder, secondary headache, and migraine and co-morbidities. Speakers from ARCH member countries talked on the topic as followed: co-morbidity of migraine in China (Prof. Shengyan Yu, China); psychological and economic burden of migraine sample among Filipinos (Lourdes K. Ledesma, Philippine); premonitory symptoms in migraine prevalence (Kaung Myat Kyaw, Myanmar); which headache to investigate (Dr. K.Ravishankar, India). subdural hematoma in patient with spontaneous intracranial hypotension (Dr. Jong-Ling Fuh, Taiwan); headache in stroke (Julia Shahnaz, Malaysia); idiopathic hypertrophic pachymeningitis (Prof. Kammant Punthumchinda, Thailand), migraine

and epilepsy; shall we call it Migralepsy? (Martha Lu-Bolaos, Philippine); restless legs syndrome and migraine: a population based study in Korea (Min Kyung Chu, Korea); clinical profile of medication-overuse headache in China: a clinic-based study (Zhao Dong, China); and Mobile phone exposure as a risk factor of migraine: an intervention study in Lao PDR (Somchit Vorachit, Laos).

The highlight of the new emerging session 5th ARCH was “headache tournament”. The entire session lively moderated by Prof. Shuu Jian Wang and Dr. Somsak Laphikulthum. The informative questions were sent and selected by ARCH committee. The session had 3 referees including Prof. DW Dodick, Prof. Alan Rapoport, Prof. Fumihiko Sakai, and Prof. Richard Stark. The team were selected from participant in the hall who chose the right answer from power vote and come up to mixed in one team (2 participants for a team), then 4 teams were included in to the competition and challenged with interactive questions. The diagnostic acumen of the participants is competitively assessed and special recognitive is given to those who described the most accurate answer. The session experienced both an interesting and effective mode for the improving the diagnostic skills of both the participants and the cheering crowd.

At the end of the first day, every participant joined 5th ARCH welcome cultural dinner “Charming Chiangmai Welcome Party” theme at the 15th floor, Sujinno building, Faculty of medicine, Chiangmai university. The party set up with traditional Northern Thai style with beautiful shows and tasty Thai food.

Day 2

The second day was started with “meet the expert” - “aborting migraine attack-how to by pass the GI tract” by Prof. Alan M Rapoport followed by plenary session “Monoclonal anti-body for migraine prevention” by Prof. David W. Dodick, and new classification of headache ICHD-III beta by Prof. Shuu-Jiun Wang.

On the second day, three scientific sessions including neuroscience in headache, TACs and trigeminal neuralgia, and update on headache treatment was presented.

The topic of scientific session talks included the biology of migraine progression (Anan Srikiatkachorn, Thailand); effect of nociceptive stimulation of the dura mater and CDS on the phosphorylation of ERK in the trigeminal ganglion of rat (Toshihiko Shimizu, Japan); TACs: pathophysiology and treatment (Charles Siow, Singapore), Trigeminal neuralgia: an update (Teekayu P Jorns, Thailand); symptomatic TACs (Surat Tanprawate, Thailand); update on headache procedure (David W. Dodick, USA); Botulinum toxin injection: experience of use (Richard Stark, Australia); headache treatment: ASIAN way (Siwaporn Chankrachang, Thailand); How to organise headache in limited resources countries (Tissa Wijeratne, Australia); IT System for taking and producing a printed headache history and ICHD 3 beta

diagnosis (Alan M. Rapoport, USA); migraine buddy: combine data science and clinical expertise in migraine (Veronica Chew, Singapore).

During the day, the abstract posters were presented at the first floor of the conference venue. We received 27 posters from participants (15 posters from international delegates, and 12 posters from Thai delegates). Four posters were selected to present in poster highlight session including 1) contribution of intrinsically photosensitive retinal ganglion cells in the photophobia of migraine patients (Tatsumoto et al. Dokkyo Medical University, Tochigi, Japan); 2) A study of the effect of carbamazepine in trigeminal neuralgia patients using functional magnetic resonance imaging (fMRI) of the brain (Teekayu et al. Khon Kaen University, Thailand); 3) Association between migraine and irritable bowel syndrome: a population-based retrospective cohort study (Chi-leong Lau et al.); 4) Subclinical vestibular dysfunction in migraine patients :Study with ocular and cervical rectified vestibular evoked myogenic potentials (Ahn et al. Hallym University College of Medicine, Republic of Korea). The best post was awarded to Doctor Tatsumoto from Japan.

The next ARCH meeting (6th ARCH) will be hosted by Korea.

Summary

The 5th ARCH on the theme “Challenges in Headache disorder” addressed leading practical point in headache disorder including basic science and clinical sessions. The conference attracted 162 delegates from 14 countries. Representatives from each country was presented at the conference, with high standard lecture. We had new delegates from Myanmar, and Laos PDR. New platform was emerged especially “For headache better care in ASIA” and “Headache tournament” which inspired the next regional and international headache meeting. The cultural welcome party warm atmosphere was successful.

For the closing ceremony speech, Prof. Siwaporn Chankrachang noted that this 2-days were a significant event for a regional network of clinicians who worked for headache disorder and helped to developed headache knowledge in the ASIA region.

Pictures



Prof. Alan Rapoport, President of IHS spoke on opening ceremony.



Prof. D.W. Dodick spoke on the early morning meet the expert session.



Prof. Fumihiko Sakai and Prof. D.W. Dodick



Panel discussion on the session "For better headache care in ASIA"



Prof. Alan Rapoport, Prof. D.W. Dodick and Prof. Shengyan Yu discussed after the session.



Dr. Surat Tanprawate (Left), Prof. Toshihiko Shimizu (middle) and Asso. Prof. Siwaporn Chankrachang (right)



Dr. Charles Siow tried Thai traditional massage during break.



Chair of the session (Dr. Julia Shahnaz Merican (right) and Dr. Regina A. Macalintal-Canlas (left)



Dr. K. Ravishankar (India) presented headache master school in India.



During the poster presentation and poster tour



During the meeting



The final round at headache tournament

“Charming Chiangmai cultural night”



Learning traditional Thai dancing and cuisine.