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The Headache Clinic, Johannesburg
By email: info@headclin.co.za

Dear Dr Shevel and the team

I am writing to thank you for the remarkable change which has been wrought in my life since you made a PMA for me in February. I had suffered from "silent migraines" for about ten years, migraines with only an aura but no significant headache. The migraines might occur several times a month. Not entirely unpredictable, they happened most often when I was most busy and under pressure. Flashing lights might trigger them off, or a flickering computer screen, but I even once had one when lying in bed in the dark. Beta blocker pills prescribed by my doctor kept them under control for some years, but gradually the dosage had to be increased, until I was taking the maximum dose, and still the migraines increased in frequency. I knew it would never again be safe for me to drive the 135 km Port Elizabeth on my own. I hoped that the decision to retire at 60, two years ago, would mean that the migraines would decrease, but the reverse was true.

This was the situation when I went to stay with my daughter in Johannesburg, in February this year. Dismayed that I was afraid to drive her son to school lest I be struck by a migraine en route, she pointed out to me that there was a "Headache Clinic" not far from her home. I made an appointment, and was impressed by the thoroughness of the care which I received from the various professionals at the Clinic. Since I received the PMA on 25 February, I had only two migraines, both on 1 April. Most fortunately they happened while I was again staying with my daughter in Johannesburg, and Dr Shevel himself adjusted the PMA at very short notice. That was the last of my migraines! I have been recommending the Headache Clinic to my friends. My only regret is that you do not operate in the Eastern Cape.

With renewed thanks, and all good wishes

Yours sincerely

Mrs M J Clarke