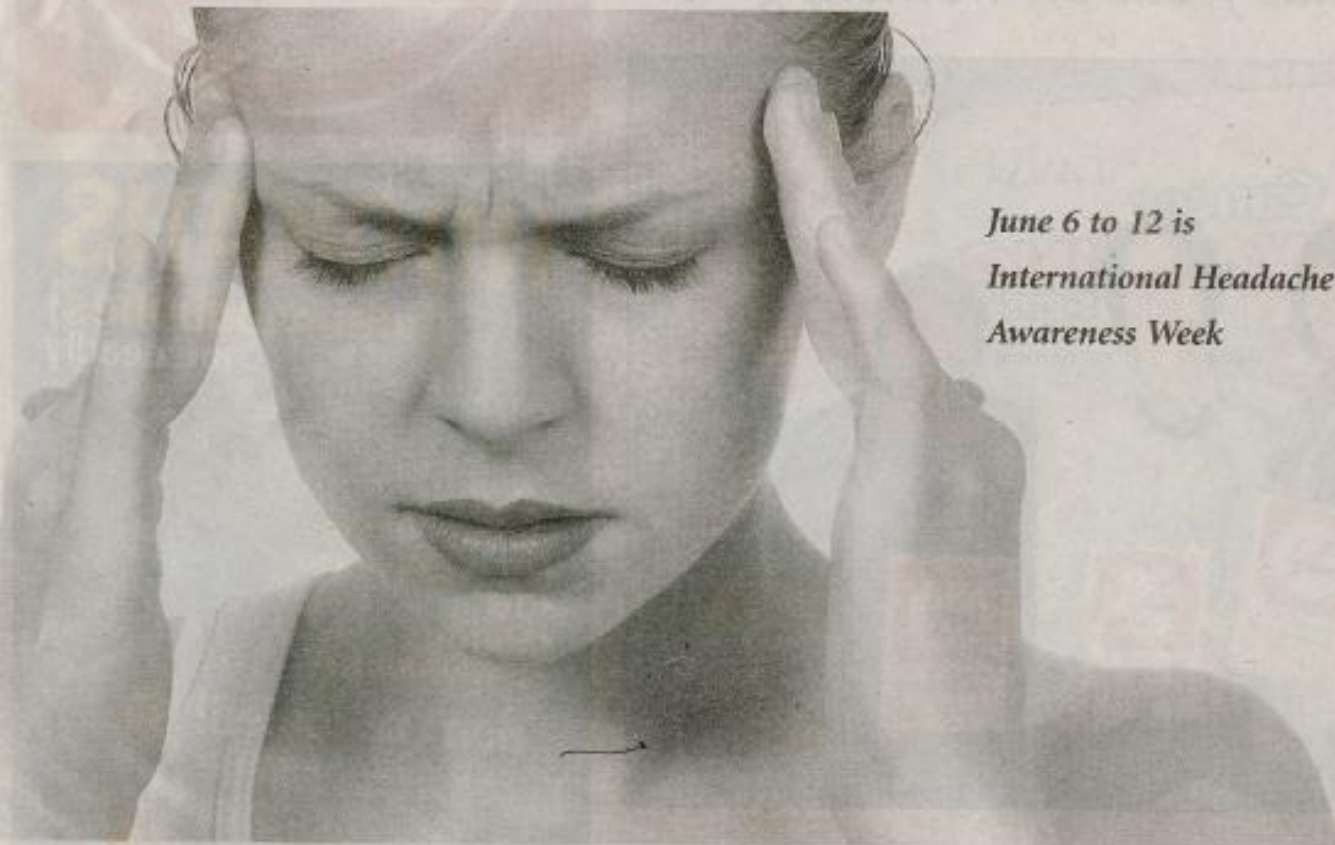


# Headache Clinic to host seminar

**FREE:** Book to attend and get advice from the experts



*June 6 to 12 is  
International Headache  
Awareness Week*

TO mark International Headache Awareness Week, South Africa's leading medical headache specialists are giving headache and migraine sufferers in Johannesburg the rare opportunity to gain detailed information and advice on managing their condition through an open forum seminar in Parktown on Monday, June 7.

The seminar will be totally free of charge to the public.

International Headache Awareness Week takes place from June 6 to 12.

The aim is to raise worldwide awareness about this widely misdiagnosed condition. About 16-17% of the population gets a headache sometime in their life – that means over a billion people worldwide at some point experience headaches. This percentage has been shown to be constant across races, cultures and income groups.

Headaches do not discriminate. In South Africa, with our 49 million people, this equates to about nine million headache sufferers over all the colours and groups.

The chairman of the South African Headache Society, Dr Elliot Shevel will be giving a talk on the importance of safe and effective procedures to relieve the extreme symptoms of chronic headache.

Dr Manney Orelowitz, a consultant neurologist in Johannesburg, will be discussing the warning signs for life threatening headaches.

Nita Hargovan, a physiotherapist who specialises in headache treatment, will tell

how complementary therapies can benefit sufferers.

**Other topics to be covered**

■ What the drug companies should be telling you about over-the-counter medication.

■ Simple stretches proven to ease the pain of tension-type headaches.

■ How headaches in children can lead to emotional problems.

■ The latest breakthroughs in treatment.

Daniel Shevel, CEO of The Headache Clinic, says: "Although headache is extremely common, sufferers can find themselves feeling very isolated. They often suffer in silence. They wrongly believe that little can be done to help. We would like to encourage people to take a positive step towards managing their headache by coming along to this friendly and informal event. They will have a rare opportunity to hear from a renowned expert panel in the field. There will be free information packages and lots of practical tips. Sufferers will also be able to share experiences with other sufferers and with the specialist panel."

The seminar will be at The Headache Clinic's offices at 45 Empire Road, Parktown at 5.30pm for 6pm. Drinks and snacks will be provided.

Booking is essential as space is limited.

For more information and to book a place, please call Mary-lee Cantor at The Headache Clinic on 0861 678 911 or email [info10@headclin.co.za](mailto:info10@headclin.co.za)