


ONE SUFFERER'S STORY:

I'm getting my life back

Ellie Beattie, 23, from Taunton in Somerset, has suffered from excruciating migraines for years. The condition has impacted on every area of her life. She says...

 WHEN I was 18, I got the worst headache I'd ever had and it wouldn't shift. It lasted on and off for a month and I even thought it could be a brain tumour. After that I suffered frequent attacks, where I'd get terrible pain in my temples and a numbing pressure behind my eye. My doctor diagnosed migraines and said the cause could be the computers I'd started using at college. He prescribed special glasses and paracetamol but the crushing migraines continued and I'd have to lie down in a dark room until they went. I was prescribed a stronger painkiller but this left me feeling drowsy.

When my attacks increased to two to three times a week, I was forced to give up my college course. My social life was also badly affected.

I tried cutting out the usual food triggers, which made no difference, and I changed my contraceptive Pill, which helped a little. The stress of worrying that my job as a bank clerk was at risk made my migraines worse. A friend recommended a gadget called Acticare TSE, which transmits short bursts of high-voltage radio-frequency energy to suppress pain signals. I place pads on the back of my neck (pictured) for 20 minutes when I feel an attack coming on and, although it's not a cure, it does relieve the agony of a migraine. I also try to avoid stress and have an anti-glare screen at work, so I'm learning to manage the problem and get my life back.

For more information on Acticare, visit www.acticare.com



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