Mayo Clinic
Headache Symposium

Friday – Saturday
April 2-3, 2004

The Fairmont Scottsdale Princess
Scottsdale, Arizona

Mayo School of Continuing Medical Education
COURSE DESCRIPTION

This course will provide the participant with an evidence-based and practical approach to the management of migraine, chronic daily headache, cluster headache and medication overuse (analgesic rebound) headache. Participants will be able to recognize the unique diagnostic and therapeutic aspects of basilar, hemiplegic, and vestibular migraine, as well as formulate a diagnostic and therapeutic strategy for patients with syndromes of high and low intracranial pressure. The rationale, risks and benefits of occipital nerve blocks and botulinum toxin type A will be discussed and demonstrations of injection technique and strategies will be illustrated during the workshops. Participants will also be able to assess the risks and benefits associated with the use of hormone-replacement and oral contraceptive therapy in women with migraines. The diagnostic and management approach to patients with cluster headache and other related trigeminal autonomic cephalgias will be covered, as will the approach to patients presented to the emergency department with a primary complaint of headache. Some topics, such as the evaluation of patients at risk for cardiovascular disease before receiving a triptan, not covered during the formal didactic portion of the course, will be reviewed during case presentations and expert panel discussions. The cardiovascular safety profile of the triptans and the relationship between female hormones on migraine, throughout the reproductive life cycle, will be discussed. The participant will also be able to formulate a diagnostic and management approach to thunderclap headache, idiopathic intracranial hypertension, migrainous stroke, facial pain, and indomethacin responsive headache disorders.

TARGET AUDIENCE

Specialists with an interest in headache and facial pain (neurologists, ENT physicians, anesthesiologists, ER physicians, physiatrists), as well as primary care physicians, internists, nurses, psychologists, physician assistants, physical therapists, and other allied health personnel with an interest in headache.

COURSE LEARNING OBJECTIVES

Upon completion of this course, participants should be able to:

• Explain the underlying pathogenesis of migraine and chronic daily headache
• Implement evidence-based guidelines for acute and preventative migraine treatment in adults
• Explain the mechanism of action of acute and preventative therapies
• Formulate an approach to the patient with chronic daily headache and analgesic rebound headache
• Differentiate the important diagnostic and therapeutic differences between the trigeminal autonomic cephalgias
• Assess the risks and benefits and formulate an approach to the use of hormone-replacement therapy and oral contraceptive agents in women with migraine
• Explain the unique diagnostic and therapeutic features of basilar, hemiplegic, and vestibular migraine
• Formulate a diagnostic and management approach to patients who come to the emergency department with a primary complaint of headache
• Assess the rational, risks, and benefits of occipital nerve blocks and botulinum toxin type A in the management of primary headache disorders
• Implement a diagnostic and therapeutic approach to the patient with idopathic intracranial hypertension and spontaneous intracranial hypotension due to CSF leaks

CREDIT

Mayo Foundation is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Mayo Foundation designates this educational activity for a maximum of 10.25 credits in category 1 credit towards the AMA Physician’s Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational activity. This activity has been reviewed and is acceptable for up to 10.25 prescribed credit hours by the American Academy of Family Physicians.
MEETING LOCATION

West of the Superstitions, where the McDowell Mountains frame the Sonoran desert, there is a resort unlike any other in the world. Situated on 450 acres in north Scottsdale, The Fairmont Scottsdale Princess is a stylish city of adobe and panache in the American desert. Augmented by the colors of the earth, old stone, saguaro and cottonwood, The Princess offers guests a resort experience unequalled, anywhere. The Fairmont Scottsdale Princess offers a total of 650 richly furnished guestrooms, including two Presidential Suites, 23 suites, and 119 casitas. All guestrooms have well-defined living and work areas, terraces, wet bars, refrigerators, and enormous luxury bathrooms. Blending high style and comfort, guest rooms feature the subtle undertone, earthy accents and patterns of the southwest. There are four guestroom categories from standard to premier, and six types of suites, which will cater to every accommodation need. Explore a breathtaking array of extraordinary restaurants offering a myriad of dining experiences to suit any taste. The Fairmont Scottsdale Princess is located at 7575 East Princess Drive in Scottsdale, Arizona. For more information on the resort, visit their website at www.fairmont.com

The resort is a 20-mile drive from Phoenix Sky Harbor International Airport.

