

Anglo-Dutch Migraine Association 1991-2015. Facts and memories

by Peter J Koehler MD, PhD, FAAN

Correspondence:

dr. P. J. Koehler
dept of Neurology
Atrium Medical Centre
PO Box 4446
6401 CX Heerlen
The Netherlands
tel:+ 31 45-5766700
fax:+ 31 45-5767416
E-mail:pkoebler@neurohistory.nl

Abstract

In the year that Boris Yeltsin dissolved the communist party of the Soviet Union, John Major (UK) and Ruud Lubbers (NL) were prime ministers, and we paid with pounds and guilders, two migraine researchers, Timothy Steiner and Leon Hogenhuis, discussed plans to found an association for the study of migraine. They believed that England and the Netherlands had a 'similar approach' in dealing with headache and migraine. They realized it was about time for 'combining forces ...[to] improve the effectiveness for our efforts to ease the lot of the migraine sufferer' not in the least because of the 'rapid expansion in the field'. Their efforts resulted in the formal inauguration of the Anglo-Dutch Migraine Association (ADMA) the first meeting of which was organized in Maastricht in 1991.

Throughout the years the ADMA appeared a successful medium to present ideas, research in progress or study results. Young investigators found a platform to present and although some left, many stayed and are now recognized investigators in the field. Meetings were organized in interesting places in the United Kingdom and the Netherlands. New ways of presenting (junior session, debate session, Marcia Wilkinson lecture, breakout session, Ed Chronicle Bursary Lecture, invited speakers' session) were introduced, many of which became a regular part of the annual meetings. Proceedings of the meetings were published and up to the 2007, ten volumes have appeared containing presentations of 17 meetings. Since 2008, presentations were published online, after the ADMA-website was launched, although the willingness to write a paper seems to have diminished. In contrast the number of photographs increased, demonstrating that the cohesion of the group became more tight.

Many aspects of headache and migraine were discussed throughout the past 25 years, including the introduction in 1991 of sumatriptan, clinical aspects of various types of headache, pharmacological and psychological facets. The evolution of genetic aspects and pathophysiological mechanisms were often commented upon. Other recurrent themes were headache in women and children, headache in first line practice and headache clinics. Historical subjects were also presented.

Social and cultural aspects were not neglected during the ADMA meetings. Scarves and ties for members were designed and worn during meetings. During the first years the social program often contained plays and ballet, but musical performances gradually gained popularity. City walks were rarely lacking on the program. Friendships among the members started and we mourned over the loss of several members who deceased.

Anno 2015 we still pay with pounds (UK), but also with Euros (NL). Many aspects with respect to diagnosis and treatment headache and migraine did not change; others did. After the first meeting of the ADMA in Maastricht (1991), we could not imagine we would celebrate the 25th meeting of an Association that has become so successful. With the present solid base, however, we trust there will be a 50th meeting of the ADMA in 2040.

The year 1991 was a turbulent year. Do you remember news facts of that year? It was the year that Boris Yeltsin dissolved the Communist Party of the Soviet Union. It was the end of the cold war. John Major was prime minister in the UK and Ruud Lubbers in the Netherlands. We paid with pounds or guilders. In the headache world the UK had its Migraine Trust (since 1965) and The Netherlands its Dutch Migraine Association. Two migraine researchers, Timothy Steiner and Leon Hogenhuis, who can now be considered the fathers of the Anglo-Dutch Migraine Association (ADMA), met at several occasions and believed that England and the Netherlands had a "similar approach" with respect to clinical and scientific issues in migraine. They realized it was about time for "combining forces ...[to] improve the effectiveness for our efforts to ease the lot of the migraine sufferer" not in the least because of the "rapid expansion in the field". However, there was another important motivation. The forming of ADMA was to catalyse or be a stepping stone for the foundation of the British and Dutch headache societies, neither of which existed. Marcia Wilkinson had made a failed attempt in UK about 2 years earlier. Discussions led to the formal inauguration of the ADMA, the first meeting of which was organized in Maastricht in 1991. ADMA was very successful in the purpose, since BASH was founded a year later, and the Dutch society in 1997. By then, ADMA had a life of its own.

