The International Headache Congress 2017 – New Horizons in Headache

Frequently asked questions: migraine in the workplace

Meet Liz Mulliner and her fundraising family
Welcome

Letter from the Chief Executive

I seem to only yesterday I wrote to you from the last edition of ‘Migraine News’ so I will take that as a sign that the team here has been working relentlessly to raise awareness of migraine on behalf of our supporters.

On pages 6-7, we have two updates from The 18th Congress of the International Headache Society, from Migraine Trust PhD students Lauren Strother and Joseph Lloyd. Joseph is also running the Virgin Money London Marathon next year for us! Find out more on pages 14-15.

Migraine Awareness Week 2017 achieved fantastic exposure in the media and generated lively engagement. Further information along with updates on new guidelines from the British Association for the Study of Headache and recent proposals from the Scottish Intercollegiate Guidelines Network can be found on pages 4-5.

“The team here has been working relentlessly to raise awareness of migraine on behalf of our supporters.”

On page 10 we announce news of our refreshed toolkits advising how to manage migraine in the workplace, in school, in further and higher education and navigating the welfare benefits system. We are grateful to the contributions made to our updated toolkits from Disability Rights UK and our trustee David Cubitt.

During the summer, I was invited to Northampton Golf Club and was delighted to receive a cheque for £8,540 from Ladies Golf Captain, Liz Mulliner. Read more on pages 8-9.

Our supporters have undertaken some amazing fundraising endeavours. From cycling Lands End to John O’ Groats to a photography exhibition in aid of The Migraine Trust. If you would like to get involved, please see page 18 for details of our 2018 fundraising opportunities.

Recently we welcomed new members of staff to The Migraine Trust. These new additions to the team signal the ongoing commitment and determination of The Migraine Trust to campaign for and represent the interests of those affected by migraine. We want to thank you all for your continuing to support us in these endeavours.

Arlene Wilkie Chief Executive
Managing Your Migraine Exeter

"So grateful to have the opportunity to gain advice from professionals I would not be able to access."

We held a Manage Your Migraine information event, with the British Association for the Study of Headache, in Exeter in November 2017.

Drs David Kernick and Peter Miller, Dr Stuart Weatherby, consultant neurologist and Becky Stuckey, specialist headache nurse, delivered engaging presentations including: what is currently known about migraine, the role of the headache nurse, and alternative treatments. The event started with a talk about what it is like to live with migraine given by a volunteer who lives with hemiplegic migraine.

The next Manage Your Migraine event will be held in Edinburgh on March 10 2018. Book your place by calling 020 7631 6973.

New staff join The Migraine Trust

Tara Finn
Senior Policy and Influencing Officer
tara joined The Migraine Trust in October 2017. In her previous role as Policy Officer at Diabetes UK she produced guidance and campaigned for access to a new diabetes technology. She organised the annual investigation for the All Party Parliamentary Group (APPG) for Diabetes and wrote the report ‘Levelling Up: Tackling Variations in Care’.

Sean Kendall
Fundraising and Supporter Engagement Officer
Sean previously worked at The Scout Association, providing assistance to supporters and donors. He worked with marathon runners, cyclists and other fundraisers to help them reach their own fundraising targets. Sean had previously assisted scout groups and districts with their own individual projects by providing support and insight into a wide range of areas.

Rebecca Wood
Fundraising and Supporter Engagement Manager
Rebecca joined The Migraine Trust from the human rights organisation Freedom from Torture, where she held a variety of roles over a nine year period and was latterly the Legacy Giving Manager. During her fundraising career Rebecca has worked with a wide range of organisations including WaterAid, Samaritans and the British Heart Foundation.
September 2017 saw The Migraine Trust, Migraine Action and the National Migraine Centre collaborate in unison to raise awareness of Migraine Awareness Week (3-9 September). We commissioned YouGov to conduct a survey to discover public perceptions of migraine, with an emphasis on the levels of support respondents felt they received from employers, schools or health care professionals.

A total of 2,238 adults throughout the UK responded and the findings revealed an urgent need for a better understanding of migraine. Results of the survey included:

- 82 per cent of those quizzed had experienced migraine or know of someone with the condition
- Almost two thirds (64 per cent) of UK adults believe employers don’t understand very much at all about the nature of migraine and its effects on employees
- One in five (21 per cent) felt that health professionals do not realise the characteristics and impact of the condition on their patients.

The YouGov survey findings achieved significant coverage and exposure on BBC Breakfast, BBC News Channel, BBC Radio 4’s Today programme, BBC Radio 5 Live Breakfast, twelve local BBC radio stations alongside multiple commercial radio stations.

