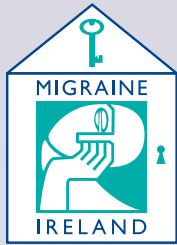


BrainStorm

Registered Charity No. CHY 11252

MIGRAINE ASSOCIATION OF IRELAND



INSIDE

Migraine & Exercise

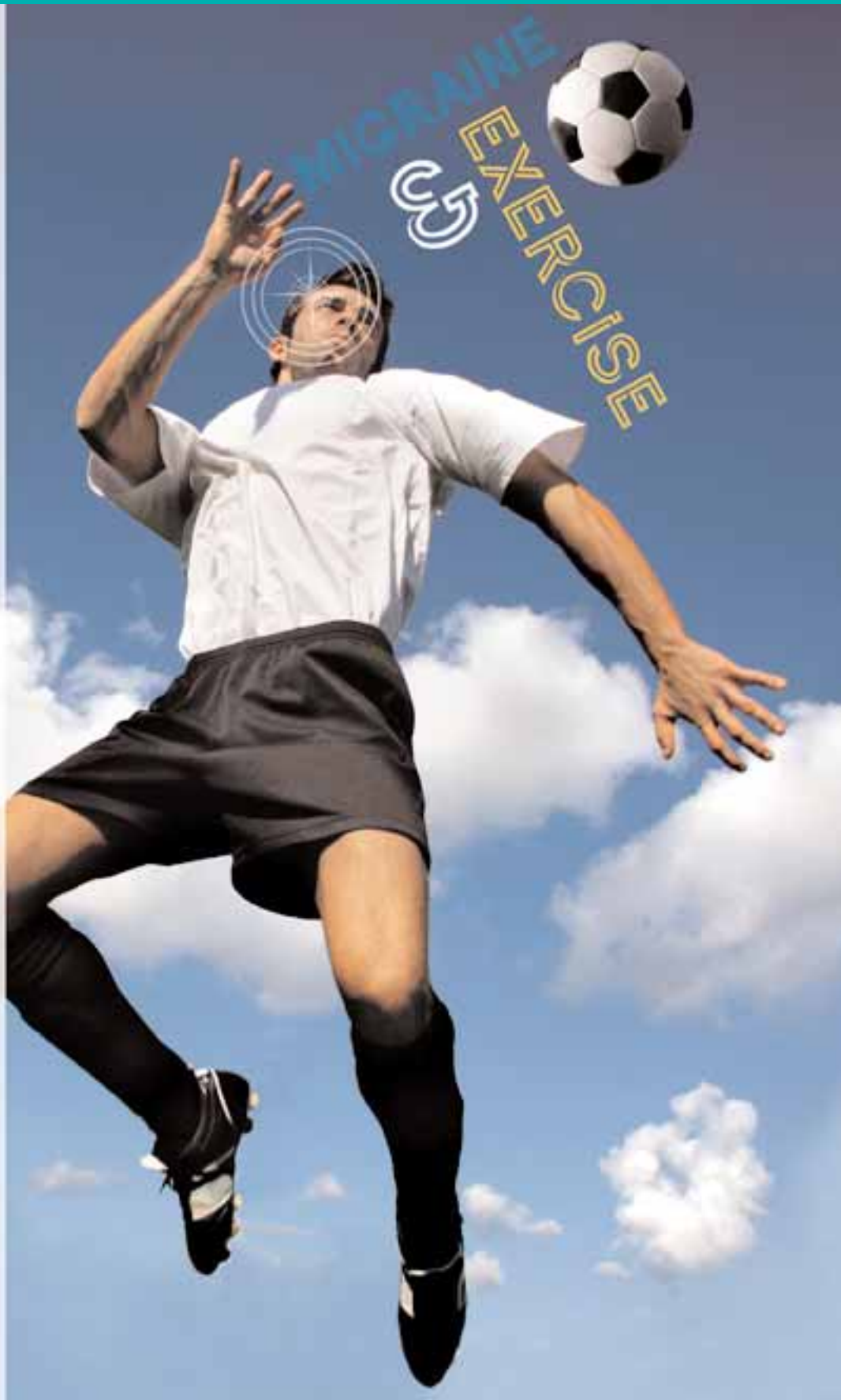
Members' Story

Latest Migraine News

Eurolight Survey

What is kinesiology?

BrainStorm Puzzle



Run for Migraine!

We need your help to raise funds and awareness. Please consider running, jogging or walking the Flora Women's Mini-Marathon 2009 in aid of the MAI.
See pages 6 and 7

Letter from the Editor



Dear members,

Welcome to the summer edition of *BrainStorm*. The theme of this edition is migraine and exercise – an apt theme considering we are approaching the final few days before sign-up for the flora women's mini-marathon closes. We are encouraging all of our female members to run (jog or walk) on behalf of the MAI – not only to raise funds for the association, but also to raise awareness.