Although the contributions of the first meeting "not always reflected state of the art", there was much enthusiasm and interest. Several themes for new research were discussed. Attendees voted to hold meetings in various Dutch and British cities in the coming years. Moreover, it was decided to publish proceedings of the meetings.¹



Fig. 1. The founding fathers of the ADMA: Leon Hogenhuis and Timothy Steiner

The organization of the first meeting was largely done by Miriam Wouters-Ackermans, Hogenhuis' former secretary. UK participants arrived (in terrible weather) on Virgin's recently inaugurated flight from London to Maastricht. Contributors to the first meeting were B. Ansink, G. Bruyn, J. Caekebeke, C. Zwetsloot, J. Jansen, P. Saxena & M. Ferrari, H. Connor, W. Feniuk & P. Humphrey, E. Courutier, R. Hering & T Steiner, P. Davies & T. Steiner, J.G. van Dijk, M. Ferrari & W. Visser, J. Hockaday, P. Koehler, M. Mortimer & P. Good, W. Price, C. Villalón & P. Saxena, T. Whitmarsh. The proceedings of the first meeting (fig. 2) received a positive review in the *Nederlands Tijdschrift voor Geneeskunde* (written by Hans Oosterhuis, a respected neurologist at the University of Groningen).² The books were published in large numbers and although the first meeting in Maastricht was well sponsored, financial support during

the subsequent years was hard to get, a reason why we tried to sell the books at international meetings. I remember organizing a stand at the 1994 International Headache Meeting in Paris, but the yields were disappointing.



Fig. 2. Cover of the first volume of the Proceedings of the ADMA

During the first years, the executive committee convened 'between England and the Netherlands' in Hotel Meurice (Calais) several times. I used to pick up Leon Hogenhuis at his home in Sittard and we had pleasant 3-hour trips to Calais, discussing all kinds of subjects. The UK group travelled together by car, crossing the channel by ship or hovercraft. The meetings in Calais were fruitful and included a good lunch.

The second ADMA-meeting was organized in Canterbury by Timothy Steiner. Ulla Schulz and Miriam Wouters were indispensable for the organization. The Dutch group arrived by ferry (Vlissingen – Sheerness), having partied all the way. New at this meeting was the organization of a debating session, in which Pramod Saxena defended the proposition "The entire symptom complex of migraine can be explained on the basis of current pathophysiological theories", after which Nat Blau started his argument with "Let me explain why I disagree". Subjects discussed at this meeting included the influence of colour on visual discomfort in migraineurs & controls (Chronicle), migraine therapy with coloured glasses (Wilkins), referred facial pain from vagus stimulation in the chest (Koehler), pharmacological studies from the Rotterdam group, chest pain in sumatriptan use (Price), cluster headache in twins and should patients with late onset migraine be investigated (Cull). The journey for the Dutch members back home was quite exciting as the train did not arrive at the station on Sunday morning and we had to organize a bus, which arrived at the ferry too late. The captain, however, was friendly and waited for these important migraine researchers.

The 3rd meeting (1993) was organized by Peter Koehler and Miriam Wouters in the bitter cold beach resort of Scheveningen near The Hague. Mulleners presented on the prevalence of migraine, Pearce on prognosis of cluster headache, Sorbi on mood changes, Blau on behaviour during migraine attacks, Coleston on visual changes during migraine, Saxena 5-HT receptor classification, Steiner et al. on medication use, Wilkinson on medication misuse and Koehler on headache in Nicolaas Tulp's *Observationes Medicae* (1641), after which Miriam Wouters presented a 'tulp' (tulip) to all attendees.

The first Marcia Wilkinson Lecture was given by Marcia Wilkinson. A visit to the Nederlands Dans Theater in The Hague was organized preceding the scientific meeting and dinner after the meeting was held at Hotel des Indes, a splendid place in The Hague evoking memories to the days of the Dutch East Indies. Merton Sandler gave a marvellous speech, but at a certain moment was replaced by his wife, who appeared rather more capable and remarked that this was not the first time.