A lot of activity and interaction with supporters took place on social media. The Migraine Trust received 71,450 visits to the website during Migraine Awareness Week compared to 69,819 in 2016 and visits to the donate page of the website increased by 155 per cent. Visits to our fundraising page increased by 176 per cent.

As a result of the MAW press coverage having a strong employment focus, there was a 404 per cent increase in the number of times our ‘Help at Work’ document was downloaded. Further to this there were 2,128 site referrals from bbc.co.uk (an increase of 26,500 per cent from 2016).

While the picture for health professionals is more positive than for employers, schools and university, there is no room for complacency. More, if not all health professionals must improve their understanding of the nature and impact of migraine. There is also a real challenge for schools and universities to address – that’s why our work in supporting children and young people in education affected by migraine is so important.

The majority of the general public are aware of migraine from their own experience or from someone they know. However, there remains a significant percentage of people who claim no personal experience or know of anyone who experiences migraine. It is clear that we still have plenty to do to raise awareness of the nature and impact of migraine and our work on all fronts.

To find out about our plans for Migraine Awareness Week 2018 and how you can support this work through fundraising, please subscribe to our ebulletin via www.migrainetrust.org

Migraine days cut by half – data on new treatment indicates

Data from the recent phase III STRIVE study reported that erenumab halved the days with migraine symptoms for 50 percent of patients with episodic migraine. Erenumab is the first and only fully human monoclonal antibody specifically designed to block the calcitonin gene-related peptide (CGRP) receptor, which plays a critical role in migraine activation.
Migraine is the second largest contributor of years lived with a disability globally

The latest ‘Global Burden of Disease’ report from The Lancet indicates migraine is the second leading cause of years lived with a disability. The burden of headache disorders including migraine peaked between the ages of 25-49 years old unlike other neurological disorders which increased with age. This finding is of particular interest as this age range will consist mainly of people of working age trying to manage migraine as well as work.

Proposed new guidelines for treatment of migraine in Scotland

The Scottish Intercollegiate Guidelines Network (SIGN) is developing guidance on the prevention and treatment for people with episodic and chronic migraine. SIGN currently produces guidance on the diagnosis and management of headache in adults which gives recommendations for treatment for headaches, but not specifically for the treatment of different types of migraine or the severity of a person’s condition.

For information on SIGN, visit: www.sign.ac.uk/our-guidelines.html

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For information on SIGN, visit: www.sign.ac.uk/our-guidelines.html

New guidelines from British Association for the Study of Headache

The British Association for the Study of Headache (BASH) is updating its guidelines on the diagnosis and management of migraine and other headache disorders. The guidelines help doctors diagnose the different types of headache disorders and provide advice on how to ensure people can manage their condition. The guideline hopes to be published by the end of 2018.

For more information, visit: www.bash.org.uk/guidelines

Health Conditions in Schools Alliance lobby day

As part of The Health Conditions in Schools Alliance, The Migraine Trust accompanied the ‘Safe in Schools’ campaign to Parliament. Over 100 parents and children representing a range of medical conditions met their members of Parliament to tell them what its like to live with a medical condition at school and why the campaign is important to them.

More details are available via www.medicalconditionsatschool.org.uk
**New treatment update**

The International Headache Congress 2017 – ‘New Horizons in Headache’

Migraine Trust PHD students Lauren Strother and Joseph Lloyd attended the 18th Congress of the International Headache Society in Vancouver Canada last September. Wendy Thomas, Honorary Treasurer, International Headache Society, also updates us on the Global patient advocacy summit.

Lauren: ‘New Horizons in Headache’ was the all-encompassing theme of The International Headache Congress 2017. Inspired by the beautiful landscape surrounding Vancouver and the broad horizon of the Pacific Ocean, the conference truly embodied a sense of new horizons as highlighted by Drs Todd Schwedt, Frank Porecca, Michel Ferrari and Peter Goadsby in the opening Presidential Symposium. Here, new horizons in headache imaging, translational research, genetics and novel treatment targets were presented, setting the stage for such themes to be carried on throughout the Congress.

This year’s Congress provided an opportunity to meet with colleagues, international expert speakers, and industry partners. The many plenary sessions, extensive poster display and in-depth scientific presentations showcased new developments in the advancement of headache science, education and management. In addition, this year’s Congress introduced an e-poster format as well as the traditional poster display. Here, the top 20 per cent of abstracts were selected to additionally present their work in a short oral presentation with the opportunity for the best presentations to be awarded a platform presentation on the Sunday.

