

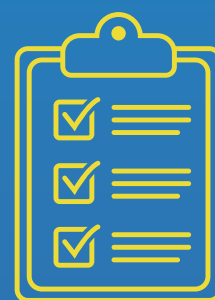
EUROPEAN GUIDELINES:

European Academy of Neurology (EAN) Guideline on the Treatment of Cluster Headache

CLUSTER HEADACHE is a relatively rare, very disabling primary headache disorder with a major impact on patient quality of life.

This guideline provides evidence-based recommendations for the treatment of cluster headache. It is an update of the 2006 European Federation of Neurological Societies guideline and aims to set out the management of the disorder by providing evidence for specific treatment recommendations.

Read the full guideline in the *European Journal of Neurology*:
<https://doi.org/10.1111/ene.15956>



International Classification of Headache Disorders (ICHD-3) criteria for cluster headache

A. At least **FIVE** attacks fulfilling criteria **B–D**

B. **SEVERE** or **VERY SEVERE** unilateral orbital, supraorbital and/or temporal pain lasting 15–180 minutes if untreated

D. Occurring with a frequency between **ONE EVERY OTHER DAY** and **EIGHT PER DAY**

C. **EITHER OR BOTH** of the following:

1. **AT LEAST ONE** of the following symptoms or signs, ipsilateral to the headache:

- Conjunctival injection and/or lacrimation
- Eyelid oedema
- Nasal congestion and/or rhinorrhoea
- Forehead and facial sweating
- Miosis and/or ptosis

2. A sense of **RESTLESSNESS** or **AGITATION** (akathisia)

E. **NOT BETTER ACCOUNTED FOR** by another ICHD-3 diagnosis

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Recommendations for the treatment of cluster headache

| | Strong recommendation for | Weak recommendation for | Consensus statement* |
|-----------------------------|--|--|---|
| ACUTE TREATMENT | <ul style="list-style-type: none"> • Oxygen 100% • Sumatriptan • Nasal zolmitriptan • Non-invasive vagus nerve stimulation (nVNS) • Sphenopalatine ganglion (SPG) stimulation | <ul style="list-style-type: none"> • Oral zolmitriptan | <ul style="list-style-type: none"> • Octreotide • Lidocaine • Ergotamine |
| PREVENTIVE TREATMENT | <ul style="list-style-type: none"> • nVNS • SPG stimulation | <ul style="list-style-type: none"> • Oral corticosteroids • Galcanezumab | <ul style="list-style-type: none"> • Verapamil • Lithium • Topiramate • Ergotamine-tartrate • Frovatriptan • Valproic acid • Melatonin • Greater occipital nerve (GON) block • GON stimulation |



The development of these guidelines followed the Grading of Recommendations Assessment, Development and Evaluation (GRADE) framework, and the EAN recommendations on the development of a neurological management guidelines. Recommendations are expressed as 'strong' or 'weak', indicating the trade-off between desirable and non-desirable consequences of an intervention. All members of the task force unanimously agreed on the recommendations.

*Given the rareness of cluster headache and the often limited availability of evidence, the Authors decided to issue consensus statements regarding the use of pharmacological/non pharmacological treatment options in those cases where evidence from randomized or controlled clinical trials was not identified.