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To: Shevel
Subject: Patient Testimony

25 Years of migraines.

When I was a child at school I didn't like participating in sports because my "head would throb" – it was never normal to me; it appeared a flaw that my head should pound if I put a little effort into exercise. I would suffer serious nose bleeds after exercise; it was ascribed to the heat in Zimbabwe, my nose was quaterised and the nose bleeds stopped.

At 16 my migraines really started distressing my life. Dark rooms, drugs that had harsh side effects, and many days down time.

Migraine diaries trying to find a 'trigger' food... Avoiding food in the hope of avoiding pain; I never really looked at the weather, or what the weather was doing that day, the pain came again.

I saw Dr Shevel on TV and immediately knew what he was talking about – my veins have always been visible during a migraine, despite the Dr's assurances, just prior to the operation I became attached to my veins in my head and started doing research; which ended abruptly when I found this:

http://en.wikipedia.org/wiki/Migraine_surgery

Other Surgical approaches in consideration

- A) **Surgical Ligation of scalp vessels** has shown some promise in the treatment of migraine headaches. Ligation of temporal vessels was first decribed by Al-Zahrawi (936 - 1013 AD)^[8], a Moorish physician. Historically it is reported that Ambroise Paré (1510-1590 AD) father of modern medicine ligated his own temporal vessels for relief of his migraines. This technique however has not been popularized thus far. There are no scientifically valid studies that have been offered to substantiate efficacy of such techniques.^{[9] [10]}

I just knew this solution to be the one for me.

The pain of the entire surgical procedure was not as painful as one of my headaches.

Since the operation; my life is somewhat quieter – there was always a sound in my ear (I had never realised that I was hearing my own artery)

There was a noticeable lack of pressure on my head from the day of the surgery – a welcome relief.

Since the surgery I suspect I have found my trigger; I personally believe *MY* trigger is barometric pressure.

When a high pressure is followed by waves of lower pressures (more specifically my brain does not like 1016 millibars)

<http://www.relieve-migraine-headache.com/barometric-pressure-headache.html>

I find I can tell quite accurately when it's going to rain now.

When I get this feeling – I pop my PMA into my mouth and ride out the pressure waves, with a little snooze.

There is no more pain, no more drugs and side effects, I no longer suffer days with the same headache.

In fact I no longer suffer!

I look forward to participating in sports and living a normal life.

I would like to thank Dr Shevel & the Headache Clinic for giving me a new lease on life.

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