

MIGRAINE RESEARCH INSTITUTE

Contact: Mary-lee Cantor 0861 678 911 info10@headclin.co.za

Headache Diary for your iPhone or Blackberry



An electronic headache diary application called iHeadache has been developed by an American Neurologist which is available for iPhone, iPod touch, iPad and Blackberry.

Dr Elliot Shevel the chairman of the South African Headache Society explains “It is important to find out what triggers your headaches by keeping a diary. Each time you suffer from a headache; you should make a note about the warning signs, triggers and severity. If you can discover some of your personal triggers, you may be able to avoid future headaches. This diary is important as it will give your medical professional an accurate history of your headaches. It will assist with diagnosing conditions such as MOH and help you make a decision to go for non-drug methods of treatment.”

iHeadache was developed to improve communication between physicians and their patients, improve accuracy of diagnosis and track disability. iHeadache is patient centric and the reports generated are specifically designed to aid the patient’s physician in improving their health outcome.

“If your headache persists, it is imperative that you get to the root of the problem. There are a number of treatment options that can be investigated. The longer the headache persists, the more damage will be done. Getting to the bottom of the problem and resolving the pain permanently as this is possible in most cases”, added Dr Shevel. For more information regarding headaches, please contact The Headache Clinic on +2711 484 0933.

ENDS