



Organization for Understanding  
Cluster Headaches

October 20., 2005

## **SPECIAL ELECTION ISSUE**

**Voting for The Organization for Understanding Cluster Headaches (O.U.C.H.)**

**Board of Director election will begin on Thursday, October 20, 2005 and close at midnight EST on Thursday, October 27, 2005. Votes will be verified**

**and tallied and the winners will be announced on Monday, October 31, 2005 on the General Business Board.**

**Each candidate has a Question and Answer Board specifically for him/her. The boards will remain open for questions until the voting commences. At that time, the Q&A boards will be locked down as "Read Only."**

**Voting will be held on the O.U.C.H. Business Board:**

<http://www.clusterheadaches.org/members/cgi-bin/yabb/YaBB.cgi>

**Instructions for voting will be posted on the 2005 Board of Directors Election**

**Board. Please be sure to read the instructions carefully. If you have any questions directly pertaining to voting you can post them in the instruction**

**thread or send a private message to Gator.**

**O.U.C.H. thanks you for your participation in this important event.**

**In this issue: Meet the candidates  
Candidate Responses to 20 Questions  
by Helen Kemp**

## **Introducing Bill Mingus in 20 Questions!**

**Name as it appears on birth certificate:** William Henry Mingus

**Nicknames:** Bill

**Eye color:** Hazel

**Place of birth:** Winston Salem NC

**How long have you had CH?** Seven years

**How long did it take you to get diagnosed?** Two years

**What's your worst CH experience?** When I was hit at the race track in front of everyone.

**What made you want to get involved with OUCH?** Wanting to do something proactive about CH rather than waiting for others to do it for me.

**What is your personal goal while in service?** My personal goal is that within five years, no person in the USA suffering from Cluster Headaches will go undiagnosed and untreated due to lack of awareness within the medical community.

**Favorite restaurant:** Carraba's

**Favorite flower:** Black Rose

**Favorite sport to watch:** Auto Racing

**Favorite drink:** De Caf Iced Tea

**Favorite ice cream:** Chocolate

**What do you do most often when you are bored?** Me? Bored?

**Favorite TV shows:** Stargate SG1

**What are you reading now?** Texas Non-Profit Law

**What is your favorite color?** Blue

**Any parting thoughts?** Help OUCH – volunteer!

## **Introducing Cathy Lind in 20 Questions!**

**Name as it appears on birth certificate:** Cathy Lind

**Nicknames:** Cat

**Eye color:** Green

**Place of birth:** Wallaceburg Ontario Canada

**How long have you had CH?** First real notice of it was 2000, although doc believes first was 96 and 2<sup>nd</sup> cycle was 98

**How long did it take you to get diagnosed?** Official Diagnosis came in Jan. 2003

**What's your worst CH experience?** I was hospitalized for a cardiac event and got a 10, they wouldn't let me have imitrex or O2 beyond 2lpm nasal. I had trex vials and needles in my purse and proceeded to draw and inject myself while the orderlies and nurses had a complete FIT.

**What made you want to get involved with OUCH?** My head hurt. I wanted it to stop, and I believe in being active in helping myself.

**What is your personal goal while in service?** To complete a project involving the development of a screening tool to help identify CH'ers much earlier

**Any tips you can pass on?** If yer gonna be stupid ya gotta be tough

**Favorite restaurant:** Mickey's in Graffenwoehr Germany

**Favorite flower:** Roses and purple violets and lilacs

**Favorite sport to watch:** Football on TV, Hockey live

**Favorite drink:** Strawberry Daiquiris, Greg Wasingers White Russians, and Pepsi

**Favorite ice cream:** Mint Choc. Chip

**What do you do most often when you are bored?** Eat and smoke

**Favorite TV shows:** Medium, House, Ghost Hunters, Stargate SG-1, Firefly, Grey's Anatomy and Charmed

**What are you reading now?** Just finished reading Raymond Feist 3<sup>rd</sup> book in the Conclave of Shadows series (as a side note, we read a lot and a very very wide range of subject matter)

**What is your favorite color?** Purple

**Any parting thoughts?** Don't let life get in the way of living

## **Introducing Donna Delacerda in 20 Questions!**

**Name as it appears on birth certificate:** Anastasia Romanoff

**Nicknames:** DD

**Eye color:** Brown with a Blue Spot in my Left (CH) eye

**Place of birth:** Dallas, Texas

**How long have you had CH?** I believe for almost 10 years

**How long did it take you to get diagnosed?** 8 Years

**What's your worst CH experience?** Before I left my ex I remember crawling down the hall, begging to be taken to the emergency room with my four month old son in one arm my 22 month old daughter crying beside me while getting hit with a Kip 9 ½ and my soon to be ex screaming at me "You aren't even human anymore!! You are nothing but a F\*\*\*ing HEADACHE!!!"

