



SFCNS Swiss Brain Health Plan

Kick-off Stakeholder Meeting

22 November 2023

13:00-18:00

Kunsthaus Zurich

swiss-brainhealth.congress-imk.ch



SFCNS Swiss Federation of
Clinical Neuro-Societies

You@iN



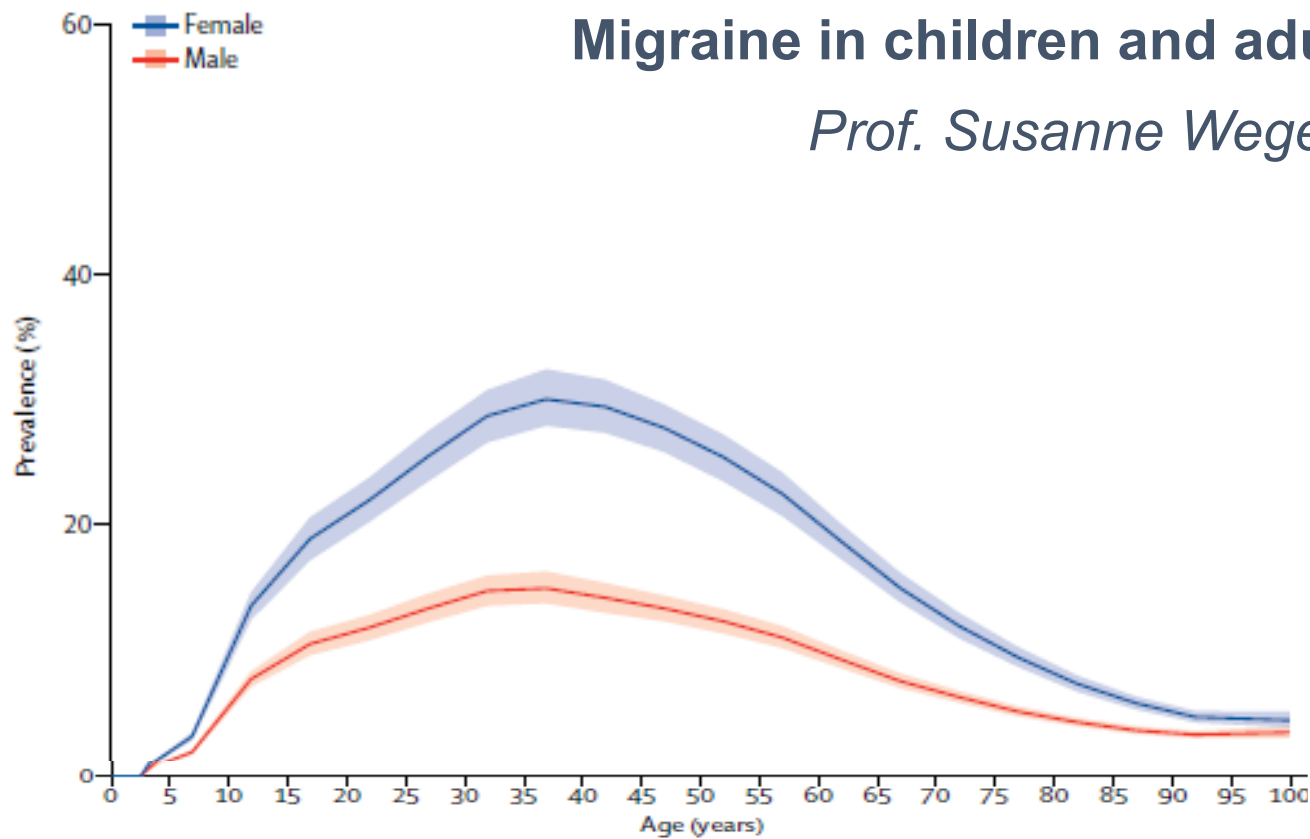
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YouCIN

Migraine in children and adults

Prof. Susanne Wegener, USZ + UZH



GBD 2016 Headache Collaborators
Lancet Neurology 2018



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1. Case: 16 year old Mia

Suffering from headaches for approx. 2 years

- Constant pressure + attacks of severe, pulsating pain, nausea, photo- and phonophobia, duration of 12h-2d, approx. 10d/month
- in addition: episodic dizziness, vertigo, loss of consciousness