This year, there was a shift in focus to the premonitory phase of the migraine attack with a new emphasis on the changes occurring before the onset of pain. The idea being that if we can identify this phase and create targeted therapies, then perhaps we can stop the migraine attack in its tracks and stop the pain even before it begins. Premonitory symptoms often include changes in sleep, arousal, mood, food cravings and thirst and as such point to a potential role for the hypothalamus during this stage as the hypothalamus is a key regulatory of these biological processes. At this meeting, there was much excitement around imaging studies highlighting the central role of the hypothalamus in migraine attacks. A landmark study conducted by Professor Arne May’s group at the University of Hamburg was able to image one migraine patient every day for one month and over this time course they had three spontaneous migraine attacks. They were able to confirm in spontaneous attacks what others have shown previously in
triggered attacks; that the hypothalamus is indeed active before the pain and therefore targeting this brain area may open the door for novel therapeutic options for the treatment of migraine.

**Joseph:** I also had the great honour to participate in the Congress as part of Dr Andreou's lab and present my research data at the Congress following the receipt of a travel award by the International Headache Society.

Particularly highlighted were the recent advances in new treatments for headache conditions (including migraine) such as calcitonin gene-related peptide (CGRP) antibodies, serotonin receptor agonists and novel neuromodulation techniques.

CGRP has been investigated as an attractive target for preventative treatment of migraine for several years. CGRP is a neuropeptide found in the nerve fibres involved in migraine biology, and a potent vasodilator. It is considered to be intrinsic to the pathogenesis of migraine and its receptors are found along the peripheral pain pathway involved in migraine. Much of the attention to new drugs on the horizon was focused on monoclonal antibodies against CGRP or its receptor. Currently there are clinical studies on three upcoming CGRP antibodies: eptinezumab, galcanezumab and fremanezumab. These act by binding to the CGRP protein and have passed phase III clinical trials. The final CGRP-related monoclonal antibody, erenumab, which acts by binding the CGRP receptor, thus preventing CGRP binding to its receptor, and is currently under review by the FDA, with the view of approval within 2018. All four monoclonal antibodies have been shown to be effective for the prevention of frequent episodic migraine (<15 headache days a month) in phase III trials and galcanezumab, eptinezumab and fremanezumab have had successful phase III clinical trials in patients with chronic migraine (>15 headache days a month). The outcomes of the studies are similar for all four antibodies, demonstrating an approximate reduction of four headache days per month (before placebo adjusted). Interestingly, with erenumab, this reduction remained in patients that had two or more previous treatment failures, in whom the effectiveness of the placebo group was significantly less. Monoclonal antibodies appear to have certain advantages including a relatively quick onset of action (about a week before they start showing an effect), a half-life of three-six weeks (so treatment needs to be repeated approximately once per month) and fewer side effects compared to daily preventives currently available in clinic. Although results appear promising, so far for the millions of migraine sufferers, it is worth mentioning that a great discussion during the Congress was concentrated on the potentially prohibitively expense of such treatments for general prescription on the NHS.

As well as new drug treatments, interesting developments in neuromodulation techniques for the treatment of migraine were also presented during the Congress. These techniques use electrical, magnetic or thermal stimulation to directly modulate precise loci involved in migraine. This can be achieved non-invasively, such as with transcranial magnetic stimulation (TMS) or vagal nerve stimulation or invasively via surgical implantation of an electrode for deep brain stimulation or of extracranial occipital nerve stimulation.

During IHC 217, data were presented from the ESPouse study on the use of TMS. TMS uses a magnetic pulse to directly stimulate the visual cortex with a single pulse (sTMS) as opposed to repeated TMS which applies repeated trains of hundreds or thousands of magnetic pulses. The ESPouse study showed a reduction of three headache days compared with the baseline in migraine patients, with minimal side effects. In the lab of Dr Andreou we also presented data on the mechanism of action of sTMS in migraine. My work presented at the Congress suggests that sTMS controls the outer layer of the brain that processes painful information by reducing the excitability of neurons in that area. In January of this year, Guys and SI Thomas’ NHS Trust was the first NHS headache clinic to offer sTMS to chronic migraine patients.

Before the triptans in the 1990's, there were no specific treatments for migraine. Since then, a huge amount of research has been put in to find specific, effective and safe treatments. That research could now be coming to fruition, and there is certainly hope for better treatments for migraine sufferers in the near future. This will be the focus of the next international Headache Society Congress in Ireland in 2019 titled ‘Dawn of New Headache Treatments’.

