



Organization for Understanding  
Cluster Headaches

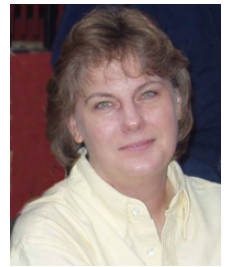
# Why O.U.C.H. ?



It's like being reborn...a new different kind of life.

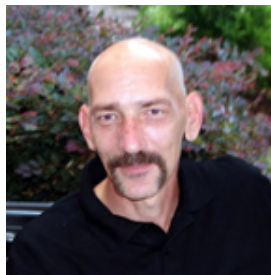
*Jean French*

" What is OUCH to me?  
An organization brought into being to bring awareness to the disorder called Cluster Headaches. To seek out the key people in the medical, scientific and pharmaceutical specialties that can assist the push for research to bring a "primary" treatment option to those who suffer. To have a public awareness to society that bears an understanding of the condition that would be better unassociated with the term 'headache' through a comprehension of the terrifying exquisite pain this disorder inflicts. A compassion for more than the person who suffers, but for the supporters, extended family members, children and all who have to witness the assault CH rends on its victims. To help those who suffer understand the nature of this disease - and it is a disease - and the associated syndromes in order to empower them to rise above being victim and show them how to be a survivor.



OUCH is a vehicle to bring relief, understanding, validation, compassion and hope to all who are touched by a disorder that brings a sense of dread and doom, not unlike a cancer, through its ability to cause such tremendous suffering of pain, emotion and uncertainty from a disease commonly known as CH.

Catherine Lind



As a chronic cluster headache sufferer I saw little reason to live. The pain is relentless and overwhelming. O.U.C.H. has given me hope and the tools necessary to be proactive in the quality of my care and life. O.U.C.H. provides me with the information and support that helps my life to be livable.

Finding O.U.C.H. was both; a gift and a lifesaver.

*Anthony Amabile*