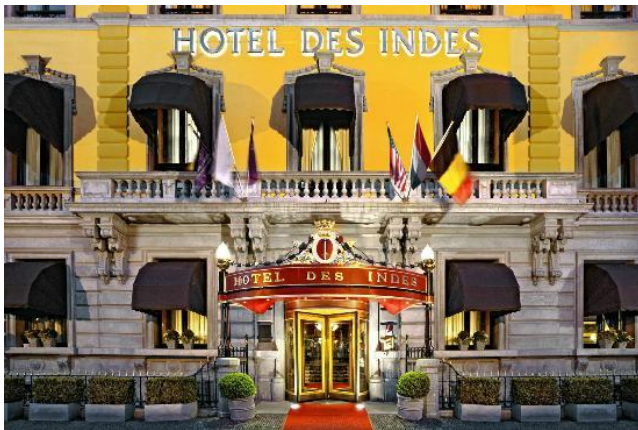


Fig. 3. Hotel des Indes, The Hague

The 4th meeting (1994) organized by Des Carroll and Ulla Schultz in Arundel, near the magnificent castle (fig. 4), included presentations on the prevalence of migraine (vd Wijngaert), spreading depression (Gardner-Melvin), on Nitrous Oxide (Van Gelderen) and other pharmacological studies by Stam & Bruinvels, MacGregor presented on menstrual migraine, Couturier on caffeine and Valkenburg on Tolosa Hunt syndrome / cluster headache. Chronicle and Mulleners discussed the question whether migraine can damage the brain. The debate session between John Pearce and Joost Haan was on the proposition "There is insufficient evidence to support the belief that migraine is hereditary". The social program of this meeting included a visit to Arundel castle, dinner and a play following the scientific sessions in nearby Chichester (the play was Sheridan's *The Rivals* at the Minerva Theatre).



Fig. 4. Arundel castle

The 5th meeting (1995) was organized by Miriam Wouters and Leon Hogenhuis in Hotel De Keizerskroon near the Loo Palace in Apeldoorn. Papers were presented by Savundra on migraine and vertigo, vd Zwan on headache & cervical spine, Cull on late-onset migraine, Arends on migraine & heart rate variability, Jarrett on red wine and 5-HT, Smits on migraine and circadian rhythm, Sorbi on computer diary, Kruij &

Koehler on the diagnosis of cluster headache in primary care. Spiering and Cull debated on "The continuum of headache syndromes: an appreciation of the dynamic nature of headache". John Pearce presented the 3rd Marcia Wilkinson Lecture on "Headaches & Diagnoses". Although the ADMA publications appeared on a yearly base, the texts of this meeting had to wait until 2002. The social programme included a visit to the rooms of the Royal Palace (fig. 5), very knowledgeably led by Leon Hogenhuis. Also, for a few, there was a visit and occasion for personal remembrance to the nearby World War II cemetery.



Fig. 5. Loo Palace near Apeldoorn

The 6th meeting (1996) was organized by Anne MacGregor and Ulla Schultz nearby Marcia Wilkinson's home in Mildenhall (north-east of Cambridge). From this meeting onwards, sponsorship was poor and money limited. Meetings were run on a shoestring. Unfortunately, I did not find details on this meeting. George Bruyn, emeritus professor of neurology at Leiden university (fig. 6) presented the 4th Marcia Wilkinson Lecture on "Migraine. A Head in Digression". At this point it is useful to inform the reader that presenters of this Lecture always receive a present, which in 1996 was a couple of bottles with good whisky. Between the scientific sessions and dinner, George invited a number of attendees to share the first bottle with him. It was an enjoyable hour, during which he was most entertaining as most of us, who knew him will remember.



Fig. 6. George W. Bruyn

The 7th meeting (1997) took place in 's Hertogenbosch, where an interesting program had been put together. The meeting was organized by Jos Hartman. Koppejan talked on sumatriptan induced headache, Davies on headache clinics, De Vries on antimigrainous agents in animal models, Shepherd on colour discrimination in migraineurs, MacGregor on combined oral contraceptives, migraine & stroke, Van Suijlekom on cervicogenic headache, Maassen vd Brink on coronary side effects of anti-migraine drugs, Godbolt on VEP in migraine, Mulder on cognitive functioning & mood, Coleston on psychological factors in headache, Blau on unmixing mixed headaches, Koehler on Van Beverwijck. Carroll presented the 5th Marcia Wilkinson Lecture on "Through the looking glass". New at this meeting was a special junior session, chaired by John Pearce. Marcia Wilkinson (fig.7), in her introduction of the proceedings of this meeting wrote:

.... A reception and an excellent dinner at "The Orangerie". This was quite an experience as it was a very special venue being a converted church. All in all the meeting was a great success and very much enjoyed by both the British guests and their Dutch hosts

It was indeed an interesting experience to leave after dinner in the evening, having to pass through the church in which a gay club party is held.



