

## **Pain in Europe XI – The 11<sup>th</sup> Congress of the European Pain Federation (EFIC) Valencia (Spain) 4<sup>th</sup>-7<sup>th</sup> September 2019**

*Bringing the Future to the Present* was the inspirational motto of *Pain in Europe XI – The 11<sup>th</sup> Congress of the European Pain Federation (EFIC)* taking place in Valencia (Spain) from the 4<sup>th</sup> to the 7<sup>th</sup> of September 2019. Living up to being the largest pain congress in Europe, the event welcomed the most renowned speakers from around the world. Experts in the pain field presented their inspiring work on stage covering a multidisciplinary array of topics, ranging from basic pain science to the optimization of diagnostic procedures, management and treatment of pain-related conditions. Particularly worthwhile mentioning were the insightful talks by Prof Marzia Malcangio and Prof Eva Kosek (TOBeATPAIN research leaders) on the role of the immune system in pain as well as on pain modulation, neuroinflammation, and periphery-to-central nervous system inflammatory cross-talk in patients with musculoskeletal chronic pain. The event engaged young talented researchers who were given the chance of introducing their cutting-edge work to the EFIC audience with the aim of, indeed, *bringing the future to the present*. This openness towards the new generation is a highly motivating reason for Early Stage Researchers to pursue research with a never-ending enthusiastic attitude. The next EFIC Congress will be held in Dublin in 2021 and we are already looking forward to be possibly bringing our scientific contribution to it.

Review by Silvia Fanton

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