

HEADACHE UPDATE 2018

Dec 8th and 9th 2018, Mumbai, INDIA

Meeting Report By Dr. K. Ravishankar

'Headache Update 2018' was held in Mumbai on Dec 8th and 9th, 2018. The Objective of the Meeting was to cover the recent advances in 'Headache Medicine'. To make it more interesting for the Neurologists who attended, the event was largely case-based and included a special session on 'Controversies in Headache'. In all there were 15 case scenarios that discussed dilemmas in day to day practice and 18 didactic talks on varied topics.

Dr. K. Ravishankar was the Course Director for this Meeting. This 'Headache' teaching course was endorsed by The International Headache Society (IHS). The expert international faculty included FOUR Presidents of The International Headache Society - Dr. Lars Edvinsson, the current President of The IHS, Dr. David Dodick, the immediate Past President, Dr. Alan Rapoport, the Past President, Dr. Messoud Ashina, the President elect and Dr. Allan Purdy, the immediate Past President of The American Headache Society and Chair of The Education Committee of The IHS. In addition, a galaxy of leading Indian Neurologists were invited to be part of the Faculty. They were all teachers with vast experience.

The meeting commenced with a Welcome address by Dr. Ravishankar, followed by the Inauguration by Prof. Lars Edvinsson, President of The IHS. He released the Proceedings book which included the Abstracts and key slides of the talks. Dr. Allan Purdy set the tone for the meeting with an excellent talk on 'What makes the Headache field interesting' and he listed the reasons why more Neurologists should get interested in this sub-speciality. This was followed by two lectures on what may be considered one of the 'hot topics' in headache. Prof. Lars Edvinsson spoke on how the CGRP story began and narrated the difficulties he encountered in bringing about this most exciting translational research work to fruition. Dr. David Dodick then discussed the CGRP antagonist trials so far conducted and gave a masterly account of the CGRP monoclonal antibodies approved by the FDA and launched in 2018.

Dr. Messoud Ashina then spoke about the other advances in the understanding of the pathophysiology and superbly analysed how these advances would impact future treatment options. Dr. Ravishankar followed this up with a talk highlighting the top ten reasons 'Why Headache treatment fails' and talked about measures needed to improve outcome in headache practice. Dr. Debashish Chowdhury then gave a detailed talk on the pathophysiology, the diagnostic dilemmas and treatment options for chronic refractory migraine. This was followed by Dr. Alan Rapoport's impressive coverage of the strategies, current and future that would be useful for the optimization of migraine treatment.

These didactic talks were followed by a series of interesting case scenarios where the speakers also discussed the nuances of that clinical dilemma. Dr. Allan Purdy talked about white matter lesions with numerous take-home messages. Dr. Sangeeta Rawat discussed the dilemmas in diagnosis when migraine and epilepsy overlap. Dr. Subash Kaul discussed the diagnostic aspects of stroke in a young patient with headache. Dr. David Dodick presented an atypical case scenario of spontaneous intracranial hypotension and Dr. Anand Diwan presented two case scenarios of atypical Idiopathic Intracranial hypertension (IIH) and outlined the finer points in the diagnosis and treatment of IIH.

In the next session, there were 4 talks on 'Controversies in Headache'. Dr. Alan Rapoport spoke on Medication Overuse Headache and based on his vast experience in this area, gave a wonderful narration of the different treatment strategies for MOH. Dr. Allan Purdy next gave his views on the enigmatic entity of New Daily Persistent Headache (NDPH). This was a thought provoking talk that left the audience wondering whether NDPH was more a secondary rather than a primary headache. Next Dr. Vivek Lal, a Neurologist with an interest in ophthalmology, emphasized with evidence, the importance of repositioning Ophthalmologic Migraine(OM) along with Migraine instead of labelling it as RPON and including it under the Neuralgias as in ICHD-3. Dr. Messoud Ashina was the last speaker on Day-1 and he discussed the importance of recognizing tension type headache in practice and correctly positioned the role of the neck in headache diagnosis.

Day-2 commenced with an interesting presentation of an interesting case of Hemicrania Continua by Dr. Sanjay Prakash. With his large collection of these cases in literature, he was able to effectively address the audience queries. Dr. M.V. Francis next discussed an unusual patient of glaucoma who presented with headache and appraised the audience of traps in the diagnosis of Subacute Angle Closure Glaucoma. Dr. Ambar Chakravarty then presented a series of unusual cases of headache, with neurological deficit and normal MRI and discussed the differential diagnosis of Sporadic Hemiplegic Migraine (SHM). Dr.S.M. Katrak discussed two cases from his practice where an underlying secondary condition presented looking like a primary headache. Dr. David Dodick next delivered an exemplary talk on TACs and made the complex topic look very simple. This was followed by Dr. Ravishankar presenting a case scenario of an overlap between Cluster Headache and Migraine. Dr. Sumit Singh then spoke about the important role of Indomethacin in the treatment of headache.

