

REAL-LIFE STORIES
plus INFO & ADVICE

A CHANGE IN ME

Migraines ruled my life



WHAT I WAS LIKE

From the age of eight, I'd get migraines almost every week, always on one side of my head. I'd be sick with the pain.

To find the triggers, I kept food and sleep diaries, and when I hit puberty, a record of my menstrual cycle — but to no avail. At 16, I had physio for my neck and head but that didn't work. Nor did relaxation sessions or preventative tablets. And medication to ease the pain only helped a bit. A brain scan was normal.

I missed tons of school and social events, spent so many days lying in the dark with a heat pad on my head, thinking: 'Will life always be like this?'

WHAT I DID

Aged 22, I found out about a private migraine surgery centre in London. I filled in a detailed questionnaire and a few days later the doctor called to say I might be suitable for treatment.

The first step was three Botox injections above each eyebrow and one on either side at the back of my neck, to paralyse the corrugator muscles that were irritating a nerve.

Over the next eight weeks, my migraines reduced by half — then the Botox wore off. But the fact that it had helped showed I'd benefit from surgery.

My nan Beatrice had seen how I'd suffered and stumped up £3,000 for the procedure.

Two months on, I was put to

sleep. The corrugator muscles were removed — through the creases at the top of my eyelids.

Afterwards, I looked terrible, as if I'd been punched. But I left hospital the same day.

It took two months for the swelling and bruising to go. And because of the trauma, the migraines kept coming. But as time passed, their frequency and intensity dropped dramatically.

It's been just over a year since I had the surgery and three months since my last migraine.

Once, I had no social life at all — now I'm out all the time.

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■ For more info, click onto migrainesurgery.co.uk.