

The Headache Clinic  
3<sup>rd</sup> Floor  
11 Park Lane  
Junction Road  
Parktown

11 December, 2001

To all the staff of the clinic

I just want to make use of the opportunity to thank everybody at the clinic for their professional services they gave me every time I had an appointment.

I want to tell my story about my "HEADACHE YEARS"

I was 6 years old when I first started to get headaches, I went to numerous doctors, specials and homeopaths, you name it and I try it. Each time I got a migraine it felt like the end of my world, as you at now who suffer from headache that you are not the only one who suffer from this, that your close family also suffer from that, (at a later note: One day my husband said that he feel like driving over-see with his vehicle because his FBD UP for this headaches)

I had a migraine attach again in July 2001 then my husband talk to a lady at his work and she tell him about the headache clinic. He phones the clinic and made an appointment for me the 25<sup>th</sup> July 2001 morning 08hoo. I went to the clinic the that morning and had numerous test done, then I went back the next week and they tell me that I have to wear the mouth peace, I thurst think how in this world will this little peace of plastic help for my migraines. I start wear the mouth peace that same day, after two appointments with the clinic I finally can felt the difference. This is now 5months after I start using this mouth peace and I stop using painkillers (I use to drink up to 18 grandpa's a day) now I drink nothing. I didn't have a migraine attach ever since.

I just wish that I could have known earlier about the headache clinic, because I think I lost sow much quality time in my life.

Thanks again to all the people of the headache clinic.

Yours truly,

HANNETJE OPPERMAN