As usual, we've devoted pages 6 and 7 to the migraine events that will be happening across the country during the summer months so have a look and see if there is something taking place near you. And if there is ... don't forget to sign-up!

This edition, as you may have noticed, comes with two questionnaires (one for you and one for your partner). These questionnaires are part of a European-wide study to assess the impact on headache on sufferers across the continent. Please take a few minutes to complete these questionnaires as the results will be used to improve services for all European headache sufferers.

Many thanks to all those who completed our newsletter survey in the last edition. There is still time to have your say, so log onto the News & Events section of our website (www.migraine.ie) to access the survey online.

Also, I would like to remind all of you receiving the newsletter who have not renewed your membership over the past twelve months to please do so by either calling the office, renewing online or filling in the membership form (back page). In these tough economic times, we need your financial support to continue to provide the high level of services that we currently offer.

Enjoy the summer!

Donna Walsh
Editor



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Clonshaugh,
Dublin 17.

Phone: 01 894 1280 / 01 894 1281

Fax: 01 802 2044

Email: info@migraine.ie

Website: www.migraine.ie

Helpline:

1850 200 378 (ROI)

0844 826 9323 (NI)

(Mon - Fri, 10am to 4pm)

Specialist Nurse Advice Line:

01 7979848 (Mon - Thurs, 10am to 12pm)

Beaumont Migraine Clinic:

01 8093353

Cork Migraine Clinic:

021 4921358

Migraine Art Exhibition



The pain and the debilitating effect of migraine on the sufferer is difficult – if not impossible – to put into words. Text is often inadequate when describing how it feels to suffer a migraine attack.

However, 'text' in the form of poetry, essays, photography, paintings, diary entries, audio/video, graphic design, etc. is a more effective way of conveying the burden carried daily by migraineurs.

That's why the Migraine Association of Ireland is currently assessing the feasibility of running an exhibition during Migraine Action Week to showcase 'art' – the work of migraine sufferers nationwide – that furthers the understanding of the condition among non-migraineurs.

The works will also be instrumental for people with migraine to share experiences and communicate feelings.

However, before we go ahead with this idea we need to establish the level of interest amongst our members. Without your input, this idea cannot be put into practice.

We need paintings, poems, photographs, collages, short stories, drawings, video clips ... anything at all that you think conveys the pain, isolation, impact, burden, etc. of migraine.

Maybe you can paint your aura, write a poem about your pain or even record a day in your life on camera? If you would be interested in having your work displayed please let us know. You can send us the finished article, a photocopy, a picture ...

And don't worry, if you haven't got anything at the moment but would like to be involved, just send us a synopsis of your idea.

You can also get your children, partner, relatives, friends or even neighbours to take part! We are more than happy to showcase the 'art' of those who live/work with a migraine sufferer.

You can contact us by email at: donnawalsh@migraine.ie or you can post your thoughts to our offices.

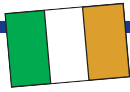
We would hope to receive notice of your willingness to take part, any ideas/pitches or even samples of your work as soon as possible. A decision will be made on whether to proceed with the exhibition at the end of May, based on numbers interested in taking part.

If you're stuck for ideas or you're not quite sure what we're after, log on to <http://www.relieve-migraine-headache.com/migraine-headache-and-art.html>, scroll down the page and click on the various links to see some great examples of migraine art.

Be involved in wiping out the stigma of migraine by raising awareness in a new and innovative way.



New migraine research is constantly being published from all corners of the globe – its management, its impact, its links to other disorders, etc. Below we detail some of the most interesting findings we've come across over the past few months ...



Ireland

What's this new triptan I hear is launching on the Irish market?



For those of you who haven't visited our website or read our e-zine, here's some information on Relpax (eletriptan) – a new triptan for the Irish market:

Relpax - the newest triptan to become available on the Irish market - is now making its way onto pharmacy shelves across the country.

Relpax is an acute medication that should be taken as early as possible after the onset of migraine headache (not during the aura). Trials have also shown it to be effective if taken during the latter stages of an attack. However, it should not be taken to prevent migraine.

Relpax is aimed at the adult market (from 18-65). However, it is contraindicated for those who suffer from conditions such as severe hepatic or renal impairment, moderate to severe hypertension, peripheral vascular disease, coronary heart disease, etc.

Clinical trials have shown that there are a number of side-effects to Relpax (although no more than with any other triptan) - the most common being nausea, dizziness, asthenia (weakness) and somnolence (drowsiness).

Relpax - as with all triptans in Ireland - must be prescribed by a medical professional. It should not be prescribed, however, unless an accurate diagnosis of migraine has been made. Relpax should not be used to treat basilar or hemiplegic migraine, or headaches which may be related to a more serious underlying condition.

