



Brazilian Headache Congress 2024 *Between Socrates and Silicon: The odyssey of knowledge*

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Recently, at an academic event, I encountered a former student who shared a thought-provoking reflection: He, once a regular attendee at headache congresses, confessed that he had stopped attending them as he no longer found the innovations that motivated his participation. This statement led me to reflect on the role of congresses and the importance of staying updated in such a dynamic field as ours.

It is understandable that in a rapidly evolving technological and scientific environment, we might feel that information becomes repetitive or that innovations do not arrive as frequently as we desire. However, it is crucial to remember that science advances incrementally. Small adjustments, new interpretations of known data, and the exchange of experiences among professionals can be as valuable as major discoveries.

Moreover, congresses offer a unique platform for networking, allowing professionals to share challenges and solutions, enriching the clinical practice of all participants. It is possible that the feeling of stagnation stems from the expectation of always encountering something revolutionary, but often, true innovations arise from the combination of existing ideas, interdisciplinary collaboration, and the practical application of discussed theories.

It is unfortunate that this young professional missed the events in Fortaleza (2023) and Foz do Iguaçu (2024)!

At the crossroads between ancient wisdom and technological innovation, we find a dialogue that transcends time: the conversation between Socrates and artificial intelligence. This encounter, between eternal questions and instant answers, challenges us to reevaluate what it means to know. I could comment on various brilliant lectures that elevated the event's level, and it is worth mentioning the pertinent idea of inserting a "congress within the congress," with a focus on Interventional Headache Medicine, but I will take the poetic and philosophical liberty to highlight some heroes of this great event.

Dr. Carlos Bordini, with his incisive style, reminds us that technology, no matter how advanced, does not replace critical thinking. His lecture of sharp comments invites us to distrust easy solutions and keep the flame of questioning alive. He provokes us not to be content with ready-made answers but to dig deeper, where true understanding resides.

Submitted: August 18, 2024
Accepted: September 27, 2024
Published online: September 30, 2024



Complementing this, Dr. João José de Carvalho guides us along a path illuminated by the promises of artificial intelligence. In his TED Talks-style lecture, he shows us how these tools can revolutionize medicine, offering a glimpse of a future where diagnoses may be more accurate, treatments more effective, and where we will certainly experience a major inflection point in the production of technical-scientific knowledge. However, he also warns us about ethical dilemmas and the need to balance the human and the technological. "Let us be part of the group that uses new knowledge and technological tools for good."

Dr. Paulo Monzillo's brilliant lecture, which gives this chronicle its title, makes us reflect on the avalanche of information we face today. He challenges us to discern what truly matters in this sea of data, highlighting the importance of a careful and considered analysis.

When confronted with the myriad treatments for migraines, we realize that, like Socrates, we still know that we know nothing, despite being definitively closer to a possible Holy Grail. The diversity of therapeutic approaches reveals gaps in our understanding of migraine pathophysiology.

Each treatment is an attempt to piece together a puzzle whose pieces do not yet fit perfectly; or perhaps pieces are still missing, as Dr. Monzillo aptly warned at the end of his talk. Perhaps the answer, or just another piece, lies in the connection between the gut and the brain, and I confess that the roundtable on this subject was one of the most surprising at the congress. I quote verbatim here Dr. Paulo Faro's words: "We need to stop invalidating or turning our backs on what we do not know beyond superficiality."

The intimate relationship between these systems suggests that the gut microbiota may be an important key to helping unravel the migraine enigma. By exploring this intersection, we can open new possibilities for understanding and treating this disorder, bringing us closer to a more holistic and integrated knowledge.

And so, between Socrates and Silicon, we continue our quest for wisdom, navigating between the old and the new, between the question and the answer, always in search of what truly matters. May we, like the ancient philosophers, remain eternally curious and critical while embracing the infinite possibilities of the digital age.