**What made you want to get involved with OUCH?** I don't want anyone else to go eight years thinking they are crazy because they were repeatedly misdiagnosed by an uninformed medical community.

**What is your personal goal while in service?** To help OUCH obtain grants to fund projects to educate the medical community.

**Any tips you can pass on?** Pepperoni CAN be a trigger!!

**Favorite restaurant:** The Melting Pot

**Favorite flower:** Yellow Rose

**Favorite sport to watch:** Dallas Cowboy Football

**Favorite drink:** RUM and coke

**Favorite ice cream:** Butter Pecan

**What do you do most often when you are bored?** Online Gamer here! [www.runescape.com](http://www.runescape.com)

**Favorite TV shows:** I don't watch TV. Seriously.

**What are you reading now?** Mostly children's books, to my kids Jessica (5) and Justin (3 ½).

**What is your favorite color?** Red: It matches my CH eye.

**Any parting thoughts?** Parting indicates I'm going somewhere...y'all are stuck with me for a long, long time.

## **Introducing Jean French in 20 Questions!**

**Name as it appears on birth certificate:** Norma Jean Atkinson French

**Nicknames:** Jeanie Lady of the Lake

**Eye color:** Hazel

**Place of birth:** Houston, Texas

**How long have you had CH?** 3 Years 9 Months

**How long did it take you to get diagnosed?** 3 Months (self-diagnosed) 4 Months (Physician diagnosis)

**What's your worst CH experience?** The first CH I had, and thinking I was going to die.

**What made you want to get involved with OUCH?** Hoping for a "cure".

**What is your personal goal while in service?** Well, I still hope for a cure, but doubt one is in the future. Therefore, my goal will be education. Education of the Medical Community, Insurance Companies and any other concerned entity. Another goal is to do what I can as a BoD member to work towards Grants and Affiliations. To give all I can to help those who suffer.

**Any tips you can pass on?** Patience

**Favorite restaurant:** The Fisherman's Galley

**Favorite flower:** Amaryllis

**Favorite sport to watch:** Bass Fishing & Golf

**Favorite drink:** Ice Tea

**Favorite ice cream:** Moose Tracks

**What do you do most often when you are bored?** Fish

**Favorite TV shows:** All bass fishing shows.  
Friends  
PGA Golf

**What are you reading now?** 1st To Die by James Patterson

**What is your favorite color?** Blue

**Any parting thoughts?** Believe in yourself, Follow your heart. Treat others like you would want to be treated.

## Introducing Marty Hedgren in 20 Questions!

**Name as it appears on birth certificate:** My name is Ulf Martin Hedgren. It is a Swedish name since I was born in Sweden. Ulf stands for Wolf.

**Nickname:** Marty

**Eye Color:** Usually mixed with a blue tint - late at night they turn a reddish color

**Place of birth:** Boras, Sweden

**How long have you had CH?** I have had CH since the early 90's

**How long did it take you to get diagnosed?** I was finally diagnosed in 2002.

**What's your worst CH experience?** When I was visiting my family in Sweden and was hit very hard. I went to the ER and was told that I had headaches caused by smoking and drinking coffee. I was given sesame-seed oil to drip into my nostrils and that would take care of the problem...

**What made you want to get involved with OUCH?** The ignorance displayed by so many doctors when it comes to CH. I want to see a change in their attitudes and I firmly believe that OUCH can make that happen. I have idea's on how to go about this and I am working on a plan of action.

**What is your personal goal while in service?** To get back to the basics of spreading information about CH. I would like to see information at doctors offices as well as media coverage and an overall acceptance of CH. I would like to see OUCH start a cyber meeting space, specifically for the medical community, where CH is discussed with ideas and research being shared. I have a personal stake in the continuing research as to the cause and treatment of CH since I would very much like to be free of this affliction.

**Favorite restaurant:** Small family owned Mexican restaurants.

**Favorite flower:** Lily of the Valley (don't read into this;)D)

**Favorite Sport:** NASCAR

**Favorite drink:** Southern Comfort, Pepsi and Chateau Rothschild, Palmer.

**Favorite Ice Cream:** Chocolate Chip

**What do you do when you are bored?** I reroute the network on my PC or change operating systems on one of my laptops.

**Favorite TV Shows:** House, MD, Westerns

**What are you reading now:** Nothing at the moment. I do like Steven King.

**Favorite color:** Don't really have one, maybe burgundy.

**Parting thoughts:** We are all in this together and even though tempers run high from time to time, come crunch-time, we pull together. That makes for a formidable force to be reckoned with and if channeled correctly, I believe that we can achieve many of the goals set for understanding and treating Cluster Headaches.

