



**Organization for Understanding
Cluster Headaches**

Why O.U.C.H. ?



"O.U.C.H. to us means you don't have to suffer alone.....
lots of close instant bonds and tons of good info.....
and people with allot in common.
A life changing organization !!!"

Brad & Cootie

"O.U.C.H. means HOPE for a pain free future,
OUCH keeps me from giving up!"



Elaine



"Clusterheads ROCK!"

Woobie & Ramon



"O.U.C.H. improves the quality of life for clusterheads.
It gives them hope.
The organization literally saves lives."

Blake & Jackie Warrior

I spent years thinking that I was alone. I knew there were others like me out there because I read articles in medical books about clusterheadaches. But in 2001 I went to my first OUCH convention in Atlanta Ga. The bonding was instant. I saw someone get hit for the first time and it shook me to the core of my being. It also gave me a greater appreciation of what my wife had went through as she watched me getting hit over and over since 1970 and was helpless to do anything for me. How important is OUCH to me? Last weekend we had our 40th High School reunion. We had not had one since the 25th reunion. I really wanted to attend. The problem was it was the same weekend as the OUCH Convention in Richmond. Tough choice? Nope. I spent last weekend in Richmond.



Jimmy & Ruth Hendrix