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I can't praise or thank the Headache Clinic enough for what they have done for me. I have suffered headaches for the last thirty years, and in fact, for the last ten years I have had a headache everyday, and a migraine every +-two weeks.

I had become totally dependent on two particular drugs - both of which I took everyday. I knew that I had to break this habit but I didn't know how to do it without help. I heard about the Headache Clinic last August and made an appointment immediately. I was taken off the two drugs to which I had become almost addicted, and given a safer substitute. I went through the most dreadful and painful withdrawal which lasted about eight days but I was determined to get through this and with the help and support of the Clinic, I did. From then on I have got steadily better - fewer and fewer headaches, and I take almost no pills. I feel a different person.

I was also fitted with a lower jaw "bite plate" which has most definitely contributed to the improvement.

I would say that I am at least 85% better in general health and nearer complete freedom from headaches and I am determined to go that last 15% - and with the help of Dr Cohen and Dr Butt and the Clinic I am confident that I will.

Thank you for all your care and concern, Dr Cohen, you never give up, and neither will I!

Most sincerely,

Betty Hor