
Headache

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The huge importance of headache in public health arises from its causal association with personal and societal burdens of pain, disability, damaged quality of life, and financial costs. Headache disorders are in fact common and ubiquitous. They have a neurological basis, but rarely they are due to serious underlying illness. The primary headache disorders – migraine, tension-type headache, and cluster headache – are easily seen by family physicians or GPs; however, a relatively small number of secondary headache disorders could also be encountered in primary care. It is important that they are recognized and treated in the most appropriate way because of their potentially dangerous underlying causes; moreover, mismanagement and overuse of medications to treat acute headache are major risk factors for disease aggravation. Purpose of this Series, endorsed by the European Headache Federation – EHF, is to provide a detailed description of all aspects of headache disorders that are common and relevant both in primary care and in hospital setting.

More information about this series at <http://www.springer.com/series/11801>

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Pharmacological Management of Headaches

 Springer

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Foreword

The European Headache Federation project on Headache Series has consolidated its structure and travels now at cruising speed. This is the third volume and has been conceived in order to produce a cushy main street for the therapeutic management of headache disorders and facial pains. The completeness of the single chapters is the natural consequence of the chosen *All Stars* expert team.

We can now testify that the challenge underneath this project has been won as the initial reluctances have vanished in front of the enthusiasm of the readers for this series.

The volume faces the insidious corners of primary headache therapy slipping on solid rails between the risks of multi-pharmacological approaches that often lead to an interaction on the metabolic pathways afoot of inefficacy or – even worse – side effects.

For this sterling volume we thank the authors, and a special *plaudit* goes to the two editors, Koen Paemeleire and Dimos-Dimitrios Mitsikostas, who have built and directed this fine cultural product with special care.

This step is over; we are getting ready for the next ones.

Rome, Italy
København, Denmark

Paolo Martelletti
Rigmor Høiland Jensen

Preface

We are very excited to present the third book in the *Headache* Series, conceived and endorsed by the European Headache Federation. The EHF was founded as a non-profit organisation in 1992 to improve the life of those affected by headache in Europe. Educational activities, including publication of guidelines and books, are important means for EHF to achieve its goals.

We want to express our sincere gratitude to all co-authors of this book, who have devoted their precious time to this project. We are proud to have received contributions from renowned headache experts, both friends and colleagues, from Austria, Belgium, Denmark, Germany, Greece, Italy, Russia, Spain, Sweden, Turkey and the United Kingdom.

We also like to thank Roberto Garbero and Angela Schulze-Thomin, and all those involved at the publisher Springer, for their professionalism in managing this publication.

While acute treatment and prevention of migraine, tension-type headache and cluster headache receive particular attention, we have tried to keep the scope of the book as wide as possible. As such, we have sought unique input from our colleagues working in facial pain. We have also included separate chapters on pharmacotherapy in special populations, including the elderly, children and pregnant or lactating women. Pharmacotherapy for selected secondary headache disorders is presented.

EHF acknowledges that optimal management of headache and facial pain often requires a multifaceted and sometimes even a multidisciplinary approach. The focus of this book on pharmacotherapy should therefore be interpreted as part of a continuum in the *Headache* Series, in which further volumes will be devoted to comorbidities and multidisciplinary management.

The authors have exerted every effort to ensure that drug selection and dosage set forth in this publication are correct. The reader is, however, urged to consult a local national formulary to corroborate any recommendations made.

We hope the information in this book will meet the daily practice needs of medical students, general physicians, neurologists in training and general neurologists.

Ghent, Belgium
Athens, Greece

Koen Paemeleire
Dimos D. Mitsikostas

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