Fig. 7. Marcia Wilkinson

For the 8th meeting (1998) we went to Durham not far from Newcastle. David Bates organized the meeting at the Royal County Hotel. Presentations were given by Tijssen on the agreement between GP's & neurologists with respect to the type of headache, Sorbi on computer diaries, MacGregor on estrogen replacement, Keyser on migraine & stroke, Eekers on cluster headache & smoking, Mulleners on cortical hyperexcitability, Chronicle & Palmer on cortical function & psychophysics and E. Willems on porcine carotids & eletriptan. Pramod Saxena presented the 6th Marcia Wilkinson Lecture on "Migraine & Serotonin". Dinner was at the magnificent Durham Castle near the Cathedral. The social programme included a visit to Beamish, "the living museum of the North", displaying life as it was in a Durham village in the 1820s, 1910s and 1940s.



Fig. 8. Durham castle

The scientific sessions of the 9th meeting were held at Leiden University (1999; fig. 9) and organized by Michel Ferrari and his colleagues. The attendees stayed at Oud Poelgeest out of Leiden, a place where Herman Boerhaave lived in a nice small castle in the early 18th century (fig. 10) . I was unable to identify all presentations of this meeting, but the following persons at least did talk there. Singh et al. on Constipation & headache, Christiaans on headache in patients with cancer and Vd Broek on eletriptan and sumatriptan in human isolated blood vessels. Nat Blau (fig. 11) presented the 7th Marcia Wilkinson Lecture on "Migraine is solvable, but how?".



Fig. 9. Leiden University



Fig. 10. Boerhaave's Oud-Poelgeest castle



Fig. 11 Nat Blau

For the 10th meeting (2000) we had to go to Scotland, notably Edinburgh and of course Roger Cull was responsible for the organization at the Royal College of Physicians (fig. 12) there. Presentations were held by De Hoon, Bhalla and vd Broek on 5-HT receptors and agonists, Spierings on the headache continuum, Shepherd on the visual system in migraineurs. Peter Goadsby was guest at this meeting.

Peter Koehler held the 8th Marcia Wilkinson Lecture on "Headache history & history of headache. A day on 'Cephamal Farm'".



Fig. 12. Royal College of Physicians (Edinburgh)

The 11th meeting (2001) was organized by Marjolein Sorbi and her team in Utrecht in the Senaatszaal at the Academy building (fig.13). The following persons presented: Kadry on chronic daily headache, De Hoon on interictal vascular changes in migraine, Blau on basilar artery migraine & hemiplegic migraine, Goadsby on post-synaptic effects of triptans in the trigeminocervical complex, Rahimtoola et al. on migraine and coumarin therapy, and special guest speaker Ottar Sjaastad from Norway on cervicogenic headache. Merton Sandler had the honour to present the 9th Marcia Wilkinson Lecture on "Biochemical aspects of migraine".



Fig. 13. Academy building, Utrecht



Fig. 14. Merton Sandler

In 2002 we went to Warwick, staying at Lord Leycester Hotel (fig. 15). The meeting was organized by Ulla Schultz, assisted by Timothy Steiner. A new feature at this meeting was the organization of a breakout session, in which groups of participants talked about subjects like Chronic migraine, Cost-effectiveness of triptans and "Moskowitz is right". Free presentations were given by Haan on cyclic vomiting, Dahlem on migraine with aura, Shepherd on colour sensitivity, Elrington on imaging in headache management, vd Heijden on anticoagulants and Blau on benefits of migraine. Jos Hartman presented the 10th Marcia Wilkinson Lecture on "Question marks". As Stratford upon Avon was nearby, a part of the social program was organized there, notably a visit to a marvellous Shakespeare play at the Royal Shakespeare Theatre: Antony & Cleopatra. This was followed by relaxation at the well-known Dirty Duck Ale House (less

familiarly known as the Black Swan, fig. 17). The spectacular Warwick castle was available, across the road, to those who wished to visit next day.