Relpax is produced by Pfizer Healthcare Ireland who claim that it is the most competitively priced triptan on the market.

If you are interested in taking Relpax, please visit your GP or neurologist.



Canada

Are migraine and moods disorders connected?

Source: General Hospital Psychiatry. January/February 2009

Migraineurs run an increased risk of suffering from mood and anxiety disorders.

That's according to a group of researchers, led by Dr Jitender Sareen of Canada's University of Manitoba.

Dr Sareen and his colleagues analysed data from the German Health Study, conducted between 1997 and 1999.

11.7% of participants reported a history of migraine headaches, and a significant number of this group was also found to have suffered from various mood and anxiety disorders during the previous 12 months.

7,124 adults took part in the study, in which a doctor diagnosed migraine and trained interviewers evaluated each of the participants for mental disorders.



Italy

Does migraine up the risk of high blood pressure during pregnancy?

Source: Cephalagia, March 2009

Female migraineurs run an increased risk of developing high blood pressure during pregnancy, according to new Italian research.

The research also showed that this group was more likely to develop preeclampsia – a pregnancy condition marked by high blood pressure, fluid retention and protein in the urine.

Due to 'methodological weaknesses', experts dismissed previous studies exploring the links between migraine and the development of hypertensive disorders during pregnancy.

Therefore, the aim of this latest study – conducted by Dr Fabio Facchinetti and his

colleagues at the University of Modena, Italy – was to explore previous claims using a stronger methodology.

The study focused on 702 pregnant women with normal blood pressure who attended clinics in Northern Italy. Of the migraineurs in the group (267 women), 9% developed hypertensive disorders while pregnant, compared to only 3% of the non-migraineurs.

The researchers concluded that women with migraine are to be considered at increased risk of developing hypertensive disorders in pregnancy.



England

Does migraine affect my driving?

Source: BBC News – January 2009

Driving with a headache can significantly affect a driver's responses, insurers have claimed.

One hundred drivers with a range of conditions, including headache, and fifty 'healthy' drivers were put through a hazard simulator test.

Researchers found that the 'sick' drivers scored, on average, 11% worse than the 'healthy' drivers – equivalent to the effect of a double whisky.

Applying this 11% effect to reaction times would add 1m to stopping distance if travelling at only 30mph.



ADVERTORIAL

Migraine Clinic - Sheehan Medical Practice



At present, there are just two public headache/migraine clinics in Ireland. The waiting lists for these clinics are growing – up to two years in Beaumont and almost one year in Cork.

It is hoped that a third clinic – opening later this month at Dublin's Neurological Institute – will lessen these long waiting times. Further information on this clinic will be published in our next newsletter.

However, there are a number of GPs nationwide who hold an interest in migraine and who are beginning to offer migraine services to their patients. One such GP is Dr Pat Daly who runs a Migraine Clinic from the Sheehan Medical Practice in Dun Laoghaire, Co. Dublin.

A word from Dr Daly ...



After qualifying from University College Dublin in 1969, I spent several years working in Dublin hospitals before joining up with two other doctors to establish a group practice in Dun Laoghaire. Over the years we have been able to develop into a multi-disciplinary team out of which I have been able to offer a clinic approach to migraine.

I have always had an interest in migraine, not least because I suffer from it myself, but also because I believe there are very good

reasons why migraine can be treated well in general practice. The diagnosis and treatment of migraine demands interest and clinical skill rather than technical equipment.

General practice has always been structured on flexibility – trying to offer services at times which are convenient. It is also, I believe, able to offer greater accessibility for ongoing care and advice than the traditional hospital based model.

Why a clinic?

Through the establishment of a Migraine Clinic, the Sheehan Medical Practice can now provide a more detailed examination of a migraineurs' condition – not usually possible during a regular doctor's visit.

The clinic also allows the skills of different professionals in the practice to be more co-ordinated in caring for the patient. Staff members such as a practice nurse, physiotherapist, dietician and a local psychotherapist all contribute to the running of the clinic.



A range of special equipment is also available to help the sufferer where medication is undesirable due to certain health problems, in pregnancy or where children are concerned.

Finally, a written report will be forwarded to the patient after the first appointment to summarise all the relevant issues identified during the consultation.

Biofeedback

The Migraine Clinic is equipped with the very latest biofeedback equipment available on the Irish market.

Biofeedback, for those unfamiliar with the process, is a way of assessing the level of stress in the body. Sensors, placed on various parts of the body, are used to assess the presence and severity of stress-induced body changes. These changes are then displayed visually on a screen, allowing for the formation of a solid basis on which to proceed with training in relaxation exercises.



Any improvements in muscle tension, blood vessel constriction, breathing pattern, sweating and skin temperature can also be clearly shown on the screen.

