

## Migraines gravely misunderstood

The International Migraine Awareness week takes place from the 6th - 12th September. The aim is to raise awareness of this much misunderstood condition and to encourage those affected to seek information and advice. To mark International Migraine Awareness Week, The Migraine Research Institute and The Headache Clinic have launched a new community service for both South African Police personnel and registered nursing staff.

Dr Elliot Shevel the chairman of the South African Headache Society and founder of The Headache Clinic explains: "It takes a very special type of person to become a nurse or police officer, someone that is willing to give and asks very little in return. They work in highly pressurized environments and can't afford to let their levels of service decrease due to incapacitating migraine.

"Starting in migraine awareness week we will be treating all registered South African nurses and all South African police personnel at cost, which is about 50% of the usual cost of diagnosis and treatment. This is in recognition of the outstanding contribution they make to society".

Later on this year at the 3rd World Congress on Controversies in Neurology in Prague Dr Shevel will be leading a debate on the origin of migraine attacks. In an invitation to Dr Shevel Prof. Korczyn the chairman of the congress requested that Dr Shevel propose the subject of the debate on the origin of migraine as he is seen as a world authority in this field. Many unresolved issues will be tackled and Dr Shevel will be taking the reins in leading migraine research to new heights.

The support of migraineurs is key to the success of International Migraine Awareness Week. Sometimes small adjustments to your computer or driving posture can make the world of difference. Keeping a migraine diary of your diet or your medications can also unlock vital information for resolving your pain permanently. Starting with International Migraine Awareness Week, ergonomic diagrams for computer and driving posture, and both diet and medication diaries have been made available for download free of charge on The Headache Clinic's website <http://www.headacheclinic.co.za/>

The pain associated with migraine can seriously impact an individual's quality of life both through pain and through feelings of isolation. Support and information is available free of charge by specialist migraine nursing staff on 0861 678 911.  
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