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5th National Headache Update

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5th National Headache Update- IHS Visiting Professors' Program

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Headache is one of the most common disorders worldwide. On the World Health Organization's ranking of causes of disability, this would bring headache disorders into the 10 most disabling conditions for both genders, and into the five most disabling for women. The prevalence of headache disorders in Pakistan is high, and would be at least on par with that reported in other parts of the world, although a recent epidemiological survey suggests that the prevalence of migraines could be as high as 22%, almost twice that noted in the international literature.

Over the years, the Pakistan Headache Society (PHS) has been striving to update the level of expertise of medical practitioners in the diagnosis and management of common and uncommon headache disorders, by organizing updates, lectures and seminars across the country.

To this effect, the Visiting Professors' Headache Update initiative was a most welcome event as it offered an opportunity for all to update their concepts and understanding of headache disorders from leading experts in the field.

The academic program was formulated by the PHS, and approved by the IHS. The contents of the program were targeted at the General Neurologist coming from all over Pakistan as well as trainees in Neurology from centers all over the country. It was planned that at the end of the course, the participants would be able to:

1. Understand the basic pathophysiology of the common headache disorders
2. Differentiate various primary headache disorder and able to spot the most common secondary headache disorder.
3. Have knowledge of current treatments and those in development.
4. Minimize the need for costly investigation in a financially constrained country.
5. Aware of the recent advances in research and therapeutics
6. Discuss some of the very complex headache cases we have come across in Pakistan with the global headache experts.

Pakistan Headache Society used appropriate ways & means to disseminate this academic activity across the country via print, electronic & social media.

This update was held on December 23 2017 as a day long program with 11 lectures plus a case presentation session. The visiting Professors designated for the event by the IHS were Prof. Peter Goadsby and Prof. Messoud Ashina, with Dr. Fayyaz Ahmed being the third guest speaker. Unfortunately Prof. Peter Goadsby could not attend as his flight was stuck in Abu Dhabi due to bad weather. Others who participated were Dr. Sabrina Khan, Dr. Samaira Younis and Dr. Faisal Amin – all three being research associates with Prof. Messoud Ashina, and having come to Pakistan at their own initiative and funded by their institution.

The daylong event was moderated by Dr. Abdul Malik, Secretary of the Pakistan Headache Society. The hall was full of participants from the start, and most of the audience remained seated till the end. Although Prof. Peter Goadsby could not make it, the impact of his absence was minimized by the excellent manner in which his talks were covered up by additional presentations from Prof. Messoud and Dr. Fayyaz Ahmed. Together they made 7 presentations between themselves, and kept the audience interested till the end. The minimum average audience was 175 while the maximum was 350. The participants' feedback was encouraging & positive. They not only appreciated the IHS support but also formally submitted to keep on this type of activities in future.

In the end the Pakistan Headache Society awarded Lifetime Membership of the Society to Prof. Messoud Ashina & Dr. Fayyaz Ahmed.



Dr. Ismail Khatri



Dr. Abdul Malik



Dr. Aziz B Sonawala



Dr. Fayyaz Ahmed



Prof. Massoud Ashina



Dr. Samaira Younis



Dr. Sabrina Khan



Dr. Faisal Amin



President Elect International Headache Society (IHS) Prof. Mesoud Ashina receiving memento from Prof. Hasan Aziz while PHS Lifetime Memberships given by President PHS Dr. Aziz B. Sonawala to Prof. Messoud Ashina & Dr. Fayyaz Ahmed respectively, on the occasion Dr. Abdul Malik was also present.



Group Photo of the Faculty & Organizers of the 5th National Headache Update