



## Editorial

# Thank you Sjaastad (1928-2022) for everything we learned from you

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The universe of neurology, especially headache, was saddened at dawn on August 30, 2022. Everyone was surprised by the unexpected death of the Norwegian Ottar Magne Sjaastad (1928-2022), at the age of 94, who, for more than half a century, dedicated himself to the study of headaches.

Ottar Sjaastad left an immeasurable and forever legacy for new generations. From the 1970s onwards, he described numerous headaches (Table 1). If it were not for Ottar Sjaastad, there probably would not be so many primary headaches. He described the following headaches: chronic paroxysmal hemicrania, in 1976; short-lasting unilateral neuralgiforme headache with conjunctival injection and tearing (SUNCT), in 1978; cervicogenic headache, in 1983; hemicrania continua in 1983; and primary stabbing headache in 1992.<sup>1,2</sup> In addition, Ottar Sjaastad created, in 1981, the journal *Cephalalgia* and became its first editor. Today, *Cephalalgia* is the official journal of the International Headache Society (IHS).

**Table 1.** Distribution of 18 cases of secondary hypnic headache published from 1988 to 2022, according to age, sex and etiology

Headache type	Year
Chronic paroxysmal hemicrania	1976
Short-lasting unilateral neuralgiforme headache with conjunctival injection and tearing (SUNCT)	1978
cervicogenic headache	1983
Hemicrania continua	1983
Primary stabbing headache	1992

When talking about Ottar Sjaastad, we are reminded of the IHS. The idea of founding the IHS was old and began precisely with Ottar Sjaastad, in 1975, who gradually influenced other neurologists. In 1980, a committee was created to discuss its foundation. In addition to Sjaastad, five other members formed the committee: Edgard Raffalli Jr (Brazil), Federigo Sicuteri (Italy), Robert Kunkle (USA), and Desmond Carroll (England). The foundation of the IHS began with a scientific meeting in Kiel, Germany, in 1982, organized by Dieter Soyka. At that meeting, an international working group was formed that founded the IHS in London in September 1982. Ottar Sjaastad was part of this group. Dieter Soyka was elected as the first president of HIS.<sup>3</sup>



From the 1970s onwards, Ottar Sjaastad maintained a close friendship with Brazil and with headache scholars, especially Edgard Raffaelli Júnior, the pioneer in the study of headache disorders in Latin America. For many years, he welcomed in his hospital, in Trondheim (Norway), some Brazilian neurologists who deserve to be mentioned: Yara Dadalti Fragoso, Carlos Alberto Bordini, Deusvenir de Souza Carvalho and Maurice Borges Vincent.<sup>4</sup>

Ottar Sjaastad was in Brazil 13 times, always with the aim of helping Brazilian neurologists to understand the new knowledge about modern headache.<sup>4</sup> In the early days of the Brazilian Headache Society, when there was no money to invite foreign professors, he came to the first meetings, paying his own fare.<sup>3</sup>

Certainly, the first steps in the field of headache, here in Brazil, were guided by the hands of Ottar Sjaastad. He was an inspiration and source of knowledge for many Brazilians. The journal *Headache Medicine* pays due tribute to this man who was an admirable physician and researcher. Ottar Sjaastad, you will be forever in our memory.

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