



## Huntsville Memorial Hospital

an affiliate of  
Memorial Hermann Healthcare System

### For Immediate Release

## When Whispering Feels Like a Scream

*FREE HMH event discusses the causes and treatments of headache pain*

**HUNTSVILLE, TEXAS (November 6, 2008)** – Huntsville Memorial Hospital (HMH) will host an informative session on the latest information about headaches at **6 p.m. on Tuesday, Nov. 18, 2008**, at the HMH Center for Rehabilitation Gym. Dr. Stuart Leder, board certified neurologist, will discuss the different types of head pain and the various causes. He will also address the various tests used to diagnose types of head pain and the treatments available to prevent and relieve headaches.

Nearly 15 percent of Americans suffer from headaches, which equates to 45 million Americans. The three most common headache types include tension headaches, migraines and cluster headaches. According to the American Headache Society, "A tension type headache is the most common type of headache, and as many as 30 to 78 percent of the general population experience them at some time during their lifetime."

Migraine headaches, which are less common than tension-type headaches afflict nearly 28 million people in the U.S. Cluster headaches are the least common, typically afflicting men, but cause severe pain around the eye and one side of the head. The good news is there are treatments for each one.

"Headache pain can be truly debilitating for many people, but there are proactive ways to avoid headaches and treatment options for those suffering," said Sally Nelson, HMH CEO. "We are excited Dr. Leder can present such an informative discussion for those suffering from head pain."

This seminar is part of Huntsville Memorial's ongoing commitment to the community to provide quality care and educational outreach. "HMH strives to not only provide excellent care to those in need but also find ways to help equip our community with the tools needed to lead healthier lives," Nelson added.

Attendees will enjoy refreshments and door prizes. For more information about the informative session, contact HMH marketing at 936-291-4599.

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***About Huntsville Memorial Hospital***

*Since 1927, Huntsville Memorial Hospital has provided benevolent and charitable health care services, setting the standard for quality, proficient health care for the residents of Walker County and the surrounding communities. At Huntsville Memorial, we have great people who are passionate about your health. We have outstanding physicians, motivated leadership, and compassionate staff. We are your friends and neighbors – dedicated to excellence in everything we do – right here at home.*

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