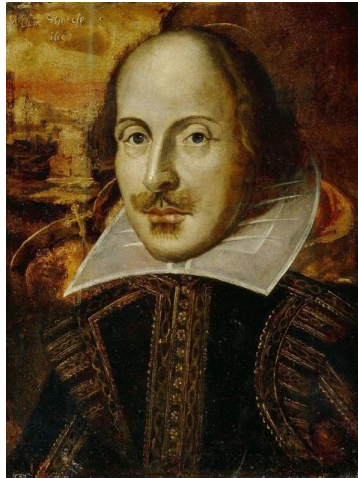


Fig. 15. Warwick hotel Fig. 16. William Shakespeare Fig. 17. Dirty Duck Ale House (Stratford upon Avon)

And then we moved to Rotterdam in 2003, the home of the pharmacologist research group that often presented at past ADMA-meetings. The meeting, presumably organized by Saxena and his colleagues, was held at the NH Atlanta Hotel in the city centre. Presentations were given on pharmacological subjects by members of the group just mentioned; furthermore Chronicle presented on cognitive functioning in migraine, Kruise on electronic guidance of behaviour, Mérelle on trigger-management, Lohman on anti-migraine drug use, Strijbos on anti-epileptic drugs and Haan on genetics. Anne MacGregor gave the 11th Marcia Wilkinson Lecture on "The trouble with women". Steve Peroutka was welcomed as special guest, talking about "Sympathetic nervous function".



Fig. 18. Rotterdam



Fig. 19. Anne MacGregor

In 2004 Paul Davies organized a meeting, the 14th, in the Moat House Hotel in Chester, a nice town south of Liverpool. Here we had presentations by Longmore on triptans, Dekker on triptan use, Custers on traumatic aura, Fursdon Davies on headache diary, Kernick on migraine & chaos theory, R. Lane on primary headache and S. Mehrottra on molecular cloning. Antoine Keyser presented the 12th Marcia Wilkinson Lecture on "Migraine after 400 years; a clinician's view". One of the memorable parts of the social program was that the organizers invited a band from nearby Liverpool, very much resembling the Beatles, resulting in empty chairs after dinner and a full dance floor.



Fig. 20. Chester



Fig. 21. A. Keyser

The 15th meeting (2005) was held in the eastern Dutch city of Nijmegen; it was organized by Wim Mulleners. The scientific programme was presented at the hospital in which Mulleners is practicing, notably the Canisius-Wilhelmina Hospital. The scientific programme included presentations by Gupta on murine migraine model using intravital microscopy, Vanmolkot on CGRP-induced vasodilatation, Kernick on health economics and headache, Peters on management strategies for general practitioner, Koehler on seminal cases in the history of migraine, Shepherd on motion after-effects, Eekers on Dutch Headache Clinics, Blau on migraine triggers, Sorbi on online internet support and Sutorius on idiopathic intracranial hypertension. Time Steiner presented the 13th Marcia Wilkinson Lecture on "WHO cares about headache". The social program included a dinner at the Vereeniging, during which neurologists played some superb pieces of chamber music on piano and violin.



Fig. 22. Nijmegen



Fig. 23 Timothy Steiner

Exeter is the city in south-east England, where the 16th meeting was organized by David Kernick and his team. We convened in the Royal Clarence Hotel opposite the cathedral (fig. 24). Some of us had a view on the magnificent building from bath or bed and of course a guided city tour was programmed. A number of interesting papers was presented at the scientific meeting including those by Aziz on deep brain stimulation in cluster headache, Vd Schueren on capsaicin-neurogenic inflammation, Tibber on orientation discrimination and contrast detection thresholds, Mehrotra on pharmacological targets in migraine, Gupta on sex steroids in migraine pathophysiology, V Bokhorst on migraine at work, Turner on headache services, Mitchell on patients and practitioners researching migraine together, Imam on spontaneous intracranial hypotension, Blau on the term tension-type headache and Kernick on headache services. Jan v.d. Zwan had the honour to present the 14th Marcia Wilkinson Lecture "Chocolate, craving and triggering".



Fig. 24. Exeter Cathedral



Fig. 25

Choosing the city of Leuven for the 17th meeting in 2007, organized by Jan de Hoon, must have been inspired by the historical fact that Belgium once belonged to the (southern) Netherlands. It is also the city where Andreas Vesalius studied medicine (16th century). We stayed in a hotel in the ancient beguine area at a walking distance of the gothic style city hall (fig.26). Not all presentations at this meeting could be traced, but at least we had papers by Vd Schueren on migraine & pharmacokinetics & gastric emptying, Vanmolkot on arterial structure & migraine, Vd Toorn on dipyridamol and headache, Staatsen on the red ear syndrome and Steiner on clinical research in headache (Where is the future taking us?). Roger Cull (fig. 27) presented the 15th Marcia Wilkinson Lecture "Is migraine really a disease". It was the last meeting of which the papers were published in a paper volume of *Headache and migraine* (vol.10; fig. 28), edited by Couturier, Sorbi & Bokhorst. During this meeting that we heard the sad news of Ed Chronicle's decease in February 2007 (fig. 25). An "In Memoriam" was published in vol. 10 (pp.17-9) of *Headache and Migraine*.