**Wendy Thomas:** The International Headache Society (IHS) organised the first global patient advocacy summit which was held on 6 September in Vancouver, the day before the start of the 2017 International Headache Congress.

Participants included partner societies, IHS member society representatives and patient organisations and advocates from North America, Latin America, Europe and Asia. Speakers included the regulatory perspective from the European Medicines Agency, Health Canada and the US Food and Drug Administration. The World Health Organisation and the World Federation of Neurology both made presentations. The European Headache Alliance and the American Migraine Foundation presented on the role and perspective of patient organisations.

It was agreed that the International Headache Society will establish a global patient advocacy coalition including many of the presenters and panel participants from the summit to act on the many proposals and initiatives and create a strategic plan and blueprint for global implementation. This will include devising strategies for educational public awareness campaigns, presentations for employers and regulatory bodies, and mechanisms to expand and improve patient access to healthcare services and treatments that have proven to be safe, effective, and improve patient outcomes and quality of life.

We look forward to the next summit.
Migraine stories

Liz Mulliner

Last August, we were delighted to be presented with a cheque for £8,540 from Liz Mulliner, Ladies Captain at Northampton Golf Club. We are incredibly grateful to Liz, her family and we spoke to Liz to find out why she supports us

“The Migraine Trust was an obvious choice as I was aware of its support and the research it conducts to find a treatment for the condition.”
I became aware of The Migraine Trust while searching for further information about migraines as members of my family suffer from them and I felt I needed a better understanding.

Allan my husband has had them since the age of twelve. When he was in his twenties he was rushed to Accident & Emergency with severe head pains. He had lost the use of his right arm, his memory was failing and his speech was slurred. It was a very worrying 24 hours. Gradually Allan’s symptoms improved and it was explained that he had experienced an extreme migraine. Thankfully such a trauma hasn’t reoccurred and his migraines are now less severe.

From the age of four our eldest daughter would periodically feel unwell with headache and sickness symptoms. Sleep seemed the only thing to bring relief and 24 hours later she would bounce back again as if nothing had happened! Looking back, we wonder if these episodes may have been early migraine attacks? As my daughter became older, she would experience attacks following periods of stress or exhaustion. She had around four or five a year. She coped well with her migraines whilst studying at university.

Once her studies were completed, she took part in the Round the World Clipper race, spending 10 months at sea, with daily physical exercise, very basic food and living conditions and a four-hour watch system. Surprisingly, she experienced surprisingly very few migraines at sea! In 2011, she crewed on a yacht participating in the World Arc Race. On reaching Antigua, she experienced severe migraines, with sickness, visual disturbances and a sensory aura down her left side. She was having four or five migraines a day and was feeling very unwell. The race medic referred her to hospital where diclofenac was administered. Unfortunately, the injection compounded the sickness and other symptoms and she had no alternative but to fly home. The migraines continued for a further ten days together with a painful headache, sickness and blurred vision. A new medication was prescribed, which helped initially, but from this point future migraines occurred in clusters rather than individually and were harder to manage.

An excellent career opportunity meant that our daughter relocated to a new area several hundred miles from home.

This was a difficult period as her cluster migraines continued to occur on a fairly regular basis. Managing them by herself in an unfamiliar town, with a new job was a real challenge. After many appointments with her GP, she was eventually referred to The Migraine Centre in London. This was a turning point as she felt a plan of action could be devised to help manage and treat them better. Recording triggers and understanding the importance of maintaining a regular blood sugar level has proved to be very beneficial.

In 2018, I was selected as Ladies Captain of Northampton Golf Club. The Ladies Captain traditionally selects a charity to support. The Migraine Trust was an obvious choice as I was aware of its support and the research it conducts to find a treatment for the condition.

I also chose Home-Start, which supports families in Northamptonshire and the next ten months involved organising fundraising events, quiz evenings, a curry night, workshops, lunches, a fete, coffee and cake mornings.

The final event was The Ladies Captains Charity Day where over 100 golfers participated. It was glorious day which culminated in a presentation of a cheque for £8,540 to each of my chosen charities. I was extremely well supported during the year and I was also surprised by how many people I spoke to who experience migraines and who wanted to support The Migraine Trust in the hope of making a difference to others.

I also received a letter from a gentleman in his seventies who recounted that he was the only pupil at school permitted to rest at his desk in class when unwell. He is now aware that he was experiencing migraines!

Apart from the discomfort and pain that they inflict, migraines in my family can be unpredictable and have on occasion resulted in significant milestone events being missed. As a family however, we remain positive, keep our lives balanced where possible and we are always prepared in case of an unexpected migraine moment.