The sensitive topic of how to treat headache in pregnancy was dealt with great clarity by Dr. Dodick. This was followed by Dr. Sudhir Kothari who spoke on the diagnostic aspects of vestibular migraine. Following this was the most absorbing case-discussion session which was conducted by Dr. Allan Purdy in his inimitable style. Dr. Rapoport, Ashina, Ravishankar, Purdy, Dodick and Debashish presented unusual headache cases from their practice. The audience enjoyed trying to analyse these difficult cases interactively. Through this session, Dr. Allan Purdy was able to convince the delegates that learning through cases was superior to learning through listening to didactic talks.

In the final session on functional imaging, Drs. Messoud Ashina and Dr. Shrinivas Desai showed us how the understanding of primary headaches had advanced through recent functional neuroimaging findings. The meeting concluded with a message from Prof. Lars Edvinsson on the important role of The IHS. Dr. Ravishankar then thanked the IHS for their endorsement, the international and Indian faculty for sharing their expertise, Sun Pharma for their educational grant and the audience for their active participation.

Overall, there were more than 300 Neurologists who attended. The Meeting was a great success with many young neurologists benefiting from the interaction with the international Faculty. This meeting has helped enhance the focus on 'Headache' in India and hopefully will be followed by more such teaching courses in the future.

Impressions on the meeting from the International Faculty

Comments from Dr. Alan Rapoport (Past President - IHS)

This superb meeting was held under the auspices of The IHS on December 8 and 9, 2018. It was amazing to put together a past President (Alan Rapoport), the immediate past president (David Dodick), the current President (Lars Edvinsson) and the next President (Messoud Ashina) plus the Education Committee Chair who is the immediate Past President of AHS (Allan Purdy) in one meeting. They each gave several lectures of the highest quality and the Indian speakers were topnotch and very sharp. There was a large audience of close to 300 people and it was a full one and a half day meeting.

Dr. Ravishankar picked excellent topics and the right speakers for each. The cases were fascinating and I learned so much from them. No one can give the CGRP development background like Dr. Edvinsson or the latest investigational studies like Dr. Ashina. Dr. Dodick knows the CGRP trial data better than anyone and Dr Purdy is a true teacher and philosopher. It was nice to have Dr. Edvinsson close the meeting with information about the IHS.

The audience was of such high level of knowledge that they knew the answers to many ARS questions and they asked great questions of the speakers. There were also representatives from Chiang Mai, Thailand, where a previous ARCH meeting was held.

Dr. Ravishankar's organizational talents were special and the meeting ran without a hitch. He has truly raised the bar for academic headache meetings. Sun Pharma did a wonderful job supporting this educational event.

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Comments from Dr. Allan Purdy (Past President – AHS and Chair, Education Committee - IHS)

“When you put 300 neurologists in a room for two days, with interested local and visiting faculty, talking succinctly about headache science and treatment followed by numerous cases and continuous interaction, something special happens. People learn from each other and the event becomes not only educational but memorable for all, including the faculty. This was a great weekend, and we were privileged to meet and work with such great neurological clinicians in India. Personally, I learned a lot!”

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International Faculty (R to L) - Dr. Messoud Ashina, Dr. David Dodick, Dr. Allan Purdy, Dr Alan Rapoport, Prof. Lars Edvinsson



Welcome Address - Dr K. Ravishankar



Prof. Lars Edvinsson - Releasing The Proceedings Book



Dr. Allan Purdy delivering his Talk



Prof. Lars Edvinsson delivering his Talk



Dr. David Dodick delivering his Talk



Dr. Messoud Ashina delivering his Talk



Dr. K. Ravishankar delivering his Talk



Dr. Alan Rapoport delivering his Talk



Dr. Purdy conducting the Interactive Session



Section of the Audience Day 1



Section of the Audience Day 2



The Faculty – R to L - Dr. Purdy, Prof. Lars Edvinsson, Dr.K. Ravishankar, Dr. David Dodick, Dr. Messoud Ashina, Dr Alan Rapoport



The Indian Faculty