## **Introducing Michelle Adamson in 20 Questions!**

**Name in Full:** Michelle Lea Adamson

**Nicknames:** Mastifflvr28

**Eye color:** Blue

**Place of birth:** Bellingham, Washington

**How long have you had CH?** 18 Years

**How long did it take you to get diagnosed?** Immediately

**What's your worst CH experience?** When Kaleb was about 2 years old, I had to call my mother to come and take care of him and take me to the doctor. Of course back then the doctor just gave me more fioricet w/ codeine.

**What made you want to get involved with OUCH?** Seeing a future goal for doctors to learn how to treat cluster headaches with knowledge and success.

**What is your personal goal while in service?** To help OUCH in anyway that I can to achieve the goal that was the reason I got into OUCH in the first place.

**Any tips you can pass on?** Read everything you can on the treatment of cluster headaches and take the documents into your doctor and educate them. And hopefully in the future when we read OUCH's Goals you won't have to do this.

**Favorite restaurant:** Outback Steakhouse

**Favorite flower:** Dahlia

**Favorite sport to watch:** Gymnastics

**Favorite drink:** Coffee

**Favorite ice cream:** Phish food

**What do you do most often when you are bored?** Get online and check ch.com and ouch boards

**Favorite TV shows:** ER and HOUSE

**What are you reading now?** ch.com board and ouch forum

**What is your favorite color?** Blue

**Any parting thoughts?** Be part of the solution

## Introducing Mike Day in 20 Questions!

**Name as it appears on birth certificate:** David Michael Day

**Nicknames:** Mike, Gator

**Eye color:** Hazel? Sometimes blue, sometimes green sometimes grey

**Place of birth:** Irwin Army Hospital, Fort Riley, Kansas

**How long have you had CH?** 2 years - primary chronic

**How long did it take you to get diagnosed?** 1 month

**What's your worst CH experience?** During a hit I tried every abortive I had. Nothing worked. The attack lasted almost 3 hours. I ended up on my knees screaming and crying, banging my fist into my skull. It's a good thing I live out in the country otherwise I may have been taken to the local psycho ward. I suppose it was one where some people would have gone to the ER and my wife me to but I refused to go. I had read stories of sufferers misdiagnosed, treated incorrectly or treated like drug seeker's.

**What made you want to get involved with OUCH?** I found a website with people who not only knew what I was going through, but accepted me like a member of a family. There were links to medical research and thousands of people sharing their experiences. It was clusterheadaches.com. As I learned more I vowed I would "pay it forward" and help as many clusterheads as I could. In May 2005, I was asked if I would become a member of the Board of Directors. I look at working for OUCH as my chance to help cluster headache sufferers everywhere.

**What is your personal goal while in service?** To do my best every day to help OUCH fulfill it's mission and vision statements.

**Any tips you can pass on?** READ! The key to getting the proper treatment is information. Do your own research. Read everything about CH and take that research to your doctors. If your doctor is not approachable then maybe it's time to fire them and get a new doctor.

**Favorite restaurant:** It's a restaurant in Seoul, Korea Other than that, anywhere that serves real Korean food.

**Favorite flower:** Sunflower

**Favorite sport to watch:** Football

**Favorite drink:** Iced Tea

**Favorite ice cream:** Mint Chocolate Chip

**What do you do most often when you are bored?** I'm a husband, father of two teenage boys, grandfather of a two year old girl, an OUCH BoD member and the webmaster of two OUCH websites. What is this thing you call "bored?"

**Favorite TV shows:** CSI, CSI Miami, Law & Order, Law & Order: SVU and Law & Order: Criminal Intent

**What are you reading now?** I am reading Isaac Asimov's "The Positronic Man"

**What is your favorite color?** Black

**Any parting thoughts?** You are your own best advocate. Educate yourself and be an active partner in your treatment. Teach others what you have learned

## **Introducing Patti Colon in 20 Questions!**

**Name as it appears on birth certificate:** Patricia

**Nicknames:** Peppermint, Pepper, Pepsi-girl, PMint, PDouble, Pepperoo, Pepperini, PepLo, La Pepa, Pepper-doodle, well... you get the idea. Oh, and of course, Patty.

**Eye color:** Dark Brown

**Place of birth:** Brooklyn, NY, USA

**How long have you had CH?** I don't get it. Not the question - CH.

How long did it take you to get diagnosed? Not applicable to me... CH that is.

**What's your worst CH experience?** Since I'm not a sufferer, it would be the first time I witnessed a full-on cluster attack, while holding that person's hand.

What made you want to get involved with OUCH? I wanted to be supportive to someone I cared for who is a chronic CH sufferer.