I hope that there will be a cure one day but in the meantime, as a family we will continue to engage with and support The Migraine Trust and do our bit to help others.

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“I hope that there will be a cure one day but in the meantime, as a family we will continue to engage with and support The Migraine Trust and do our bit to help others.”
Fundraising

Keeping in touch

We are deeply grateful for your interest in The Migraine Trust. With your help we can provide information and support to migraine sufferers and be instrumental in funding ground breaking research into treatments and care options.

We hope that you enjoy hearing from us and find ‘Migraine News’ useful. In order to stay in touch we capture and securely store your contact details and any other information you may share with us. We take our responsibility to protect your personal information and privacy very seriously. We are registered with the Information Commissioner’s Office and the Fundraising Regulator and have made a commitment that:

• We will be clear, honest and open
• We will be respectful
• We will be fair and reasonable
• We will be accountable and responsible.

What this means for you is:

• Any details you tell us about your own personal experience of migraine will help us to provide you with information and support tailored to your needs. Your experiences will also enable us to develop, adapt and improve our services. We will not use your information externally without your express agreement and we will anonymise details where necessary.

• If you donate to us we will store your name, address and other contact details securely on our supporter database and maintain confidentiality of your personal information.

• We will never swap or sell your details to another charity, organisation or business.

• If you have agreed to give a regular donation by direct debit or standing order, we will use the bank account details you provided to collect your gift at the frequency you have chosen. We will never change the amount that we collect from you unless you tell us that you wish to change your gift.

• We will send our ebulletin only to people who subscribe to receive this via our website or who consent to receive email communications from The Migraine Trust. All personal data that you share via our website is protected with secure server technology.

• In addition to ‘Migraine News’ we will contact you no more than twice a year with mailings which will update you on our work and request your help in funding our future plans.

• We will respond if you request to see what personal information we hold for you.

At any time you are welcome to contact us and request to change the type, method and frequency of communications you receive from us. Please call Sean Kendall on 020 7631 6976 or send an email to skendall@migrainetrust.org.
How we support you

Our Advocacy Service receives many requests for information about how to manage migraine in the workplace, in further and higher education and in school, and also about how to claim welfare benefits. Below we explain our new information which is available now.

Help at work

Our ‘Help at work’ toolkit is designed to empower people living with migraine to manage their condition in the workplace and retain employment where possible. The document provides information and guidance if difficulties arise. Information includes a reasonable adjustment agreement and template letter to help individuals communicate with employers. The document is also useful for employers, work colleagues, managers, human resources departments and occupational health professionals supporting people with migraine in the workplace.

Help in school

This document highlights the rights of children dealing with frequent migraine attacks in school. It is also a guide for parents, carers and children on how to manage migraine in school and how to access support for a child whose education is impacted by migraine. It provides information on schools’ statutory responsibilities, children’s rights under the Equality Act 2010 and the Children and Family Act 2014. The document is also useful for teachers, schools and health professionals to support children on school issues. The information resource includes letters, individual healthcare templates and forms to help parents/carers and pupils self advocate when problems occur.

Help in further and higher education

Our ‘Help in further and higher education’ toolkit provides information and guidance for people in further education and at university. It has information about migraine as a disability, legal rights as provided under the Equality Act 2010, information for trainees and apprentices, and how to get support from education providers. The aim of the resource tool is to minimise the impact of migraine attacks as well as help readers to achieve their academic ambition. Information includes template letters and a reasonable adjustment agreement template to help persons communicate with their education provider to access support. It is also a resource for college and university support services and health professionals supporting students in further and higher education.

Help with welfare benefit rights

Our ‘Welfare benefits’ fact sheet provides general information for people living with migraine wishing to know more about accessing welfare benefits. It includes information about understanding migraine as a disability, help with claiming Jobseeker’s Allowance and the Personal Independence Payment and Universal Credit services.

More information about our range of new toolkits is available via www.migrainetrust.org
Frequently asked questions

We have recently updated and republished our toolkits providing information and help on any issues you may have with school, further and higher education, work and welfare benefits.

Here David Cubitt, Trustee of The Migraine Trust and a Partner at Osborne Clarke LLP, answers some common questions we receive about issues in the workplace.

What rights do I have at work? Is migraine a disability?

It may be – the answer depends upon your own individual circumstances. As a person living with migraine, you are likely to be classified as disabled if your migraine attacks have a long term and substantial effect on your ability to carry out normal day-to-day activities. This will usually mean that you have suffered from migraine for 12 months or more and your migraine attacks prevent you from doing normal everyday tasks such as attending work, concentrating on certain tasks or driving.