RECREATION/LEISURE ACTIVITIES

The recreational facilities at the Scottsdale Princess are among the most complete and finest of any resort hotel in the world. There are two 18-hole golf courses adjacent to the hotel – one of them is home to the PGA Tour’s Phoenix Open. The hotel also features tennis facilities, racquet and squash courts, three magnificent heated pools, two hot tubs, and a 10,000 sq. ft. spa & fitness center, offering a full range of health and beauty treatments including saunas, steam baths, herbal wraps, and massages. Other activities include sand/water volleyball, indoor/outdoor basketball, one-mile fitness trail, fishing, desert bicycling, and a children’s program.

Many other recreation and leisure activities are listed via the web at: www.phoenixcvb.com.

VIEW ARIZONA – OPTIONAL TOURS

Each of the following activities will be offered on Saturday afternoon, April 3, 2004. You are encouraged to make an advanced reservation, securing your space on one of these exciting tours that represent a unique southwestern experience. Further information will be included with your registration confirmation letter.

DESERT JEEP TOUR (1:00pm-5:00pm)

While the Sonoran Desert offers some of the most fascinating, scenic, rugged terrain in the western United States, there are few ways to access most of it. This is the domain of the strong – the determined – the four-wheel drive jeep. Climb steep embankments and cross waterways that appear un-crossable. Your drivers are also well-versed in the legends and lore of the desert, and will pass on tidbits of history as you make your way through the dense foliage. Cost is $86 per person.

FRANK LLOYD WRIGHT’S TALIESIN WEST (1:00pm-4:30pm)

In 1937, Frank Lloyd Wright designed and built the remarkable set of buildings in the foothills of the McDowell Mountains. During this 90 minute walking tour, your guide will explain the history and importance of the architecture, as well as the man. Cost is $75 per person.

HUMMER TOUR (1:00pm-5:00pm)

There is no other stretch of land like the Tonto National Forest, and there is no vehicle on earth like the Hummer. The Hummer’s wide wheebase and variable height allow it to travel where no other vehicle ever could. Ride along steep ridges and sandy washes in this incredible vehicle. There are no dead ends… HANG ON! You have never experienced an off road tour like this! Cost is $130 per person.

Note: Mayo Clinic and their respective parent, subsidiary and affiliated companies maintain no control over the personnel, equipment or operations of any carrier, hotel, or other entity furnishing services, products or accommodations as part of the trip, and shall not be liable for any injury, damage, loss, or irregularity caused or contributed to: 1) By any act or omission on the part of these suppliers, or 2) By any defect of equipment furnished by any of these suppliers; or 3) By any act or omission on the part of any other person; or 4) By any other cause whatsoever beyond the direct control of Mayo Clinic.
DISCLAIMER

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures, which may be discussed or taught in this course.

REGISTRATION

To register, please complete the attached registration form and return with payment. If you are using a credit card, you may fax your registration form to 1-480-301-8323.

The registration fee for physicians active in practice is $295 through 3/1/04 and $325 thereafter. This fee includes: course tuition, continental breakfasts, lunch on Friday, refreshment breaks, a welcome reception for two; and a comprehensive course syllabus. Special rates are available for allied health – please call to obtain registration fees. A letter of confirmation will be sent upon receipt of payment and completed registration form. Please have this letter accessible when checking in at the meeting registration desk. If you do not receive a confirmation letter, please call 1-480-301-4580, or send an e-mail to mcs.cme@mayo.edu.

No refund will be granted unless a written notice of cancellation is received. If registration must be canceled, tuition less a $50 administrative fee will be refunded when notification of cancellation is received prior to March 19, 2004. No refunds will be made after March 19th.

For additional information, call Mayo School of Continuing Medical Education, Mayo Clinic, at 1-480-301-4580 or e-mail mcs.cme@mayo.edu.

Although it is not Mayo Clinic’s policy to limit the number of registrants for a course, resort conference room facilities may necessitate closure of enrollment. Early registration is strongly recommended. Walk-in registrations cannot be guaranteed.

In case of an emergency, you may be reached at the conference by calling 1-480-585-4848.

Mayo School of Continuing Medical Education uses multiple mailing lists and cannot always eliminate duplications. Please post or share any extras with colleagues.

LODGING ACCOMMODATIONS

Hotel rooms in The Valley are limited. You are urged to make reservations early. The Fairmont Scottsdale Princess has reserved a limited block of luxurious guestrooms at a special rate of $259* single or double occupancy per night. *Additional resort service fees and applicable taxes are not included in this rate. Please contact the resort directly for further information.

