

Abstracts

Consequences of migraine: from episodic migraine to medication overuse

Industry 3-day satellite symposium on the occasion of the 7th Congress of the European Academy of Neurology (EAN) – Virtual 2021 with educational financial support provided by H. Lundbeck A/S



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In three 30-minute sessions by expert speakers in the field, this symposium will explore key issues from across the spectrum of migraine severity, covering diagnostic challenges, consequences for patients and the developing treatment landscape. Each session will conclude with a live audience Q&A, in which we strongly encourage you to participate.



The European Accreditation Committee in CNS (EACIC) has granted 0.5 CME credits for each session in this symposium. To obtain your CME credits, fill out the evaluation form on www.eacic.eu. The event code to access the EACIC CME evaluation and accreditation system is **EAN2021**.

Consequences of migraine: from episodic migraine to medication overuse



ONE TO 14: THE HETEROGENEITY AND CONSEQUENCES OF EPISODIC MIGRAINE

PROFESSOR CRISTINA TASSORELLI
University of Pavia, Pavia, Italy

Biography

Professor Cristina Tassorelli has served in the International Headache Society as a member of the Board of Directors and as Chair of the Committee for the Guidelines of Clinical Trials. She is President-elect of the International Headache Society (2019) and Incoming President for 2021–2023. Professor Tassorelli was a founding member of the European Headache Alliance, in which she served as vice-President for several years, and has also served as a Director on the Board of the Italian Society of Neurorehabilitation. She has been the coordinator and/or a partner in competitive grants funded by the EU, the Migraine Research Foundation, the Italian Ministry of Health, the Italian Ministry of University and the Italian Multiple Sclerosis Foundation. Throughout her career, Professor Tassorelli has authored more than 300 peer-reviewed publications, and several books and book chapters.

**Sunday 20 June,
16:15–16:45 CET**

Abstract

Migraine is one of the most prevalent neurological disorders in people aged <50 years and is characterised by severe headache plus either nausea or light and sound sensitivity.¹ The two main categories of migraine – episodic and chronic – can be considered different variations of the same disease, differing in the frequency of headaches.¹

Migraine is the second largest cause of disability worldwide, particularly affecting people aged 15–49 years, and has a significant burden on patients' lives.² While increasing headache frequency is associated with a higher burden, migraine below the chronic diagnostic threshold (particularly high frequency episodic migraine) can still have a serious negative impact, and can be comparable to those with a formal chronic migraine diagnosis.³

Despite being a treatable condition, migraine is often under-diagnosed and under-treated, which may be partially attributed to misdiagnosis and patients' expectations of poor treatment outcomes.⁴ In this session, **Professor Cristina Tassorelli** will discuss the high clinical impact of migraine, even in patients with episodic migraine who do not meet the formal definition of chronic migraine, and will consider how treatment can be personalised for the individual patient.

References

1. Ashina M. *N Engl J Med* 2020; 383: 1866–1876.
2. Steiner TJ et al. *J Headache Pain* 2020; 21: 137.
3. Torres-Ferrús M et al. *Cephalalgia* 2017; 37: 104–113.
4. Moriarty M, Mallick-Searle T. *Nurse Pract* 2016; 41: 18–32.

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CHRONIC MIGRAINE: MORE THAN A HEADACHE

PROFESSOR DAWN BUSE
Albert Einstein College of Medicine, New York, USA

SPECIAL GUEST: ELECTRA
Working mom and migraine warrior



Biography

Dawn C Buse is a Clinical Professor of Neurology at Albert Einstein College of Medicine, New York, USA, a member of the Board of Directors of the American Headache Society and a licensed psychologist. She has worked with people with migraine and other chronic painful conditions for two decades through direct clinical work, research and patient advocacy. Author of more than 150 scientific publications, she has won eight US and international research awards and four professional awards for her work in the field of migraine. Professor Buse is also a co-investigator on several US and international epidemiological studies of migraine.

**Monday 21 June,
16:15–16:45 CET**

Abstract

The burden of chronic migraine extends far beyond the number of migraine days. Not only is increasing migraine frequency associated with higher disability and risk of co-morbidities (including depression and anxiety); people living with chronic migraine are affected long term across almost all aspects of their lives. Respondents in the EuroLite and CaMEQ studies reported that their migraines had negatively impacted on their education, career opportunities, financial stability, social interactions, and their romantic and family relationships,^{1,2} with chronic migraine carrying an increased burden in these regards.³

In this session, **Professor Dawn C Buse** will introduce chronic migraine by highlighting its prevalence and pertinent aspects of its diagnosis. This will be followed by an in-depth discussion of the real-world consequences for patients, alongside **Electra**, working mom and migraine warrior, who will share her personal perspective and experiences with migraine throughout her life. Finally, the speakers will explore what can be done to empower patients with migraine and target what matters most.

References

1. Buse DC et al. *Headache* 2020; 60: 2240–2256.
2. Lampl C et al. *J Headache Pain* 2016; 17: 9.
3. Buse DC et al. *Headache* 2019; 59: 1288–1299.

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MEDICATION-OVERUSE HEADACHE (MOH): WHEN THE TREATMENT BECOMES THE PROBLEM

DR GIORGIO LAMBRU
Guy's & St Thomas' NHS Foundation Trust, London, UK

Biography

Dr Giorgio Lambru is a Consultant Neurologist and Honorary Senior Lecturer at Guy's and St Thomas' NHS Foundation Trust, London, UK, and has set up one of the largest dedicated National Headache Services for the diagnosis and treatment of complex headache and facial pain disorders in the UK. He has also pioneered several unique multidisciplinary services in collaboration with the Neurostimulation Team and Neurosurgical Team at King's Health Partner, including the first fast-track cluster headache clinic, the complex facial pain clinic, and the invasive and non-invasive neurostimulation clinics for refractory headaches. Dr Lambru is involved in clinical trials in neurostimulation and in novel calcitonin gene-related peptide treatments both as site Principal Investigator and Chief Investigator on several US and international epidemiological studies and has authored numerous scientific publications and presented at national and international neurology conferences.

**Tuesday 22 June,
10:00–10:30 CET**

Abstract

Medication-overuse headache (MOH) is a uniquely challenging disorder in which the treatment of headache results in the chronification of headache, whereby the regular and frequent use of drugs to treat acute headaches paradoxically leads to increased headache frequency and eventually chronic headache that is intractable to treatment. MOH is a major and growing public health concern and has been ranked in the top 20 disorders causing years of life lost due to disability by the Global Burden of Disease studies.¹ The prevalence of MOH is higher among women and those aged in their forties; it affects 1–2% of the general population and up to 70% of patients with chronic headache, in particular chronic migraine.²

Dr Giorgio Lambru will discuss the complex psychosocial and socioeconomic risk factors associated with the development of MOH, which is itself a key risk factor for the transition to chronic migraine.³ He will then explore key considerations in the management and treatment of MOH, with particular emphasis on the importance of a multidisciplinary approach towards the aim of ceasing medication overuse. The potential of education/counselling of patients and medication withdrawal, as well as the use of preventive pharmacological therapies in restoring an episodic pattern of headache in patients with MOH, will be compared in an attempt to identify the optimal treatment modality.

References

1. GBD 2015 Disease and Injury Incidence and Prevalence Collaborators. *Lancet* 2016; 388: 1545–1602.
2. Diener HC et al. *Eur J Neurol* 2020; 27: 1102–1116.
3. Bigal ME, Lipton RB. *Headache* 2008; 49: 7–15.