The Migraine Clinic is also equipped with other pain reducing aids which can be used during a migraine attack. Some patients will find these useful in reducing the amount of medication needed.

Making an appointment

Appointments may be made through any of the receptionists. However, it is important to state that you want an appointment for the Migraine Clinic as it is not possible to offer the service during a regular consultation.

Contact Details

Address: 21 Summerhill Road,
Dun Laoghaire, Co. Dublin

Phone: 01 280 6908

Email: reception@sheehanmedicalpractice.com

For more information see:
www.sheehanmedicalpractice.com

Disclaimer: The piece above is not a recommendation/endorsement of the Migraine Clinic at the Sheehan Medical Practice. Our aim is to provide you with information about the growing number of services available. We'll leave it up to you to make your own mind up.

Kinesiology



In each edition of *BrainStorm* we explore a different complementary therapy. We understand that many of you do not approve of complementary medicine or dismiss its results as simply the placebo effect. However, the MAI has over 1000 members and so we strive to cover the interests of all.

We do not recommend any particular complementary treatment – or even conventional medicine – we simply give you the information that you need to make informed decisions for yourselves. Below, journalist *Cristina Duffy* explores kinesiology ...

Before Nuala Woulfe discovered kinesiology and learned to control her intake of certain foods, she suffered badly with migraines. She would walk around numb with pain and exhaustion for up to three days at a time. She suffered with neck pain, tooth ache, earache and a stabbing pain in the back of her eyeballs along with constant nausea.

“I only began getting migraines after I had my first baby. In my twenties after a night of drinking, I used to get what I thought then were bad hangovers but looking back I think they were migraines because they were extremely severe.”

“After I had the baby the migraines got much worse, I just wanted to go away to somewhere really dark and stay there. Even my speech was affected, I had to really force myself to talk coherently.”

Previously, Nuala worked in a health food shop and so was aware of kinesiology – a type

of holistic medicine which treats the entire body and mind (not just pain).

Practitioners claim that the therapy can treat headaches, backache, constipation, skin problems and fear or phobias.

Kinesiology is completely receptor driven, which means the practitioner relies on the client’s body for feedback. Clients are also asked to accept more responsibility for their own health and recovery.

“The therapy I used was called colour therapy,” explains Nuala, “Kinesiology believes that a persons relationship with colours is very important. I basically looked at different colours – they say it helps to balance your system but I’m not sure how big a difference it actually made to me.”

However, kinesiology also confirmed that wheat and some dairy products were triggers for Nuala’s migraines. She began to keep a food diary to monitor the types of food she was consuming and how each affected her.

“After I gave up eating wheat the change was almost immediate. If I stay off the wheat for one day, I get a complete energy boost which is great, likewise if I eat wheat for a week or so my energy plummets. My body tells me to cut it out.”

On top of food, Nuala found that cutting down on alcohol stopped the migraines from flaring up as regularly.

“I try to drink a lot less now because it is just not worth it. If I do drink, I stick to organic wine.”

Nuala Woulfe has since become a successful author with her debut book ‘Chasing Rainbows’ - a title she attributes to the colour therapy aspect of kinesiology. Although she has yet to go back for colour therapy, she says she would not be against attending another session.

“After my session of colour therapy, I had the best nights sleep of my life. I was also seeing lots of flashing colours. When I awoke the next morning I announced that I was going to start writing a book, which was strange because I had no plans to begin a novel. My first book literally flew out of my fingertips and colour therapy has been known to promote creativity. So who knows?”

“I feel so much better now that I can control the migraines and I take precautions like taking paracetamol when I see the warning signs. I need my energy at night to write when the children are asleep so being sick for days at a time is not an option. In my opinion kinesiology is definitely an option for coping better with migraines and I would recommend giving it a try.”

For further information or to find a practitioner, visit the website of the Association of Systematic Kinesiology in Ireland at: www.kinesiology.ie



This newsletter provides information only. The authors have no medical qualifications unless otherwise stated. No responsibility for any loss caused to any person acting, or refraining from action, as a result of any material in this publication or any advice given can be accepted by the Migraine Association of Ireland. Medical advice should be obtained on any specific matter.



FLORA WOMEN'S MINI-MARATHON 2009

Do you plan on participating in the Flora women's mini-marathon this year? If so, why not consider running for the Migraine Association? Maybe you can rope your friends into running or convince a group of colleagues from work.

The MAI plans on using the 2009 race to make a large publicity splash. Not only do we want to see participants in our t-shirts, we've also been granted funding from A.Menarini Pharmaceuticals to print and place a leaflet in the goodie bags given to all competitors.