Fig. 26. Leuven town hall



Fig. 27 Roger Cull

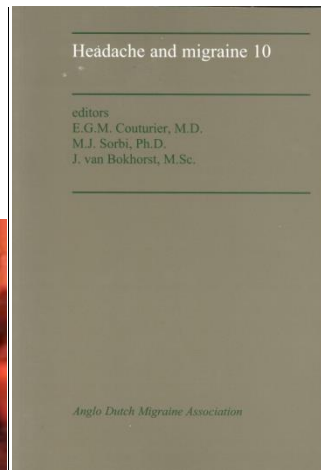


Fig.28. Final paper volume

For the 18th meeting (2008) we went to Derbyshire, the spa town of Buxton, gateway to the Peak District National Park. It was organized by Dons Coleston-Shields in the Dome (fig. 29), once a magnificent 18th Century stable block built by the 5th Duke of Devonshire to house the horses and servants of the guests of the Crescent Hotels, what is now the new campus of the University of Derby. The program started with presentations by invited speakers, a new part with comparison to previous

meetings. Invited speakers were Haan on genetics, Nurmikko on facial pain and Matharu on cluster headache. Free presentations were given by MacGregor on serotonin syndrome, Lane on symptomatic migraine, Haane on CH & O₂, Price on SAH, Weatherall on anti-phospholipid syndrome, Vd Heuvel on e-health and Kernick on brain tumour. Debate and presentations on medication overuse by Elrington and Dekker followed. Marjolein Sorbi (fig. 30) presented the 16th Marcia Wilkinson Lecture on "Behaviour counts". This is the first meeting of which papers were published on the ADMA-website.



Fig. 29. Dome (Buxton)



Fig. 30 Marjolein Sorbi

The 2009 meeting was organized by Emile Couturier in a hotel at the Prinsengracht (Pulitzer hotel) in the middle of old Amsterdam. Invited speakers were Koehler on non-drug treatment in migraine and Matharu on occipital nerve stimulation. Unfortunately John Pearce was unable to give his invited lecture due to healthy issues with his wife. Free presentations at this meeting were given by Ter Berg on glossopharyngeal neuralgia, Chan on migraine pharmacology, Kernick on headache in children, Backx on cluster headache & oxygen, Lane on exertional cephalalgias and Carpay on epilepsy & migraine. The breakout session, in which subjects are discussed in small groups after which the main conclusions are presented in a plenary session, was on the theme "Psychology & Headache". The 17th Marcia Wilkinson Lecture was given by Richard Peatfield (fig. 32) trying to answer the question "Has headache any purpose". Following the scientific meeting we made a boat tour through the canals to a restaurant in the red light district "Paleis van de Weemoed" (Palace of Melancholy), where dinner was served accompanied by a cabaret. As taxi's were unable to serve the restaurant, the way back to the hotel in smart suit through the red light district was a bit embarrassing. All the same it was an interesting and inspiring meeting.



Fig. 31. Palace of Melancholy (Amsterdam). At the left Sue Lipscombe, Richard Peatfield; dancing Russell Lane and in the front Hans Carpay. Fig. 32. Richard Peatfield

After Amsterdam, of course East London was not a bad choice for the 20th meeting (2010), organized by Giles Elrington. The programme started with a visit to the museum of the Royal London Hospital, where several interesting items are displayed including the skeleton of Joseph Merrick (elephant man; see fig. 36). We stayed at the East End City Hotel and the scientific meeting was held at the White Chapel Gallery. The theme for the invited speakers (introduced by Elrington, including Giovannoni, Wadley and Matharu) was "Trigeminal neuralgia". Free presentations were given by Sorbi on online clinical headache support, Peatfield on spiked drinks, De Ceuster on cardiac myxoma & migraine aura's, Lane & Davies on vasospasm and Weatherall on preventive treatments. The Ed Chronicle Bursary Lecture was held by C. Newman (et al.) on "Developing a Chronic Headache Psychology Service in Plymouth". The theme for the breakout sessions was "Uncertainty in clinical practice". The 18th Marcia Wilkinson Lecture was presented by Joost Haan on "The art of migraine genetics". The social programme included a Lambeth Walk sing-song evening in the pub.



