



## Editorial

# The Brazilian Headache Society: From broad social benefit to scientific-academic advancements

Marcelo Moraes Valença<sup>1</sup> , Elder Machado Sarmiento<sup>2</sup> , Eliana Meira Melhado<sup>3</sup> ,  
Juliana Ramos de Andrade<sup>1</sup> , Mario Fernando Prieto Peres<sup>4</sup> 

<sup>1</sup>Universidade Federal de Pernambuco, Recife, Pernambuco, Brazil

<sup>2</sup>Associação Latino-Americana de Cefaleia, Brazil

<sup>3</sup>Centro Universitário Padre Albino – UNIFIPA, Catanduva, São Paulo, Brazil

<sup>4</sup>Hospital Israelita Albert Einstein, Sao Paulo, Sao Paulo, Brazil



Marcelo Moraes Valença  
mmvalenca@yahoo.com.br

On October 22, 2021, a new board was elected for the Brazilian Headache Society (*Sociedade Brasileira de Cefaleia*, SBCe) triennium 2021-2024, with Marcelo Moraes Valença as president, Elder Machado Sarmiento, treasurer, and Eliana Melhado, secretary.

The Brazilian Headache Society was founded in 1978, and is now consolidated, with effective membership in other international societies in the field, such as the International Headache Society and the American Headache Society.<sup>1-3</sup> The SBCe has successfully fulfilled the goals of continuing education and research support linked to its scientific journal *Headache Medicine* (eISSN 2763-6178) in recent decades. In the last term, under the presidency of Elder Sarmiento, there was modernization and investment in the scientific journal *Headache Medicine*,<sup>4</sup> in order to pursuit criteria for international indexing, with the publication of articles of good scientific quality.

Basic research activities for a better understanding of the pathophysiology of different painful neurological disorders and their clinical manifestations are also stimulated by our society.

Currently, the SBCe has 351 active members (Table 1) from various professional categories interested in diagnosing and treating headache disorders.

Continuing education is another imperative goal of SBCe, creating courses and various other events with doctors, dentists, physiotherapists, psychologists, and other professionals involved in treating patients suffering from headaches.

In Table 1, we show the distribution according to the profession of the 351 SBCe members. We emphasize that the vast majority of these members are physicians (n=283), followed by dentists (=32) and physical therapists (n=16).

Members of the SBCe are distributed among 26 states and the Federal District of Brazil, and the sex representation is 62.4% (n= 219) men and 37.6% (n=132) women. São Paulo is the state with the highest number of members (n=109), followed by Paraná (n=45) and Minas Gerais (n=42), as shown in Table 2. There is at least one associate member of the SBCe in 140 cities of Brazil.

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**Table 1.** The number of members of the Brazilian Headache Society for each profession.

Professional category	n	%
Biologist	1	0.28
Biomedical scientist	1	0.28
Dentist	32	9.12
Physical educator	2	0.57
Pharmaceutical	1	0.28
Physical therapist	16	4.56
Physician	283	80.63
Nutritionist	7	1.99
Psychologist	8	2.28
Total	351	100

**Table 2.** The number of members of the Brazilian Headache Society in each Brazilian state.

State	n	%
Acre	-	
Alagoas	4	1.14
Amazonas	2	0.57
Amapá	1	0.28
Bahia	7	1.99
Ceará	5	1.42
Distrito Federal	16	4.56
Espirito Santo	10	2.85
Goiás	9	2.56
Maranhão	5	1.42
Minas Gerais	42	11.97
Mato Grosso do Sul	1	0.28
Mato Grosso	4	1.14
Pará	3	11.97
Paraíba	3	0.28
Pernambuco	15	1.14
Piauí	7	0.85
Paraná	45	0.85
Rio de Janeiro	32	4.27
Rio Grande do Norte	4	1.99
Roraima	1	12.82
Rondônia	-	
Rio Grande do Sul	15	4.27
Santa Catarina	7	1.99
Sergipe	3	0.85
São Paulo	109	31.05
Tocantins	1	0.28

The new program presented during the Assembly formed by the directors of SBCe selected the following goals for the triennium 2021-2024 that cover social, educational, and political issues. It is intended to:

1. Identify and support the centers and cities in Brazil where there is medical assistance by the Unified Public Health System (Sistema Único de Saúde, SUS) for patients with headache.
2. Train and assist health agents and the team of doctors and nurses responsible for serving communities concerning the diagnosis and treatment protocol for headaches.
3. Take the SBCe and its members to the most remote health care centers.
4. Integrate the SBCe with those countries that seek training in diagnosing and treating headaches, as is still the case of countries in Africa and Latin America.
5. Offering courses on (i) diagnosing and managing headaches and (ii) scientific writing and publication.
6. Support Academic Leagues and teaching in all spheres (i.e., undergraduate, master's in science, doctorate, residency, and fellow).

The next Brazilian Headache Congress is scheduled for October 2022 in Santos, São Paulo, a historic city founded in 1546 by the Portuguese nobleman Brás Cubas. Santos partially occupies the island of São Vicente, which was discovered and named in 1502, in the expedition of Amerigo Vespucci. Curious to know that the continent is now called America, thanks to the presence of this navigator and his discoveries.

We will be happy to meet face-to-face all our friends and colleagues in Santos to exchange knowledge and mainly feel the good energy of friendship.

## References

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