

Lifting The Burden

The Global Campaign to Reduce the Burden of Headache Worldwide

A partnership in action between the World Health Organization, World Headache Alliance, International Headache Society and European Headache Federation

A brief introduction

The problem

Headache disorders are real and often lifelong illnesses. They are highly prevalent, affecting men, women and children everywhere, and they are disabling. In the *World Health Report 2001*, the World Health Organization ranked migraine among the top 20 causes in the world of years of healthy life lost to disability. Migraine alone is the cause of an estimated 400,000 lost days from work or school every year per million of the population in developed countries. Migraine harms family and social relationships and damages quality of life. Migraine, however, is only one of the headache disorders with public-health importance: others, including tension-type headache and the various chronic daily headaches, together are believed to be responsible more disability than migraine. If this is correct, headache disorders collectively are in the top ten – and possibly the top five – causes of disability worldwide.

Appropriate health care alleviates this burden, but still it persists everywhere. This is principally because health systems that should provide this care do not reach many who need it.

A new solution

Lifting The Burden is a response to this health-care failure, which has its roots in education failure.

Launched in 2004, *Lifting The Burden* is a formal collaboration between the World Headache Alliance, the International Headache Society, the European Headache Federation and the World Health Organization.

The first objective of *Lifting The Burden* is to know the size of the headache problem in all regions of the world. This can be achieved by bringing out all of the available worldwide evidence of the burden attributable to headache and by setting up new studies where the evidence is lacking or of poor quality.

The second objective is to exploit this evidence, as a means of persuading governments and other health-service policy-makers, health-care providers, people directly affected by headache and the general population that headache manifestly should have higher priority for treatment.

Lifting The Burden is founded on the belief that the basis of the health-care solution for headache in most parts of the world is education. Hence, the third objective is to work with local policy-makers and other key stakeholders to plan and implement health-care services for headache that are appropriate to local systems, resources and locally-assessed needs. Within these services, better diagnosis and better care, and better understanding amongst patients and the public, will all be fostered through education.

Lifting The Burden believes that most headache management belongs in primary care, where education must be supplemented by clinical management supports if diagnosis and management are to be optimized. These include diagnostic aids and algorithms; region-based management guidelines developed by harmonizing existing guidelines; information sheets for patients, to aid understanding and promote compliance with treatment; and universally acceptable indices of treatment outcome.

Lifting The Burden

envisions a future world in which headache disorders are recognized everywhere as real, disabling and deserving of medical care. In this world, all who need headache care have access to it, without artificial barriers.

Lifting The Burden gratefully acknowledges unrestricted financial and/or logistic support from the following (in alphabetical order):
Allergan; Almirall; Astra Zeneca; Bayer Healthcare; Glaxo SmithKline; Janssen-Cilag; Merck, Sharp and Dohme; Pfizer

Member Organizations

Argentina	ALCODOC ALUCER AAPCC Fundacion Migra Argentina
Australia	Brain Foundation Headache and Migraine Western Australia (Inc.)
Belgium	Belgian League Against Headache
Canada	Help for Headaches
Colombia	Asociacion Antioqueña para el estudio del Dolor de Cabeza
Finland	Suomen Migreeniyhdistys ry – Migränföreningen i Finland rf
Germany	MigraeneLign c.V. Deutschland
Greece	Greek Association of People of Suffering of Headache and Similar Disorders (DIAS)
Iceland	Migrensamtökin
Ireland	Migraine Association of Ireland
Italy	Alleanza Cefalalgici (AIce Group – Cirna Foundation) Associazione Italiana per la lotta contro le Cefalee, A.I.C. - ONLUS Lega Italiana Cefalalgici – ONLUS
Japan	Japan Chronic Headache Organization (JCHO) J-HAPPY – Japanese Headache Alliance for Patients and Physicians
Netherlands	Nederlandse Vereniging van Hoofdpijnpatiënten
New Zealand	New Zealand Migraine Sufferers Support Group
Norway	Norges Migreneförbund
Poland	Polish Migraine Association
Puerto Rico	Fundación Puertorriqueña de Dolor de Cabeza
Serbia	Serbian Migraine Association
Spain	Asociación Española Pacientes con Cefalea (AEPAC)
Sweden	Svenska Migränförbundet
Switzerland	Swiss Migraine Trust Foundation/Migraine Action
Turkey	Turkish League Against Headache
UK	Migraine Action Association The Migraine Trust The International Headache Society
USA	M.A.G.N.U.M., The National Migraine Association Organization for the Understanding of Cluster Headache (OUCH) US
Venezuela	Grupo Cefaleas Merida

Information about the member organizations can be found on WHA's web site at www.w-h-a.org. List updated in May 2007.