If you're interested in taking part you must complete the official entry form which appears in the Evening Herald every Wednesday and Saturday or online at:
www.florawomensminimarathon.ie

Once you have registered, contact us and we'll supply you with a sponsorship card and t-shirt. Call our offices on 01 8941280 or email donnawalsh@migraine.ie

Please hurry as registration will close when the maximum number of places are filled (or on April 21st if the limit is not reached).

Note: At the time of printing, registration was still open

THE RESEARCH

Exercise can have a number of effects on migraine – both positive and negative. Below is the latest research to claim that exercising can be successful in reducing the pain intensity of migraine attacks:

STUDY 1

Being overweight may increase the risk of migraine attacks in young and middle-aged

adults, according to a US study of over 22,000 people.

Of the women in the group with excess abdominal fat, 37% were migraineurs. However, only 29% of those without abdominal obesity reported migraine. 20% of the men with abdominal obesity said they suffered from migraine but only 16% of those without excess belly fat were migraineurs.

Researchers say the study shows that losing weight in the stomach area may be beneficial for younger adults who suffer from migraine, especially women.

STUDY 2

The results of a small-scale Austrian study have shown that aerobic exercise, followed by a period of progressive muscle relaxation can be effective in easing migraine pain.

The study involved a group of fifteen migraineurs and a comparison group. After six weeks, each member in the group of fifteen reported an improvement in migraine pain intensity.

This group added an exercise-and-relaxation routine to their usual care, where as the comparison group stuck to their usual routine.

However, this study leaves many questions unanswered. One is whether the exercise, relaxation or both were responsible for the pain improvements. The second is why the exercise group reported less pain intensity.

STUDY 3

Inactive people have a higher risk of developing frequent headaches, according to Norwegian researchers.

Over 20,000 adults were surveyed about their exercise habits between 1984 and 1986. Eleven years later this same group was quizzed about the presence of headache symptoms.

The study showed that those who never exercised were 14% more likely to develop non-migraine type headaches over an 11-year period.

However, a second study showed that while a sedentary lifestyle may be a risk factor for headache, many people who are currently headache sufferers are prevented from exercising by the debilitating nature of their condition.

AVOIDING TRIGGERS



Although exercise can be of benefit to the migraineur, it can also trigger migraine attacks in many sufferers. Below we list the most common triggers and provide some advice on avoidance:

Dehydration: Always ensure that you take on enough fluids when exercising. Water is generally the best option and should be freely available. High-energy drinks containing caffeine can be migraine triggers and should be avoided if you are susceptible.

Overheating: For those involved in high-energy or endurance sports, overheating can often become a factor. Fluids, as mentioned above, are essential. Layered clothing may also be a good option, allowing you to discard that extra top if you begin to feel excessively warm.

Sun-glare: In bright conditions, a good pair of sunglasses are essential. Wrap-arounds block out more light than ordinary glasses, while high UV resistance and polarised lenses may also prove useful. Try a peaked cap too.

Foodstuffs: International research has shown that about 20% of migraine attacks are triggered by dietary factors. Certain 'energy foods' (such as chocolate and bananas) have previously been cited as migraine triggers. Also, caffeine – a common ingredient in high-energy drinks – has been implicated in migraine attacks.

However, if these foodstuffs have never caused a problem previously, there is no need to eliminate them from your diet.

Over-exertion: If you are taking part in a race, ensure that you pace yourself throughout the race and walk at intervals if you need to. In any sport, don't push yourself further than you know you can go.

Low Blood Sugar: Low blood sugar (hypoglycaemia) can trigger attacks, so try not to go longer than three waking hours without eating. If you're preparing for an active/competitive sports event or game you may need to up your food intake. Slow-release cereals are advisable on the morning of the race e.g. porridge.

TRIGGERS

- Dehydration
- Overheating
- Sun-glare
- Foodstuffs
- Over-exertion
- Low blood sugar

I'M RUNNING FOR MIGRAINE!

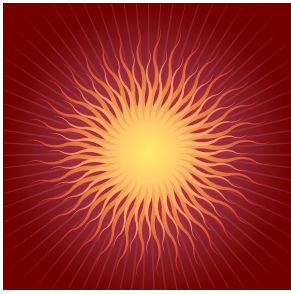
Marie O'Riordan is among a number of people who have decided to take part in the 2009 mini-marathon to raise funds (and awareness) for the Migraine Association of Ireland. Here Marie explains why she decided to get involved and why you should too ...



I've always wanted to do a Mini-Marathon and when I heard that the Migraine Association of Ireland was getting involved this year I jumped at the chance to register. I've lived with Chronic Migraine without Aura since birth, but do you think I let this get in the way of me living my life to the full - not for a second!

There's every chance that running will trigger an acute migraine in me, so I'll be power walking on June 1st! The question is... Will you join me? What an amazing opportunity for all women reading this to join thousands of others in assisting charities that they are passionate about helping. Rock On! See you at the finish!

