



Eurolight

Highlighting the impact of headache in Europe



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Project Presentation

Primary Headaches in Europe

The impact of headache disorders extends beyond those directly affected to their families, to their child care, to their colleagues, to their employers and to society. Health sector policy-makers are constrained in their ability to take decisions on effective measures against it because **knowledge on this impact is very incomplete.**

Launched in **May 2007**, Eurolight is a response to this need. Its methods were developed and tested in a pilot study in Luxembourg.

Collaboration

The EUROLIGHT project represents a **collaboration of 25 groups from 15 different countries**, including 5 major categories: 1) two **public bodies** ; 2) **clinicians** from 11 hospitals; 3) Representatives from 10 **patients'** organisations in the EU specifically the European and International Alliances; 4) one **scientific** organization the European Headache Federation EHF and 5) one **NGO**, Lifting the burden, a partner activity of WHO.



Results Eurolight ✓

FIRST independent data collection on different headache disorders at EU level

FIRST project in joint Steering of relevant medical, scientific and lay organisations

NEW developed and validated methods to gather standardized information from countries throughout EU

FIRST general population prevalence and impact of headaches in Lithuania, a country of the former USSR where epidemiological data are lacking

FIRST prevalence results of different types of headache in EU countries using the same instrument

FIRST comparable headache impact in general population samples of 9 European countries and 3 patient associations

FIRST qualitative data that describe impact, in a broad sense, of the headache disorders with public-health importance : migraine, tension type headache and medication overuse headache

FIRST results on personal suffering, consequences for work, education , family life and the needs for better disease management within the same samples

IMPORTANT systematic data to complement epidemiological evidence and bring new evidence for the burden of headache disorders in Europe



Eurolight's over-arching objective:

To provide a justification that headache should be high amongst health care priorities in Europe

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