



Free public educational session to learn more about migraines and how to cope with their debilitating effects

(May 3, 2013 – Hamilton, ON) In Canada, it is estimated that over one million men and three million women currently suffer from migraines. These debilitating headaches often greatly impact daily performance and quality of life.

In partnership with Headache Network Canada, St. Joseph's Healthcare Hamilton is hosting a free educational session on migraines on **Wednesday, May 8th, 2013** in the Frank Charles Miller Amphitheatre at the hospital's Charlton Campus. Renowned Neurologist Dr. Rose Giammarco and Director of the Hamilton Headache Clinic and Ms. Valerie South, Executive Director of the Headache Network Canada, will be sharing their thoughts on the impact of migraines in Canada and the symptoms and treatment options available. Patients will also be on hand to share their personal stories. *Dr. Giammarco, Ms. South and select patients will be available for interviews pre- and post-event.

This event is open to the general public, may be of particular interest to those individuals who suffer from headache disorders, their family members and caregivers, and healthcare professionals and those with professional interest in headache disorders.

For more information on this event, please contact: Theresa Furey 905-388-4321 or by email at tfurey1@shaw.ca

Availability for interviews:

Valerie South, can be reached for comments and interview during the day in the next couple of weeks. She can be reached by phone at 416-567-3951 or by email at valsouth@sympatico.ca

Dr. Giammarco, can be reached by phone in the evenings at 905-512-7677.

Dr. Giammarco is an Associate Clinical Professor at McMaster University. She is one of the Directors of Headache Network Canada. Dr. Giammarco is also a member of the Canadian Headache Society and Staff Neurologist at St Joseph's Hospital Hamilton, (with a special interest in headache). She is a graduate of McMaster University Medical School, and completed her Neurology residency, at the University of Toronto, and has been involved in numerous clinical trials for headache.

Valerie South is author of the book "Migraine", a Canadian Medical Association-endorsed book for people seeking strategies to gain control over their migraines. In addition to her experience caring for people with various headache disorders in hospital and research settings as a registered nurse, she has been executive director of headache charities both nationally and internationally, appeared on numerous radio and television shows discussing the subject, and she is also a migraine sufferer.