**What is your personal goal while in service?** Of course generally, I'd to be of service in any way I can. Large goals are achieved in small steps. Personally, I'd like to contribute towards the effort to make doctors and ER rooms more aware of the CH condition and the tried and most effective methods of aborting an attack (when possible. ) My current goal is to improve the chances that people get better immediate treatment for their suffering, when being attacked, until a cure is found. Any tips you can pass on? Tips... First - if you haven't been officially diagnosed, when you get an MRI ask for an MRA (at the same time), also, TRY O2 - even if it hasn't worked in the past. I've seen the effect change for the better for more than one person.

**Favorite restaurant:** Blue Ribbon, downtown NYC

**Favorite flower:** Roses (also Peonies, hard to choose one)!

**Favorite sport to watch:** not much of a sports spectator, but like to watch to the uh...players... ?

**Favorite drink:** Margarita with Cointreau and Grand Marnier Or A Chocolate Malted

**Favorite ice cream:** Chocolate and Green Tea

**What do you do most often when you are bored?** Go out, preferably to the beach if the weather's good.

**Favorite TV shows:** Don't have a lot of time to watch, but just love House, Seinfeld (still), Sex and the City, 20/20 and Lydia's Italian Table.

**What are you reading now?** Ya-yas in Bloom by Rebecca Wells & Amy Tan's The Bonesetter's Daughter

**What is your favorite color?** Blue, however, I never have too many clothes in Black (a staple)

**Any parting thoughts?** Not at the moment, I'll get back to you on that one...

## **Introducing Thomas Mikel in 20 Questions!**

**Name as it appears on birth certificate:** Thomas Gene Mikel Jr

**Nicknames:** Sharky, Huck

**Eye color:** Blue/Green

**Place of birth:** Kennett Missouri

**How long have you had CH?** Fourteen years

**How long did it take you to get diagnosed?** Three years

**What's your worst CH experience?** Before I was diagnosed I had a 9 that lasted about 4 hours, while I was at my grandmothers on leave from the ARMY. My mother and grandmother had to take me to the ER. I ended up having to pay for the Cat scan as I didn't have authorization from the military to have it done in a civilian hospital and it came up negative.

**What made you want to get involved with OUCH?** Learning that other people had to deal with this thing as well. And the final motivator was marrying a sufferer.

**What is your personal goal while in service?** To do as much as I can to get our condition recognised and respected for what it is, not to be compared to migraine.

**Any tips you can pass on?** Coping - Hot coffee, try to remain calm - it's hard but it does help, always have your abortives stocked and easily accessible, develop a good relationship with your neuro's nursing staff, my nurse has proven to be an angel. Constantly try to find things that work well for you. Don't settle for "ok" treatment.

**Favorite restaurant:** Any where that serves real Barbecue.

**Favorite flower:** Roses

**Favorite sport to watch:** NASCAR

**Favorite drink:** Scotch on the rocks with a splash of water.

**Favorite ice cream:** Haagen Daz butter pecan.

**What do you do most often when you are bored?** Read

**Favorite TV shows:** House, CSI, Law and Order Criminal intent, My name is Earl.

**What are you reading now?** Wolves of the Calla, Book V in the Gunslinger series by Steven King.

**What is your favorite color?** Blue

**Any parting thoughts?** Although our conditin is horrible and life-changing, we should not let that identify who and what we are as people. We need to strive to have a life outside of the pain, otherwise it wins.

## **Introducing Bob Pahlow in 20 Questions!**

**Name as it appears on birth certificate:** Robert Andrew Pahlow

**Nicknames:** Bob, Bobby, Boob

**Eye color:** Blue

**Place of birth:** Milwaukee, Wisconsin

**How long have you had CH?** 35 years episodic

**How long did it take you to get diagnosed?** 2 years - second cycle

**What's your worst CH experience?** A 3 1/2 hour Kip 10 (or maybe two 10's back to back)

**What made you want to get involved with OUCH?** The excitement of finally finding people who understood what clusters are and wanting to do something to help all of us (plus the ego boost and I'm a control freak).

**What is your personal goal while in service?** If nothing else, I would like to leave my term with OUCH having a well defined list of projects or goals to work toward.

**Any tips you can pass on?** Look where you want to go, the rest will follow.

**Favorite restaurant:** Las Casitas (Mexican)

**Favorite flower:** Passion Flower

**Favorite sport to watch:** College Football (or the Packers but they look like a college team this year)

**Favorite drink:** Margarita

**Favorite ice cream:** Vanilla

**What do you do most often when you are bored?** Sleep

**Favorite TV shows:** Cops, History or National Geographic channel stuff

**What are you reading now?** Fleas & Blood (a paperback detective thing)

**What is your favorite color?** Light blue

**Any parting thoughts?** Shut up Hub!