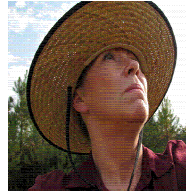




Organization for Understanding  
Cluster Headaches

# Letter from the President



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The Organization for Understanding Cluster Headaches (O.U.C.H.) is a 501, c, (3), nonprofit organization, formed to assist cluster headache sufferers and their families (supporters). O.U.C.H. was formed and is operated by cluster headache sufferers and supporters strictly on a volunteer basis.

Our mission is to provide information and emotional support to cluster headache sufferers and their supporters throughout the world. We encourage, support and participate in research to develop new and improved therapies and practices for treating cluster headaches. OUCH continues to work closely with several eminent neurologists and aided in developing criteria for recognizing and treating these headaches. In 2010, members of OUCH were in attendance at the International Headache Congress. Lifegas sponsored the OUCH booth and Helen Williams and Elizabeth Goodman admirably represented OUCH at the conference by talking with other attendees, discussing cluster headaches and sharing information about OUCH, what we do and hope to achieve. Many excellent articles were published about cluster headaches.

In July each year, OUCH sponsors a convention where sufferers and supporters alike can meet, listen to presentations by various presenters and learn more about this condition. The 2010 convention was a phenomenal success with a wide variety of speakers. Carrie Preston spoke about her decision to have the ONS implanted and how her life has been following that surgery. Drs. Goadsby and Matharu spoke about treatments and research in regards to cluster headaches. Dr. Larry Schorr gave a presentation about how cluster headaches affect the sufferer and the supporter. As always, Lifegas is an integral part of any OUCH convention and their presentation was excellent. There are also various meet and greets throughout the US where sufferers and supporters get a chance to talk with someone else who understands.

This year the Board of Directors has numerous ideas that we hope to accomplish. We plan to revive the newsletter, at least on a quarterly basis. We will be reviewing a brochure that was developed by OUCH members. We will also be reviewing many of the committees to determine what needs to be done to get them active again, or to combine them with other committees to make them more functional. We have some new volunteers that we look forward to working with this year.

Membership in O.U.C.H. is open to anyone who suffers with cluster headaches, supports someone with cluster headaches or has an interest in cluster headaches. Membership is completely free. This is your organization, developed by you and for you.

Carolyn Morris  
President