

## Dr. Hellen Kariuki attends 1st Turkish/Pan-African Meeting of Headache and Pain Management

Date and time:

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The First Turkish/Pan-African Meeting of ‘Headache and Pain Management’ was organized by the International Headache Society and Gazi University and was held from May 4 – 8, 2015 in Istanbul Turkey.

It was an educational meeting which offered an excellent opportunity to learn about the diagnosis and management of headache and pain disorders, new developments in the science of headache medicine and the care of headache sufferers. It was an opportunity to learn more about the current conditions in and requirements for headache in Africa, educate young leaders and increase skills for and knowledge about ‘headache and pain management’ to alleviate pain and increase quality of life of people with headache disorders throughout Africa.

The meeting brought together over a dozen world renowned headache and pain experts to teach and mentor the physicians and scientists from Africa and Turkey. Teaching lectures, interactive sessions, case-based learning and practical interventional courses were offered. Efforts were made to have the participants take an active role in learning and teaching.

The aim of the meeting was also to promote the cooperation and interactions among headache specialists from the IHS, various headache societies across African countries and Turkey.