

The highly instructive Headache Toolboxes are now also available in Portuguese for the benefit of our patients

*T*he Brazilian Headache Society is pleased to inform the "Cephaliatrists" (which is what we call the specialists in Headache Medicine in Brazil) that the toolboxes, devised by John F. Rothrock, Editor-in-Chief of Headache, the official journal of the American Headache Society, are now also available in Portuguese (<http://www.headachejournal.org/view/0/portugese/toolboxes.html>). The invitation to translate the toolboxes published in Headache into Portuguese came from Abouch Krymchantowski, MD, PhD and Jason Roberts, PhD, Associate and Executive Editors, respectively, of Headache.

The toolboxes are very helpful for the population seeking relevant information on headache, such as the way to identify and thereby avoid migraine triggers,¹ the advantages of early treatment of an acute migraine attack,² the way to complete a headache diary,³ and how to achieve a satisfactory result from a visit to the doctor.⁴ In addition, our patients can now download and print a headache diary that is easy to understand.³

There are 260 million persons who speak Portuguese, making it the fifth most spoken language in the world, the most widely spoken in the southern hemisphere, and the third most spoken in the Western world.⁵ These speakers should greatly benefit from the availability of the toolboxes in their language.

In the present issue the readers will find stimulating articles dealing with headache in childhood, the role of cerebrospinal fluid orexin in the physiopathology of headache, the impact of headache on workers, cluster headache and intentional self harm, and the history of headache treatment throughout the centuries. Three abstracts of PhD theses successfully defended by Brazilians are also included.

References

1. Fatores precipitantes da enxaqueca (migrânea) (Triggers, by John F. Rothrock), traduzido por Marcelo M. Valença. http://www.headachejournal.org/SpringboardWebApp/userfiles/headache/file/Triggers_Port.pdf
2. Enxaqueca aguda: tratamento precoce (Acute migraine: treating early, by John F. Rothrock), traduzido por Marcelo M. Valença. http://www.headachejournal.org/SpringboardWebApp/userfiles/headache/file/Acute%20Migraine_Port.pdf
3. Diário de cefaleia (Headache diary, by John F. Rothrock), traduzido por Marcelo M. Valença. http://www.headachejournal.org/SpringboardWebApp/userfiles/headache/file/Headache%20Diary_Portugese.pdf
4. Sua visita ao médico: como alcançar um resultado satisfatório (Your visit to the doctor: achieving a satisfactory result, by John F. Rothrock), traduzido por Marcelo M. Valença. http://www.headachejournal.org/SpringboardWebApp/userfiles/headache/file/Doctor%20Visit_Port.pdf
5. http://en.wikipedia.org/wiki/Portuguese_language

Marcelo M. Valença, MD, PhD & Fernando Kowacs, MD, PhD