

**Health**

**Migraine sufferers need to be part of own treatment**

**COMMON MISCONCEPTIONS ABOUT CHIROPRACTIC!!!**

There are numerous misconceptions about chiropractic that are shared by many in our society today. This brief excerpt on chiropractic will hopefully clear up some of these myths.

Chiropractic has many years of research to support it. Unfortunately, most people are unaware of the research that supports the existence of a scientific foundation for chiropractic.

A patient's pain is virtually never caused by a "pinched" nerve and therefore chiropractic does not take pressure off "pinched" nerves. In fact, pinching a nerve, or nerve compression causes numbness, tingling, and muscle weakness, but no pain.

The term "slipped disc" is a misnomer. In actuality, a disc will either bulge (herniate) or rupture, but this is very rare. In fact, a low back herniated disc causes less than 5% of low back, buttock or leg pain.

The chiropractic adjustment restores joint motion, relaxes tight muscles, improves coordination, inhibits pain and has many other beneficial effects, but does not move bones back into place.

This information has been brought to you by **MOORE CHIROPRACTIC CLINIC.**

Please refer questions/comments to:  
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(905) 471-1336

She lies in her darkened bedroom looking at the fuzzy image that should be a wall. She thinks she hears her name being called, but isn't sure because it sounds so distorted and far away. The door opens and light pours into her room increasing the throbbing pain in her head and the nauseous feeling in her stomach. She sits up, runs to the bathroom and vomits.

Seventeen per cent of the Canadian population suffers from one form of migraine - a disorder that affects people of all ages, cultures and sexes, says Valerie South of the Migraine Association of Canada and a migraine sufferer.

Some people have

more severe attacks that happen more frequently. Sometimes migraines are painful, at other times sufferers are confined to their beds from four to 72 hours at a time.

Migraines differ from regular headaches by the severity of the pain.

Although researchers know some people are predisposed to attacks, they are looking for genes so they can stop

people from getting them.

"Seventy-seven per cent of people can identify a close blood relative who has migraines."

Which is better than what people knew in 1974 when the Migraine Association of Canada was formed. At that time, people just suffered quietly because the support for finding a treatment wasn't an issue.

Now it is.

On January 29 at 7 pm at the Radisson Hotel, South and Dr. Caroline Geenan, a neurologist consultant will be discussing how

migraines are diagnosed, how to recognize and monitor migraine triggers and current treatment options.

"We are hoping to better educate people," says South.

Each person's migraine is different and they themselves have to be part of their treatment by figuring out what triggers the attacks.

"We'll never find a trigger that is universal. Often people have to be a very good detective because triggers are a combination of stuff."

Because of this, people have to have do individual research and then receive treatments to get their attacks under control.

There are different types of treatments including those with medicine and those without, says South.

"But the most important thing people should do is not to give up."

"There is world wide research going on. People are better at treating

migraines. There is reason to hope and optimism is gleaned every day."

People interesting in going to the free forum should fax a RSVP to the Migraine Association of Canada at 416-920-3677 before January 29. People who miss the deadline are still welcome to attend.

**Sometimes migraines are painful, at other times sufferers are confined to their bed from four to 72 hours at a time.**

**The Migraine Association of Canada and local pharmacies presents**  
**A forum**  
**When:** January 29, 1997  
**Time:** 7 pm  
**Place:** Radisson Hotel, 50 East Valhalla Drive Markham, Scandia Room 1, second floor (905) 477-2010  
**Admission:** Free  
**Other:** Everyone is welcome, but if possible people should RSVP the Migraine Association of Canada at 416-920-3677 before January 29, 1997.

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