

## M.A. Clinical Psychology (U.S.)

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**May 29, 2002**

For more than 6 years I have been suffering from the debilitating condition known as 'cluster headache'. The number of medical professionals whom I turned to for help, often in the middle of the night, in extreme agony and suffering, is extensive, and the vast amount of injections and extremely powerful pain killers prescribed in the process certainly exceeds the capacity of the human body over such a prolonged period of time. In addition, the wide range of special assessments such as X-rays and scanning technology and hospitalisations added to the phenomenal and ever escalating cost factor. The destructive impact on my career and quality of family life is almost impossible to put into words.

All in vain.

Only more pain, suffering, and secondary symptoms and side-effects resulted, month after month, year after year. A progressively soul destroying condition destructively impacting upon each and every aspect of my life...such is the nature of the extremely rare condition called 'cluster headache', which I have come to refer to as a 'pain in the head', in order to differentiate it from the much more frequently encountered 'headache syndrome'.

I then heard of the Headache Clinic. A specialised unit exclusively focusing its professional attention on headaches. All of them. Including 'cluster headaches'. A wide range of professional fields of study is represented here, integrating diverse sets of medical expertise with the single objective to assist, support and treat all of us suffering from headaches in all its forms.

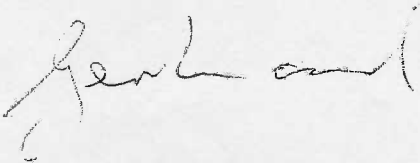
And thus my process of healing was initiated...the road to recovery was discovered. For the first time I had hope...real hope. And today I can witness to these facts: These people care. They are organised. Most of all, they are effective. They form an integrated and vital unit without which us, the headache

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community, cannot continue our lives without extreme suffering and loss of quality, vitality and hope.

Thank you Doctor Shevel and your entire team of professional people. More people should be aware of the service you provide, including the entire medical fraternity. It is essential that everyone, patients and doctors, realise that headaches are not simply another set of conditions arriving in the waiting rooms of general practitioners and specialist doctors. Headaches, in all the forms they present themselves, are conditions requiring more than specialist attention and treatment. It requires a tremendously focused approach. An approach I only encountered, after desperately searching over a period of many years, at The Headache Clinic.

I salute you.

A handwritten signature in cursive script, appearing to read "Gerhard Steenkamp".

Gerhard Steenkamp