The printing of this brochure was made possible by generous support from MSD Finland Oy.

www.w-h-a.org



WORLD HEADACHE
ALLIANCE

WHA
– increasing awareness,
reducing burden

World Headache Alliance

41, Welbeck Street, W1G 8EA London, UK
E-mail: mail@w-h-a.org

Company limited by guarantee,
registered in England and Wales no. 3464207
Registered Charity no. 1080527

What is the World Headache Alliance?

Headache disorders are disabling. They affect the lives of men, women and children around the world regardless of age and socioeconomic level.

Established in 1997 the World Headache Alliance (WHA) was created to reduce the burden of headache worldwide. WHA works to increase awareness and understanding of headache disorders as a public health concern and to show that headache disorders have significant social and economic impact.

A collaborative global alliance of headache organizations with lay membership, WHA has almost 40 member organizations from nearly 30 different countries around the world. Together we speak on behalf of people whose lives are affected by headache disorders.

WHA encourages and facilitates

- education, mutual support and exchange of views, within and between existing headache organizations;
- the development of new initiatives where no patient representation currently exists;
- activities that inform and influence policy makers and service developers, in support of people affected by headache disorders.

WHA envisages a future world where headache is recognized, respected and relieved – everywhere.

Non-governmental lay organizations with the similar aims as WHA are invited to apply for membership. Individual membership is not available; however, individuals can benefit from information on the WHA website, participate on discussion boards and subscribe to our Heads Up! newsletter.

What does WHA do?

WHA's mission is to work with partners so that the genuine needs of people affected by headache disorders are recognized and relieved everywhere in the world.

WHA's role within the partnership is to speak on behalf of people affected by headache everywhere.

WHA's partners in its mission include the World Health Organization, the International Headache Society, representatives of people with headache worldwide and sponsors from industry and elsewhere.

WHA's activities are founded upon objectives in the four key areas of operation

Networks for knowledge

WHA must know the scope and scale of the burden of headache and of headache-related health-care needs in order to work towards effective solutions. WHA will achieve this knowledge by establishing and developing links and communication channels with people affected by headache and their representatives, including WHA's member organizations;

Partnerships for progress

WHA cannot, on its own, make beneficial change happen, but will promote change by forging alliances with those who can;

Advocacy for awareness

The efforts and actions of the partnerships must be based on a correct understanding of the problem to be solved. WHA must convert its knowledge into widespread awareness of headache as a major public-health problem. Speaking on behalf of people affected by headache worldwide, WHA will achieve this through its website, the world's media and through Lifting The Burden campaign.

Sustainability

WHA has developed its strategic plan so that building the capacity of the Alliance is integrated with the strategic objectives and basis of stability is built on the work WHA does together with its members.

How does WHA pursue its aims?

- Aims to know the scale and scope of burden attributable to headache disorders and their distribution in the world;
- builds an effective membership, strengthens the patient-physician partnership and fosters good working relationships with other interested parties with similar aims;
- reaches out to those affected by headache disorders in parts of the world where they lack representation and voice;
- consults with its member organizations and other interested parties to identify current issues and concerns;
- organizes Global Conventions for lay representatives in parallel to the International Headache Congress;
- strongly supports *Lifting The Burden* campaign as a means of achieving many of WHA's aims;
- seeks partnerships with the World Health Organization (WHO), the International Headache Society (IHS), opinion leaders and governments worldwide, as the basis for a global campaign;
- develops and maintains a multilingual website (www.w-h-a.org) as a pool of information regarding WHA member organizations and the issues surrounding headache disorders worldwide;
- campaigns for September as World Headache Awareness Month (WHAM), working with member organizations, other partners, sponsors and media;
- presents the Elizabeth Garrett Anderson Award to the person or group who will use of it for the relief of the burden of headache anywhere in the world

WHA wishes to thank its many supporters including the International Headache Society, Astra Zeneca, GlaxoSmithKline, Merck, Pfizer Foundation, Sasakawa Foundation and many individuals who have donated their time and help for WHA.