

18th European Headache Congress

Towards a better headache treatment
for everyone

4–7 December 2024

Rotterdam (Netherlands)

www.headache-congress.org

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Presse kit





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Conference announcement

18th European Headache Congress from 4 to 7 December 2024 in Rotterdam

EHC 2024 in Rotterdam:

"Towards a better headache treatment for everyone" – International congress on headache and facial pain

Rotterdam. Throbbing, stabbing pain in the temples, flashes of light, dizziness and vomiting - a migraine attack is hard to bear for those affected. "Towards a better headache treatment for everyone" - the goal of better headache treatment for everyone is the focus of the EHC 2024, the 18th European Headache Congress in Rotterdam. From 4 - 7 December, **experts from all over the world will meet to** present new scientific findings on the prevention, diagnosis and treatment of headaches and migraines. Following on from last year's extremely successful congress in Barcelona, the interdisciplinary discussion will be continued at the EHC 2024. The congress will offer a varied programme for practising physicians as well as researchers and all healthcare professions in this field, providing an update on the current state of research and clinical care.

"Despite many positive developments and new treatments for headaches, there are major inequities worldwide in terms of access to treatment options, but also in terms of effectiveness in different population groups," emphasises conference president **Prof. Antoinette Maassen van den Brink**, Erasmus MC University Medical Center Rotterdam. In order to improve the health and well-being of all persons suffering from headaches, the congress will combine fundamental scientific findings with a clinical perspective.

New developments in migraine, cluster headache and other primary and secondary headache disorders are amongst the main topics of this high-calibre congress. At the opening, the renowned neurologist and migraine researcher **Prof. Messoud Ashina**, Copenhagen/Denmark, will present current research on the use of new drugs in migraine and cluster headache: "New drug targets in migraine and cluster headache: insights from provocation models". Other highly topical issues include, for example, how the vicious circle between headaches and the overuse of painkillers can be stopped.

The popular debate sessions are eagerly awaited as well. Are tension type headaches and migraines a continuum? This debate will be opened by **Prof. Christian Lampl**, Linz/Austria, with the thesis that migraine headaches all originate from the neck. **Prof. Sait Ashina**, Boston/US, on the other hand, argues that tension type headaches are an independent disease alongside migraine. The presentation by **Prof. Dimos D. Mitsikostas**, Athens/Greece, assumes that tension type headache is just probably migraine.

Congress chair

Prof. Antoinette Maassen van den Brink

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The Netherlands

Prof. Jan Versijpt

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Postillion Hotel & Convention Centre
WTC Rotterdam
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Professional congress organiser

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Another debate session will focus on the question: Is oestrogen deprivation the pathogenic trigger of menstrual migraine? This controversy will be presented by the proponent **Prof. Anne MacGregor**, London, UK, and the opponent **Dr. Bianca Raffaelli**, Berlin.

All information and the conference programme can be found at:

<https://headache-congress.org/>

Media representatives are cordially invited to the congress! We look forward to your reports. We will also be happy to put you in touch with contact persons for interviews.

This press release is authorised for publication.

Please send us a copy of any reprints.

Background:

Headaches are one of the most common complaints worldwide, and migraine is listed among the most disabling conditions by the World Health Organization. 90 per cent of those affected suffer from so-called primary headache disorders such as tension type headache and migraine. At least 15 per cent of the worldwide population experience these headaches, often with a high level of suffering. The highest incidence of migraine attacks occurs between the ages of 35 and 45. In this phase of life, women are affected three times more frequently than men.

The **European Headache Federation (EHF)**, one of the two main international headache societies, was founded in 1992 to improve the lives of headache sufferers. As a not-for-profit organisation, the EHF works to improve the lives of people affected by headache in Europe and seeks to raise awareness of headache disorders and their impact among governments, healthcare providers and people across Europe. Within its federal structure, the EHF supports national headache societies. The current President is **Prof Antoinette Maassen van den Brink**, Rotterdam/Netherlands.