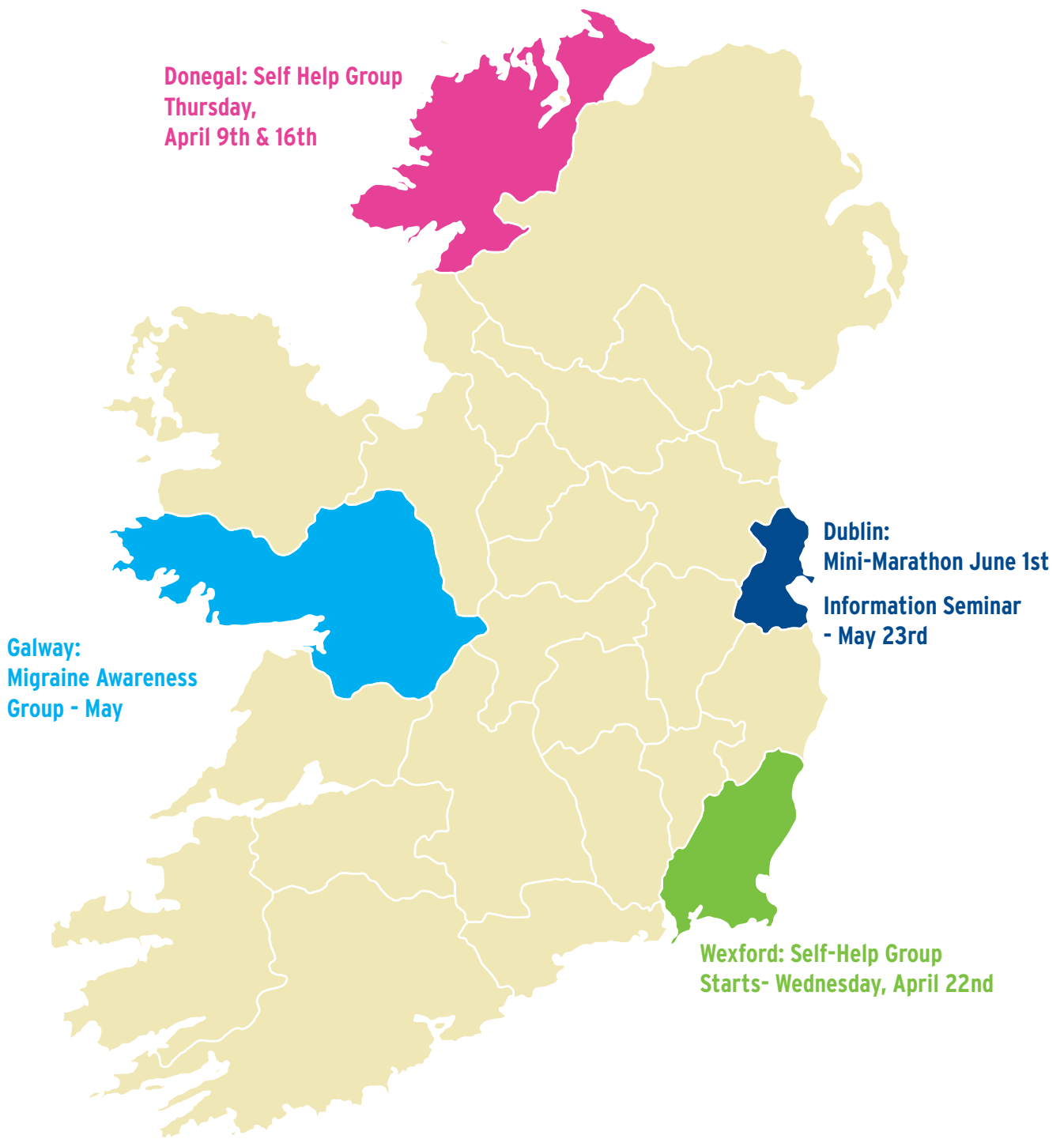




Summer Events 2009



The greatest resource that the MAI can offer its members – and migraineurs nationwide – is our educational events, ranging from self-help groups to information seminars. Below, we detail the events that will be happening around the country during Summer 2009. There's sure to be an event happening near you!