Whether or not you have a disability will normally depend on the frequency and impact of your migraine attacks. If you experience an attack once a year, you are much less likely to be classified as disabled than someone who suffers from weekly attacks. The key is the impact of the attacks on your everyday life.

If you are classified as disabled, your employer is not allowed to discriminate against you because you have migraine. In addition your employer has a duty to make reasonable adjustments to make sure you are not disadvantaged due to your migraine attacks. This could include allowing you reasonable time off for medical appointments or allowing you to sit in a dark room if you feel an attack coming on. You can also be protected from discrimination, even if you are not technically classified as disabled but someone (such as your employer) perceives that you are disabled due to the severity or frequency of your migraine attacks.

When should I disclose that I have migraine?

An employer is not allowed by law to ask you questions about your health until a job offer has been made. The law prevents unlawful discrimination against people with a disability. An employer is only allowed to ask this if pre-employment questions need to be asked to establish whether the applicant can fulfil a function essential to the job role. For example, when recruiting for a job as a warehouse operative role that requires heavy lifting an employer can ask questions to establish whether a candidate’s health will allow them to fulfil this task.
I recently called upon The Migraine Trust to help me with workplace issues and I was blown away by the help that was on offer and how many levels of stress it has taken off me from having that back up to stand tall with my migraine.”

Zoe
“I would like to repay the support that I have received by raising funds and awareness for the positive work done by The Migraine Trust.”

Meet Joseph Lloyd, neuroscientist and soon to be 2018 Migraine Trust marathon runner
Dear Reader,

My name is Joseph Lloyd and I am a neuroscientist in the early stages of my career.

In 2016, I was granted a Migraine Trust funded PhD studentship and I am currently based in the headache research lab at King’s College London.

I am working alongside Dr Anna Andreou, who was also a previous recipient of a Migraine Trust PhD studentship award. Together we are working on a project that aims to further understand how neuromodulation techniques for the treatment of migraine interact with migraine pathophysiology (what happens in the brain to cause migraine symptoms).

Dr Andreou is supervising my thesis for which I am investigating three different neuromodulation techniques; transcranial magnetic stimulation (TMS), spinal cord stimulation (SCS) and occipital nerve stimulation (ONS). I hope to shed more light on the mechanisms of action of neuromodulation techniques as acute and preventative treatments for migraine. So far we have been focused on sTMS and our main findings have been that two pulses of sTMS have two important effects:

Firstly, cortical spreading depression (CSD) is the phenomenon in the brain that produces the (usually) visual disturbances known as migraine aura. We have managed to show that the sTMS blocks the production of CSDs for up to two hours after the pulse. This block is produced because greater electrical stimulus is required to induce a CSD wave following a sTMS pulse than before. We’re currently in the process of further exploring sTMS’ interaction with CSD using an exciting technique called in vivo calcium imaging, which allows us to view the CSD occurring in real-time.

Secondly, uncontrolled brain activity may contribute to lack of migraine control. Glutamate, one of the most important brain pain chemicals causes increased brain activity. Blocking excessive brain activity without interfering with normal function could help control migraine. Our initial findings suggested that sTMS works by preventing the release of glutamate, as has been suggested previously. These early results could suggest that sTMS may decrease excess brain activity and control migraine.

Moving forward, we want to continue our work by better understanding how sTMS achieves these effects.

In being awarded a Migraine Trust PhD Studentship, I have had my eyes opened to the complexities of migraine and I have learnt so much already. Despite the severity, prevalence and complexity of migraine, I feel it does not receive the public or scientific attention given to other comparable conditions.

I certainly hope to be able to further my career in this field to support people affected by migraine.

Last year, Dr Andreou and I were invited to share details of our work with the dedicated individuals who would be running the 2017 Virgin Money London Marathon for The Migraine Trust. I joined staff from The Migraine Trust at the cheering point along the race route on the day to add my encouragement and support to these committed individuals as they ran.

I have a family history of migraine with it affecting myself, my mother, sister and grandfather. Seeing the runners on the day inspired me to take on the challenge myself to show my appreciation and therefore, this April, I will be running the 2018 Virgin Money London Marathon for The Migraine Trust!

I would like to repay the support that I have received by raising funds and awareness for the positive work done by The Migraine Trust.

I am extremely grateful to The Migraine Trust, which is funding innovative research into migraine that I am immensely privileged and proud to be a part of and I would be most grateful if you would consider sponsoring me to help me reach my goal of £1,500. Details below.