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Press Information

Interview with the congress presidents

New treatment strategies for headaches and migraines - International expert exchange with the latest findings: „Towards a better headache treatment for everyone“

Rotterdam (ka) Headaches and migraines are widespread worldwide and cause great suffering for patients. New developments in prevention, diagnosis and treatment are eagerly awaited at the 18th European Headache Congress EHC 2024. The latest findings from science and research will be presented and discussed at the top-class interdisciplinary congress from 4 - 7 December in Rotterdam. The Co-Chairs Prof. Antoinette Maassen van den Brink, Rotterdam, and Prof. Jan Versijpt, Brussels, provide an insight into the main topics and exciting congress highlights in advance.

International experts will come together on an interdisciplinary basis over four days of the congress. Once again, findings from different continents will come together. Which questions do you expect to be the subject of particularly exciting discussions?

Prof Maassen van den Brink: We will have exciting debates on the role of hormones in menstruation-related migraine, on the role of the neck in headache, and on the safety of novel antimigraine drugs targeting the CGRP pathway.

Prof Versijpt: I found it very hard to choose one topic. We tried very hard to have an interactive congress so I am really looking forward to live discussions between speakers and the audience, juniors and seniors, clinicians and basic scientists and so much more.

Renowned international plenary speakers will present their research findings for discussion. In which areas can we expect new findings - also on prophylaxis - that will benefit patients with migraine and cluster headache?

Prof Maassen van den Brink: I am looking forward to hearing the latest findings on the involvement of not yet fully characterized receptors and mediators from the CGRP family in headache – such fundamental scientific findings will help us to further improve future drugs.

Prof Versijpt: I am personally really looking forward to new data on the prophylactic effect of candesartan in migraine.

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Migraine patients are primarily concerned with effective therapy. How can individualised treatment be used to interrupt a migraine attack? Is there any new real-world data on ‘small molecules’ in acute treatment and prophylaxis?

Prof Maassen van den Brink: Apart from the latest real world data that I am really looking forward to hearing about, I am excited to hear the newest preclinical data on mechanisms involved in different drug responses, which will provide guidance for future clinical studies. Last but not least, the opening lecture by Prof. Messoud Ashina will be a highlight of the meeting; Prof. Ashina will give a lecture on PACAP, which is a promising novel therapeutic target in the treatment of migraine.

Prof Versijpt: There will be a dedicated session on the role of artificial intelligence and its use for example in predicting a migraine crisis. I think the further development of these techniques offer an opportunity for the advancement of personalised medicine.

„Towards a better headache treatment for everyone“ – What content at the congress is particularly close to your heart?

Prof Maassen van den Brink: I look forward to all aspects of the congress, but particularly close to my heart are the contributions of the Future Headache Experts (FHE). They have organized several sessions in the Headache Theatre, as well as scientific sessions. It’s important that we provide a platform to the next generation headache experts, they are really our future.

Prof Versijpt: For me it refers to two things. First, it refers to all headache, so not just migraine but also other primary and secondary headaches next to facial pain disorders. Secondly, it refers to everyone involved either as a researcher or as a caregiver in treating patients with headache or facial pain e.g. dentists, physiotherapists, psychologists, neurosurgeons and so on.

The 18th European Headache Congress will set an important example for headache research and patient care at the European level. The EHC2024 will take place at the Postillion Hotel & Convention Centre WTC Rotterdam.

All information and the conference programme can be found at:

<https://headache-congress.org/>

This press release is authorised for publication. Please send us a copy of any reprints.

Press representatives are cordially invited to the congress to find out about the current conference topics and/or talk to experts. We will be happy to support you by organising interview partners!

For accreditation please use the homepage or contact the press contact directly.

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The current President is **Prof Antoinette Maassen van den Brink**, Rotterdam/Netherlands. **Prof Dr Jan Versijpt, MD PhD**, is Past-President of the Belgian Headache Society (BHS) and an EHF executive board member.

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