1. Self-Help Groups

Wexford

The first meeting of the Wexford self-help group gets underway this April. The agenda will be largely decided by the participants but generally, various issues in relation to migraine will be discussed – including trigger factors, lifestyle and the workplace. A migraine specialist nurse and a complementary therapist (of your choice) can also attend one session each. These sessions provide migraineurs with an opportunity to meet and discuss their condition in an informal atmosphere, so book your place now. There is no cost but those wishing to attend should let us know by calling 01 8941280 or by sending an email to info@migraine.ie

First Meeting

Date: Wednesday, April 22nd, 2009
 Time: 7.00pm
 Venue: Wexford Town (*we will confirm the venue with you when you register*)

Donegal

There are a couple of sessions left at the Donegal self-help group and there are still places available. If you are interested in coming along please call us on 01 8941280 or send an email to info@migraine.ie

Next Meeting

Date: Thursday, April 9th, 2009
 Time: 7.00pm
 Venue: Clanree Hotel, Letterkenny, Co. Donegal

2. Information Seminars

Dublin

Following the general assembly of the European Headache Alliance [EHA] – which convenes this year in Dublin – the MAI will hold an information seminar. Keen to take advantage of the expertise held by members of the EHA, the MAI has enlisted the organisation's vice-president – Dr Cristina Tassorelli – to speak at the event. Dr Tassorelli is an internationally esteemed expert in the field of migraine. She is also a migraine sufferer and so has a deep understanding of the experience of fellow migraineurs. We encourage our members to attend this event and to take advantage of the expertise on offer.

Other speakers will be confirmed closer to the date.

Date: Saturday, May 23rd, 2009
 Time: 2pm
 Venue: Radisson Hotel, Golden Lane, Dublin 8.
 Price: Members FREE, €5 non-members
 Children and partners FREE
 Light refreshments will be served

3. Local Support Groups

Galway

The MAI is currently seeking to set up local support groups to further the work of the Association at a regional level. These groups will work, with the support of the MAI's Regional Development Officer, to raise

awareness of migraine and the work of the Association nationwide. The groups' work will range from fundraising to media work to organising local events.

Our first committee has already been formed in Cork and will meet for the second time this April to discuss it's work for the coming year, including a large splash throughout the county during Migraine Action Week.

We are hoping to set up a second group this May in Galway. If you think you may be interested in taking part, please let us know and we will provide you with more details.

Call us on 1850 200 378 or email info@migraine.ie

4. Fundraising & Awareness

Please consider running the mini-marathon for the Migraine Association of Ireland. For more information, see pages 6 and 7.



True-Life Story



“I have a vague memory of my first headache aged 4 years old,” remembers Sara Cox, “I do not know if this was a migraine or not.”

“I started getting ‘sick’ headaches in my teens and since my classmates all complained of headaches, I assumed mine were the same as theirs.”

Sara grew up in the West Indies – her parents moved there from England following the Second World War. She is now a lecturer at the University of Limerick but still suffers from the migraines that started when she was just a child. Here Sara tells her migraine story ...

During my teens the migraines were almost daily and I was getting through a bottle of 25 aspirin tablets a week!

I can look back now and know what the triggers were but at that stage I had not even heard of migraine. I was missing breakfast and lunch. The smell of perishing rubber in the chemistry lab would set me off, as did the smell of petrol and perfumes. These still do! I was also getting migraine attacks with my periods.

The headaches continued into my twenties when I had my first food reaction; a meal cooked in red wine. I was ill for the next 24

hours with what I now know was a common migraine. I had at this stage switched to aspirin and codeine, then paracetamol and codeine. But I still thought I was just suffering from bad headaches.

In 1979 I moved to England and started a university degree. During that time I suffered respiratory infections and was finally diagnosed with asthma in 1982. At that stage my headaches were related to my periods, light – particularly glare and flashing lights – and smells. They were not too bad. However, the doctors gave me an inhaler for my asthma and within a week the migraines became daily.

I was at this stage doing a Master’s degree and had my first 10-day+ migraine, with severe visual difficulties. The doctor sent me to the hospital and I was told that it was only migraine (first diagnosis) and to go away and live with it. That was the start of a twenty-year period of daily migraines and a series of arguments between my doctors and I that the asthma medication was the cause of my continuous migraines.

I was given numerous medications for my migraine but none seemed to work except Solpadeine. I was sent to a consultant neurologist who gave me lithium carbonate but it did not work.

Moving to Ireland, I continued to tell the doctors that I knew it was the asthma medication causing my migraines but was told – “asthma can kill you and migraine won’t”.

Another visit to a neurologist and a CT scan confirmed that because I suffered from asthma and needed the inhaler, little could be done about the migraines.

At this stage I was on eight Solpadeine a day (prescribed) and a non-steroidal anti-inflammatory when the Solpadeine did not work. This continued for 12 years.

Eventually, I researched and found one inhaler that was not a β_2 agonist – which I am now using – and proceeded to reduce my Solpadeine intake (but still had to take two a day, with up to eight on bad days).

I began to attend a new – and sympathetic – GP who prescribed an inhaler (a triptan). However, I turned out to be allergic to one of the ingredients and so about three years ago he sent me to the Migraine Clinic in Cork.