Thank you so much.

Kind regards,
Joseph

Show your support for Joseph – To donate:

Text MIGR88 £10 to 70070

Visit www.justgiving.com/fundraising/migraine-marathon-2018 (scanning the QR code will direct you there)

Alternatively, cheques or CAF Vouchers can be posted, made out to ‘The Migraine Trust’, with a note that it is sponsorship for Joseph Lloyd’s London Marathon run.

In September 2017, Joseph travelled to Vancouver to present a poster about his joint project at the International Headache Congress. You can read his report from this trip on page seven.
How you have supported us

We are incredibly heartened by the efforts of our enthusiastic and inspiring fundraisers. Thank you to each and every one of you who has raised money for The Migraine Trust over the past six months. We really appreciate all the hard work and effort you put in. The money you raise really does make a difference to lessen the burden of migraine.

Virgin Sport British 10K

Alice ran the Virgin Sport British 10K as part of The Migraine Trust team in July 2017.

**Alice:** “I ran the British 10K race in London for The Migraine Trust. It was a great privilege to represent this amazing charity and raise awareness about migraines and their impact. Thanks to support and donations from friends and family, I am proud to have raised almost £400.”

Would you like to run the Virgin Sport British 10K as part of The Migraine Trust team this July? To register your interest please contact Sean on 020 7631 6976 or email skendall@migrainetrust.org

Kiltwalk

Thank you to Lyn for representing The Migraine Trust at the Edinburgh Kiltwalk in September.

**Lyn:** “I wanted to take part in the Kiltwalk because it’s one of the few sponsored events that allow you to choose your charity and it also has different walks to suit all fitness levels. The motivation to do it and to fundraise for The Migraine Trust came from living with my husband who suffers from chronic migraines and realising that there really isn’t any quick or easy answer on how to deal with migraines. With that in mind, I felt raising money for The Migraine Trust was my way of doing something positive as it can be hard seeing my husband in pain and feeling helpless. I really enjoyed the walk itself and would recommend it to anyone, whether you walk alone or with friends. Either way it’s a great way to feel like you’re achieving something and raising money for a charity of your choice.”

If you live in Scotland, please think about doing a Kiltwalk in support of The Migraine Trust. There are several events planned for 2018 where people can walk, jog or run to support their favourite causes and the best bit is that thanks to The Hunter Foundation all funds raised are boosted by an extra 40 per cent!

The event dates for 2018 are:
- Aberdeen 3 June
- Dundee 19 August
- Edinburgh 16 September

To join our team please call please contact Sean on 020 7631 6976 or email skendall@migrainetrust.org

Meg’s 70th birthday celebration

Meg celebrated her birthday with a champagne and afternoon tea in August 2017. While Meg lives in the USA, she was born in the UK and maintains connections here. We are very grateful for Meg’s support and extend our thanks to all her friends and family who so kindly made donations to The Migraine Trust in lieu of gifts. Together they have raised over $1,000!

**Meg:** “Coming from a long family line of migraineurs, and having passed on the affliction to our son in the form of childhood abdominal migraines, I was inspired to ask the guests at my 70th birthday party to contribute to The Migraine Trust, instead of giving me presents which I don’t need. I am thrilled that they responded most generously!”

“Raising money for The Migraine Trust was my way of doing something positive as it can be hard seeing my husband in pain and feeling helpless. I really enjoyed the walk itself and would recommend it to anyone.”
Interested in fundraising?

There are lots of ways you can get involved, from challenge events to coffee mornings. For inspiration and more information, visit www.migrainetrust.org/fundraising or call 020 7631 6976.

Dinesh Yogendra

Dinesh, a keen amateur photographer, exhibited a selection of his images taken during his travels around the USA to raise money for The Migraine Trust. As a result of the exhibition, Dinesh sold a number of prints and raised an amazing £650 for The Migraine Trust.

Dinesh: “The diverse range of landscapes in this part of the world never ceased to amaze me and I tried to capture the mood and beauty of a wide variety of places the west coast has to offer.”

Dinesh’s wife, Karina, has experienced severely debilitating migraines for nearly ten years which impact on her ability to work as a paediatric nurse, a job she loves. Dinesh wanted to support The Migraine Trust with his photography as a way of helping to fund our ongoing work and future research into effective treatments. Thank you Dinesh!

Emily Eaton- Turner

Emily got on her bike to complete the Deloitte Ride Across Britain 9-17 September 2017.