To make your reservation, call 1-800-344-4758. Be sure to state that you are attending the Mayo Clinic 2004 Headache Symposium. Group rates will be honored three (3) days prior and three (3) days following the course dates, based upon space availability.

In order to receive the special rate, reservations must be made before the room block is filled or the expiration date of March 4, 2004. Reservations will be taken following this date based upon resort room availability, at the contracted meeting rate.

TRAVEL ARRANGEMENTS

Please be sure to confirm your course registration prior to making your travel arrangements. When making reservations, please state that you are attending the Mayo Clinic 2004 Headache Symposium.

Air: America West Airlines is the official airline for this course. Reduced airline rates are available by calling America West Airlines at 1-800-548-7575. CAMS File Code: 2011. Valid date(s) of travel are: March 28 – April 8, 2004

Ground Transportation: Hertz is offering a reduced daily rate for participants attending the course. Call 1-800-654-2240 and refer to CV Number 022Q1480 when making reservations. Supershuttle vans offer airport transportation to and from the hotel. To make reservations, call 1-602-244-9000.
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DISTINGUISHED GUEST FACULTY

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FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Foundation must ensure balance, independence, objectivity and scientific rigor in its educational activities. All faculty participating in a Mayo Foundation activity are required to disclose commitments to and/or relationships with pharmaceutical companies, biomedical device manufacturers or distributors, or others whose products or services may be considered to be related to the subject matter of the educational activity. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these commitments and/or relationships will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.
Friday April 2, 2004

7:30 a.m.  Registration, Continental Breakfast and Industry Exhibits
8:30  Opening Remarks and Introduction
   David W. Dodick MD, FRCPC, FACP

PATHOGENESIS AND TREATMENT OF PRIMARY HEADACHE DISORDERS
Moderator: David W. Dodick MD, FRCPC, FACP

8:45  Migraine and Chronic Daily Headache: Pathogenesis
   F. Michael Cutrer, MD

9:15  Headache Diagnosis: Distinguishing Benign from Malignant Headaches
   David W. Dodick, MD, FRCPC, FACP

9:45  Break – Industry Exhibits and Refreshments

10:15  Acute Migraine Treatment: Optimal Strategies for Improving Outcomes
   Elizabeth W. Loder, MD

10:45  Migraine Prevention: Pearls for Practice
   John G. Edmeads, MD, FRCPC, FACP

11:15  Case Presentations and Panel Discussion
   Moderator: R. Allan Purdy, MD, FRCPC

12:00 p.m.  Complimentary Lunch and Industry Exhibits

THE CHALLENGING HEADACHE PATIENT
Moderator: Stephen D. Silberstein, MD

1:00  Distinguishing Migraine from Tension and Sinus Headache
   Eric J. Eross, DO

1:30  Headache in the Emergency Department: Evaluation and Management
   Jerry W. Swanson, MD, FACP

2:00  Idiopathic Intracranial Hypertension (Pseudotumor Cerebri)
   Michael Wall, MD

2:30  Break – Industry Exhibits and Refreshments

3:00  Clinical, Imaging and Treatment Aspects of Low CSF Pressure/Volume Syndrome
   Bahram Mokri, MD

3:30  Managing Chronic Daily Headache and Medication Overuse Headache
   Stephen D. Silberstein, MD

4:00  Occipital Nerve Block and Botulinum Toxin Injections: Indications, Rationale, and Live-Patient Demonstration Workshops
   David W. Dodick, MD, FRCPC, FACP and Terrence L. Trentman, MD

5:00  Adjourn

6:00-8:00 p.m.  Welcome Reception  (optional event – pre-registration required)

Saturday April 3, 2004

7:00 a.m.  Continental Breakfast and Industry Exhibits

UNIQUE HEADACHE SYNDROMES
Moderator: John G. Edmeads, MD, FRCPC, FACP

8:00  Cluster and the Trigeminal Autonomic Cephalgias
   Christopher J. Boes, MD

8:30  Trigeminal Neuralgia: Medical and Surgical Treatment
   J.D. Bartleson, MD

9:00  Hemiplegic, Basilar, and Vestibular Migraine
   David F. Black, MD

9:30  Q & A Session / Panel Discussion

9:55  Break – Industry Exhibits and Refreshments

HEADACHE IN WOMEN, ELDERLY, AND THUNDERCLAP HEADACHE
Moderator: R. Allan Purdy, MD, FRCPC

10:15  Oral Contraceptive and Hormone Replacement Therapy in Women with Migraine: Risks and Benefits
   Elizabeth W. Loder, MD
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