Fig. 33. Royal London Hospital



Fig. 34 White Chapel Gallery



Fig. 35 Joost Haan



Fig. 36. Skeleton of Joseph Merrick (Elephant Man); Royal London Hospital

For the 21st meeting in 2011 we went back to Maastricht, city of Roman origin, where the ADMA was founded 20 years previously. The meeting was organized by Ton van Diepen and Anouk Custers and we stayed at the Derlon Hotel. The scientific program was held in a room at the Onze Lieve Vrouwe Basiliek. Invited speakers were A. de Craen (on placebo/nocebo effects) and A. Omar (on legislation in clinical trials). Free presentations were given by Geerlings on rebound after O₂ in cluster headache, Pijpers in aspirin prophylaxis in migraine with aura, Ibrahim on CGRP release and Colestone on self-harm and suicide in headache. Paul Davies (fig. 38) presented the 19th Marcia Wilkinson Lecture on "Trying to understand headache. Models, Concepts and Ideas". Closing dinner was organized at the Groote Sociëteit on one of the best known squares in the southern part of the Netherlands (Vrijthof).



Fig. 37. St. Servaas bridge over the Maas river, Maastricht and impression of the scientific meeting



Fig. 38. Ton van Diepen & Paul Davies

The 22nd meeting (2012) was organized by Sue Lipscombe in Brighton (Old Ship Hotel with a view on the sea). The social program included a visit to the Royal Pavilion (fig. 39), a former royal residence in Indo-Saracenic style. The theme of the first part of the scientific program was paediatric headache and presentations were given by Bruijn, Kernick, vd Berg and Carbaat. Free presentations were given by Dekker on prevention in primary care, Dowson on chronic migraine and botulinum toxin, Dirkx on the history of oxygen treatment in cluster headache, Haane on the blink reflex in cluster headache, Mascheroni on motion after effects in migraine, Lane on valsalva test in cough headache and Elrington on TMS for migraine. The Ed Chronicle Bursary Lecture was presented by A. Kleiboer on "Behavioural attack prevention in migraine: How can technologies help?" The 20th Marcia Wilkinson Lecture was given by Antoinette Maassen van den Brink on "Blood vessels and migraine; from organ bath to woman".



Fig. 39. The Brighton Pavilion and participants of the Brighton ADMA meeting at the Old Ship Hotel

Haarlem is an old picturesque city (city status in 1245) east of Amsterdam, where the 23rd ADMA-meeting (2013) was organized by Hans Carpay (assisted by Joop Kuster; fig. 41) in 2013. We stayed at the Grand Hotel Frans Hals close to the Great Church. The scientific programme started with three invited lectures by Richard Peatfield (Migraine forever!), Gisela Terwindt (Chronification of migraine) and Zameel Cader (Brain networks underpinning sensitization?). Free presentations were given by Elrington on hypnotherapy in migraine, Vente on Special spectacles blunts migraine in Menière patients, Labruijere on Methylation of migraine-related genes in different tissues, Dirkx on Post-operative cluster headache following carotid endarterectomy, Shepherd on Noise in the visual system in migraine, Haan on Headache after sneezing. A breakout session was organized on "Where is research of headache going". Manjit Matharu (fig. 43) presented the 21st Marcia Wilkinson Lecture on cervicogenic headache. We had dinner at the "Lachende Javaan" (Indonesian food).



Fig. 41. Hans Carpay & Joop Kuster

Fig. 42. Impressions from the Haarlem meeting (2013)



Fig. 43. Manjit Matharu



Fig. 44. Participants of Haarlem ADMA meeting

Russell Lane and Paul Davies organized the 24th ADMA meeting (2014) in Greenwich notable of its maritime history. The social programme included a visit to the Cutty Sark, a British clipper ship (1869) and a tour on river Thames. Indeed the scientific part was held in Howe Lecture Theatre at the Queen Ann building of the old buildings of the previous Royal Naval College (the buildings of which once started as the Royal Hospital for Seamen at Greenwich in 1692), now belonging to the university of Greenwich. During one of the breaks we had the opportunity to visit nearby Painted Hall. Invited speakers during the first part of the meeting were Squier (on trigeminal nerve and neurogenic inflammation), May (on neurostimulation) and Goadsby (on indomethacin and trigeminal nerve activity). Free presentations were given by Chan (on CGRP), Valori on activation of the trigeminal in the occipital region, Miller on DBS in SUNCT/SUNA, Sorbi & Kleiboer on behavioural training through the internet, Vd Berg on headache nurses and Koehler on persistent aura. A themed session on the public perception of headache was chaired by Giles Elrington with short introductions by Davies, Astbury, Thomas, Chatwin and Turkoglu. A breakout session has become traditional and was also organized at this meeting. The Ed Chronicle Memorial Lecture was presented by Shepherd on environmental triggers. Wim Mulleners presented the 22nd Marcia Wilkinson Lecture on "Cortical dysexcitability in migraine: science and semantics". During dinner that evening we finally heard how exactly the Anglo-Dutch Wars went during the 17th and 18th century, as the organizers had invited a historian, who was well informed.