Emily: “Cycling 969 miles from Land’s End to John O’Groats in nine days is a tough challenge of endurance and physical and mental strength. It was a ‘bucket list’ activity I proudly ticked off! Whilst it was a personal challenge, I also wanted to raise awareness for The Migraine Trust. As a migraine sufferer, I was keen to get people talking about the condition and the great work of the charity. I am delighted to have raised over £1,070 for The Migraine Trust through generous donations from family and friends; money that will help the charity to continue to increase understanding of migraine, support those affected and work towards finding a cure.”

Jackie Graveney

Jackie ran the British 10k for us in July 2017. She raised a fantastic £532.

Jackie: “I am lucky enough not to suffer from migraine although I know people of all ages who battle with this complex condition with a wide variety of symptoms. I wanted to help The Migraine Trust by fundraising for its fantastic work; tireless campaigning, research and vital information and support.”
How you can get involved

For more information about any of the events below please visit www.migrainetrust.org/events or get in touch with our team at 020 7631 6970

Our next Managing Your Migraine event is in Edinburgh.

March

10: Managing Your Migraine, Edinburgh
We are running another of our popular public information events.

April

22: Virgin Money London Marathon
Our Migraine Trust marathon team will take on the 26.2 mile route through London raising valuable awareness and funds for migraine.

29: Kiltwalk, Glasgow
Help us take big steps for migraine in 2018.

May

1: Get in touch to register your interest for running the Virgin Money London Marathon 2019.

June

3: Kiltwalk, Aberdeen
Choose to stroll, stride or wander in support of migraine.

July

15: Virgin Sport British 10K
Run for migraine! Apply now to join our team for this 10K route through central London.

August

19: Kiltwalk, Dundee
Choose to walk 6, 13 or 26 miles at this fun event.

September

2-8: Migraine Awareness Week
Our annual campaign to raise awareness, inform the public and reduce stigma. Learn more online and get involved.

6-9: Migraine Trust International Symposium, London
The 17th biennial Migraine Trust International Symposium continues our commitment to migraine research and education.

9: Migraine Trust International Symposium public day
We invite members of the public to learn about latest migraine research, therapies and developments from internationally recognised leaders in the field.

16: Kiltwalk, Edinburgh
Help us take big steps for migraine in 2018.
Yes, I want to help The Migraine Trust invest in crucial research and find a cure for migraine. Please find enclosed a donation of:

- £21, which could pay for an hour of specialist migraine research by our pioneering neuroscientists.
- £62, which is enough to pay for half a day of research into headache disorders.
- £145, which could pay for an entire day of dedicated migraine research.
- My own preferred gift amount of: £____________

I enclose a cheque/CAF voucher payable to The Migraine Trust OR
Please debit my credit/debit card
Card type: [ ] Maestro  [ ] Visa  [ ] Mastercard  [ ] Delta  [ ] CAF
Card holder's name: ____________________________
Card number: ________________________________
Valid from: ____/____  Expiry date: ____/____  3 digit security number: ______
Issue number (Maestro only): ______  Signature: ____________________________ Date: ____________

Your details
Telephone: ____________________________
Email: ____________________________
I am happy for The Migraine Trust to contact me by email [ ]
For every donation we receive, we send a letter acknowledging receipt and thanking the giver. We are delighted to do this, but if you would prefer us to not send an acknowledgment, please tick the box [ ]

Please return to
Freepost RSRB-ZYSK-GGCC, The Migraine Trust, 52-53 Russell Square, London, WC1B 4HP

Gift Aid declaration. Please treat as Gift Aid donations all qualifying gifts of money made: (Please tick all boxes you wish to apply)
[ ] In the past 4 years
[ ] Today and in the future
Signature: ____________________________ Date: ____________
I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give.

Funds raised will be used in accordance with the aims of the charity as set out in its governing document, namely to help improve the lives of people with migraine in the UK and work towards our vision of a world where people can live free of migraine.

The Migraine Trust will keep your name and contact details on our database and use this information to inform you about events, news (such as our journal Migraine News) or ways to support The Migraine Trust that might be of interest to you. We will never sell or pass on your details. If you do not wish to receive further communications from The Migraine Trust please tick this box [ ]
The Migraine Trust is the largest charity dedicated to leading the fight against migraine in the UK. We exist to transform the lives of people who suffer from migraine, by sharing knowledge and preventing and finding a cure for migraine. We will do this by funding and promoting research, providing support and information, and campaigning for people affected by migraine. Visit our website to subscribe to email updates and news, access migraine information and to learn more about The Migraine Trust including our support services, research and events.

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