After a short trial on Sanomigran – which I could not take – I am now on a preventive, Topamax, and use Zomig when required. I stopped taking Solpadeine as I was told that I was having rebound headaches and I am now down from daily headaches to between 5 and 10 a month. However, the pattern has changed and there has been an increase in the 5 to 7 day long ones.

Over the years, my migraines have thrown different ‘auras’ at me and still continue to do so – some very frightening. Getting from just 10 days to 2 weeks headache free is still a huge improvement for me and I have also managed to work through most of these days despite the migraine, albeit with the help of a reliever and a motilium!

If you would be willing to share your story with your fellow MAI members, please email a draft to donnawalsh@migraine.ie or post a copy to our offices.



Annual Membership Form

Membership Type New Renewal

Membership Category (Please Tick)

Republic of Ireland/ Northern Ireland €30 / £25
 Student/ OAP/ Unemployed €10 / £10
 International (Outside ROI/ NI) €35 / £30
 Health Professional €40 / £35

Note: Prices have increased by €5

Voluntary Donation €/£.....

Total Enclosed €/£.....

Method of Payment Cheque Postal Order Banker's Order Credit Card/Laser

Title First Name

Surname

Address

Tel. Mobile

E-Mail

Year of Birth (optional)

Occupation (optional)

Would you act on a voluntary basis for the Migraine Association? See below for volunteering opportunities.

Yes No

Please tick here if you would like to receive our regular email news bulletin

The Migraine Association of Ireland (MAI) requires this information to process your application, post membership-related material to you, and to keep you informed of events, issues, and opportunities relating to migraine or to the aims of the MAI. Occasionally, the MAI may determine that products/ services of appointed agents or third parties might be beneficial to our members and, under strict non-disclosure agreements, some of your information may be given to such parties, or may be used by MAI directly to inform you of the product or service. If you do not wish to receive such communication, please tick here

CREDIT / DEBIT CARD PAYMENTS

I wish to pay by: VISA MASTERCARD LASER

and authorise you to debit my account to the sum of €/£.....

Card Number

Expiry Date mm/yy

Signature Date / /

BANKER'S ORDER

Please return this form to us and we will send it on to your bank.

Bank & Branch

Code

Address

Please pay the sum of €/£..... to the account of The Migraine Association of Ireland at AIB Bank, Arran Quay, Smithfield, Dublin 7. Sort Code: 93-13-14, Current Account No. 11350086, on this date and on the corresponding date each succeeding year until further notice.

Account Number:

Name:

Address:

Signed: Date: / /

VOLUNTEERING

If you would like to volunteer at the MAI, please complete this form, and return it.

I would like more information on volunteering in the following area(s):

Information Stands Media Interviews Consultancy Office Assistance
 General Fundraising Local Events In-kind Service Board Member

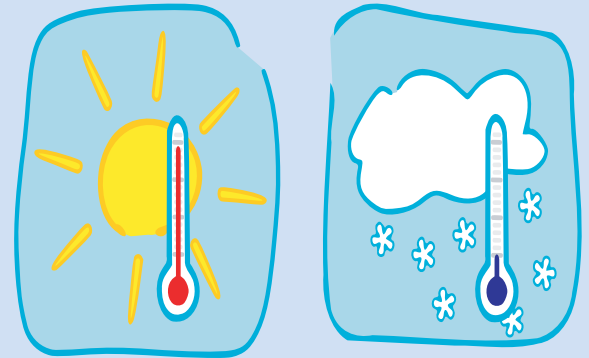
See the 'How can I help?' section of our website for more information on the above options.

Disclaimer: This newsletter provides information only. The authors have no medical qualifications whatsoever unless otherwise stated. No responsibility for any loss howsoever caused to any person acting or refraining from action as a result of any material in this publication or any advice given can be accepted by the Migraine Association of Ireland. Medical advice should be obtained on any specific matter.

Migraine in the Media

The Migraine Association of Ireland has been busy recently - appearing in numerous magazines and newspapers, on regional radio stations and even on national television!

Our stint on RTE's News on Two arose from new medical research exploring the link between migraine and weather. For further information on this study, see below:



As the days grow longer, the spirits of most are lifted by the impending arrival of summer. However, for many of the half a million migraine sufferers in Ireland, the change in seasons is not such good news.

Harvard researchers have discovered that rises in temperature can dramatically increase the number of people needing hospital treatment for debilitating headaches.

The researchers also found that a drop in air pressure can trigger migraine. However, the effect of air pollution could not be proven.

The Harvard team looked at the records of over 7000 headache patients treated in the emergency department between 2000 and 2007.

They took into account the temperature, air pressure and air pollution levels in the three days before the patient arrived at the A&E.

The results showed that for every 5 degree celsius increase in temperature, the number of headache patients seen grew by 7.5%.

This research was published in the medical journal **Neurology**.