Fig. 45. Previous Royal Naval College now part of Greenwich University Fig. 46. Wim Mulleners Fig. 47. Dutch attack on the Medway part of Greenwich University

Contemplation

Writing this review in the spring of 2015, 24 ADMA meetings were organized, 22 Marcia Wilkinson Lectures presented and 10 volumes of *Headache & Migraine* published. Society and the "headache community" changed during the past 25 years as did the ADMA. We stopped publishing paper volumes

of the proceedings and built a website were gradually the number of photographs is exceeding the number of published papers.

In the field of headache research subjects have changed. One of the main events in 1991 was the introduction of the first of a series of triptans (sumatriptan s.c.). Since then the focus of pharmacological interest moved from 5HT to CGRP. Furthermore, genetics have become more important and at least 3 hereditary types of familial hemiplegic migraine (FHM) have been described in detail. Migraine has become an ion-channel disorder. The numbers of papers on migraine and cluster headache have increased enormously (on PubMed from 7,034 & 836 hits on migraine & CH, respectively in 1991 to 29,856 & 3,242 in 2015) and although these afflictions can be controlled much better than before 1991, not in the least because headache has become a serious clinical and research subject that moved from the 19th to 8th place on the GBD (Global Burden of Disease) list of the WHO, we are still waiting for better understanding of the pathophysiology and improved possibilities with respect to prophylaxis. The latter subject in particular did not receive enough attention in a medical-pharmacological world that is driven largely by companies with pursuit of profit.

What happened with the ADMA over the past 25 years? We lost dedicated members, many of whom too early, including George Bruyn, Nat Blau, Koos Berendes, Marcia Wilkinson, Edward Chronicle and Merton Sandler. Fortunately, we have observed interest among many young professionals, several of whom only attended once or twice, but many of whom have been participating through the years, becoming seniors and members of the Executive Committee. The ADMA has become a platform for young investigators to present ideas or results of their studies. Next to presenting papers, several new initiatives were taken (debating session, junior session), some of which still part of present meetings (break out session, invited speakers). Recurrent themes during meetings have been clinical practice, pathophysiology, pharmacology, psychology, genetics, headache in children, migraine in women, history of (headache) medicine, headache in 1st line practice (GP's) and headache clinics.

The social program has always been an important part of the yearly meetings. Several members were accompanied by their partners and friendships have grown. Scarves and shawls were designed and increasingly used during meetings. During the early years we visited plays and ballet. Later, musical entertainment became more important. City walks were organized in many of the cities, where ADMA meetings were organized. Unfortunately, we do not have photographs of the early ADMA meetings, but perhaps, members, when reading this text, will be encouraged to look in their personal archives and find pictures of those days.



Fig. 48 ADMA ties and scarves



Fig.49. Musical entertainment

It is clear after these 25 years that Leon Hogenhuis and Tim Steiner were visionary. After the first meeting of the ADMA in Maastricht (1991), some of us could not imagine that we would celebrate the 25th meeting of an Association that has become so successful. With the present solid base, however, we trust there will be a 50th meeting of the ADMA in 2040.

Let me finish this review with a message from Leon Hogenhuis, who, due to health issues, was unable to attend the 25th meeting in Valencia:

"On the occasion of the 25th anniversary of the ADMA, I am profoundly happy to see the society that Dr. Timothy Steiner and I jointly founded, is now celebrating a quarter century of productive efforts and collaborative research. Unfortunately, my health does not permit me to join you in Valencia to celebrate this great milestone. I wish and fervently hope that you will maintain the course of this important tradition of friendship and sincerity that we built together. I wish a long life to the Anglo Dutch Migraine Association"!

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