Diagnostic workup so far:

- ENT, Neurologist, Dentist, Ophthalmologist, MRI brain

Treatments so far: inefficient or with side effects

Her experience

- Constant fight to finish her Matura despite many days of sick leave, «eye rolling» from school mates, currently sick 50%
- Had to stop playing basketball
- Feels stress and is worried about her future





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1.2. Ich empfinde meine Schmerzen als...

als würde ein Elefant
ein Handstand auf
meinem Kopf machen

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Tag	Wochentag	Stärke	Dauer (h)	/ pulsierend stechend
1				
2	Sonntag			X
3	Montag			
4	Dienstag			X X
5				
6	Dienstag			X
7				
8				
9	Freitag			X
10	Samst			X
11	Sonntag			X
12				X
13				X
14				X
15				X
16				
17				
18				
19	Montag			X
20				X
21				X
22				X
23				
24	Freitag			X
25				X
26				X
27				X
28				
29	Donnerst			X
30	Freitag			X
31				

Patient
experience



Individual
Pain experience

School/ Education:
disadvantage

Social life:
restrictions

Long term consequences
for Health



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2. Migraine

a) Clinical features (ICHD-3):

- Duration 4-72h
- Unilateral, pulsating, medium-high-intensity, worse with routine activities/ exercise
- Nausea/vomiting and/or photo- or phonophobia
- Approx. 25% with aura

a) Epidemiology

- i. > 1 Billion people worldwide (17% prevalence)
 - ii. 1 Million people in Switzerland
- Approx. 80% have restrictions in private or professional life
 - <. 10% seek medical advice (men < women)



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3. Prevention and Treatment

Non-medical

- Moderate aerobic exercise, z.B. 3x weekly 45 min, HF 120-140/min
- Behavioral and- psychotherapeutic interventions
- Relaxation techniques, Physical therapy
- Avoid triggers, reduce stress

Medical

- **Acute treatment** of attacks: Ibuprofen, Metamizol...Triptans (+ antiemetic treatments)
- **Prophylaxis:** antidepressants, anticonvulsives, Beta-Blockers, Ca^{2+} antagonists, Mg^{2+} , Vitamin B2, Coenzyme Q10, CGRP antagonists



Schweizerische Kopfwehrgesellschaft
Société Suisse des Céphalées
Società Svizzera di Cefalea
Swiss Headache Society



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4. Impact on Society

- Due to the high prevalence of headache and many young people affected:
High burden of disease: most disabling neurological disorder
- Headaches: under-diagnosed and under-treated, still stigmatized
- **Unfavourable life-style factors on the rise:** stress, bad posture, obesity, prolonged computer use

Goadsby et al. *The Journal of Headache and Pain*, 2021



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5. Conclusion

The Burden of Migraine is immense.

- Expert-advice on prevention and treatment is essential.
- Recurrence or chronic nature of many headaches require concerted actions reaching private life, work places, and schools.
- Listen to patients, families and their needs.



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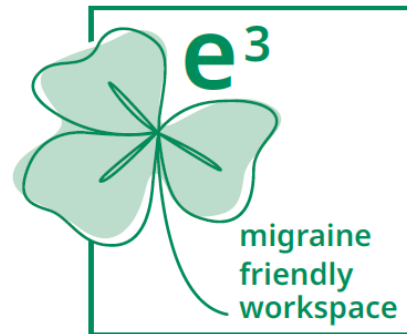
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Relieving the burden of migraine: a new SHS Campaign for the Swiss Brain Health Plan

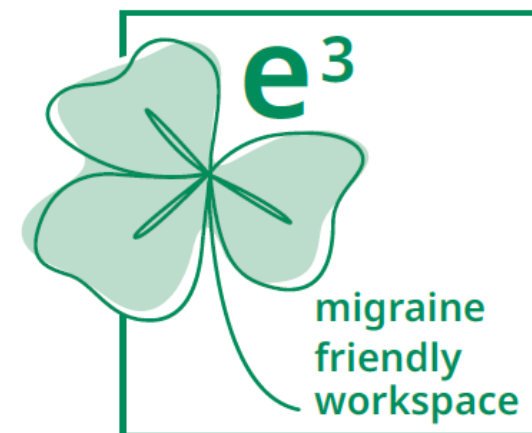


Schweizerische Kopfwehrgesellschaft
Société Suisse des Céphalées
Società Svizzera di Cefalea
Swiss Headache Society

migraine friendly workspace
excellent environment for employees affected by migraine



empowerment | **e**nvironment | **e**ngagement



rationale

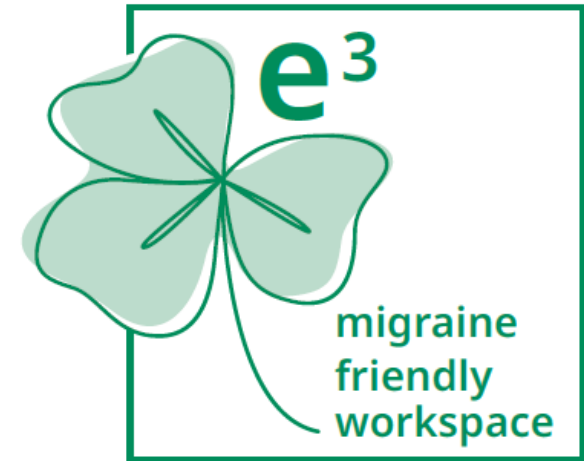
- migraine affects up to 20% of the working population
- most of the migraineurs are working
- costs are mainly driven by migraine attacks due to absenteeism (absence from work) and presenteeism (reduced performance when at work)
- migraine can not be cured, but very well managed



advantages

- better performance of employees affected by migraine
- better work atmosphere and stress reduction for all employees
- healthier workspace and healthier work environment in general

promote your migraine friendly workspace with the **e³ label**. encourage talents to join your company demonstrating optimal workspace conditions and show, that you are a progressive employer.



- There is scientific evidence that migraine friendly work environments improve the productivity of your company.
- Show that you are a modern employer and care for your employees.
- Increase Awareness.
- Be active for Brain Health.



e mpowerment

- education
- emergency treatments
- prevention



e nvironment

- room to retreat
- advice and support in trigger management
- create a climate of understanding



e ngagement

- show one's colours: oppose stigmatisation
- flexibility
- social and legal support

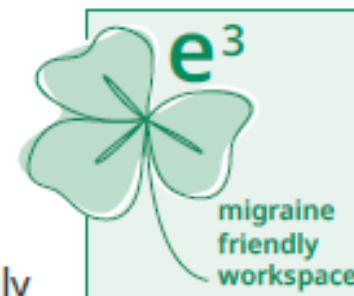
your e³ checklist

- ☐ **education**
 - provide information material about: migraine, patient activities
 - offer at least 1/year expert lectures to interested employees
 - ☐ **emergency treatments**
 - provide access to analgesics, antiemetics and cool packs
 - keep fresh water, healthy snacks available
 - offer standardized guidance for acute headache treatment / emergency contacts
 - ☐ **prevention**
 - inform about preventive activities
 - facilitate participation in sport programmes (running, sports clubs, yoga, pilates...)
-
- ☐ **room to retreat**
 - provide a dark, quiet room allowing to lay down
 - ☐ **advice and support in trigger management**
 - identify individual triggers and support adjustment of workspace
 - e.g. reduce odors, direct light, noise, provide anti-glare filters on computer screens
 - ☐ **create a climate of understanding**
 - teach the team what migraine is and what that means for affected employees
-
- ☐ **show one's colours: oppose stigmatisation**
 - encourage employees to talk openly about their migraine
 - show that you oppose stigmatisation or trivialization
 - show your migraine-friendly attitude to the outside
 - ☐ **flexibility**
 - allow home office, flexible working hours if possible (sick leave)
 - allow delays in submitting medical certificates
 - avoid shift work for employees with migraine
 - ☐ **social and legal support**
 - provide job rotation opportunities
 - counselling



how to apply for the e³ label?

- implement migraine friendly conditions in your company
- register your company via www.headache.ch
- submit your self-declaration (online)
- receive SHS expert feed-back and adjust workspace accordingly
- transfer lable fee of CHF 6'000
- receive official e³ label
- refresh label after 3 years



we are looking forward to your application! please contact us for any further assistance.

For the Swiss Headache Society (SHS):



Andreas
Gantenbein



Andreas
Kleinschmidt



Christoph
Schankin



Harald
Grossmann



Petra
Zalud



Susanne
Wegener