

I seemed to have headaches most of my life. When I was younger I would take over the counter anti-inflammatory medications. By my late fifties the headaches were almost all of the time. When I reached my early sixties I began to have stomach problems and my general practitioner put me on tramadol, They helped some but I decided I needed to get more expert advice. The neurosurgical department of the local world acclaimed hospital sounded like a good place to start. The head of the department was very interested in my case and ran a lot of tests that included CAT scans and X-rays but there were no useful results.

This neurosurgeon knew another specialist in headache medicine at another famous hospital in a neighboring state south of Pennsylvania and he was conducting an interesting study involving headaches. My neurosurgeon arranged for me to be evaluated by the headache specialist who believed that the headache was caused by a pinched nerve at C3-C4 and he proposed injecting a solution into my neck to deaden that nerve. First however he would inject a salt solution to temporarily deaden the nerves so as to be sure this treatment would be successful for me.

From Philadelphia, I made two more 4 hour round trips by car to this other state for these tests and the injections were extremely painful and totally ineffective. Five years later I heard about another specialist at this same hospital who had written a book about headaches and migraine so I made the trips to this hospital again. He had me complete an extensive questionnaire and I provided the films of the previous CAT scans and X-rays.

His research has suggested that diet played a large role in migraines so he had developed a long list of foods that sometimes trigger headaches. A good many of them I was already avoiding because of my stomach problems with indigestion so chocolate was the only new one that was really difficult to give up.

He also had a list of a couple dozen medications which were found to be helpful in treating headaches. I worked 2/3 of the way down the list of medications with no success but with some unpleasant side effects so I decided to just move on after being driven to this hospital every month for 6 months.

My next adventure involved an advertisement I saw which involved an outpatient procedure which would relieve the pressure on my back nerves as I was having severe back pain. The only local physician who performed this procedure had access only to a small suburban hospital. The idea was to remove the cartilage at the spinal nerves but none of the bone. I had this procedure but it did nothing for me. Another surgeon at a second prestigious hospital in Philadelphia had to remove the bone spur two years later (2014) and that allowed me to walk and stand again.

I then decided to visit the neurology clinic at the same hospital to see what they could do for my headache and back pain. Again, there were a lot more tests that I had to suffer through. They proposed steroid injections for the back pain and fentanyl patches on my back for the headaches. The steroid injections have never worked for me and the fentanyl patches just made me sleepy without pain relief with an increase in the migraine after it was stopped.

I saw an article in the Wall Street Journal about the headache treatment offered by another world class hospital to the east of Philadelphia which involved botulinum toxin injections so of course I made an appointment to have that done. The doctor could not understand why I came to him when there was a clinic in Philadelphia. I came home and had the injections here but they were of no significant help for my headache. However, I did look ten years younger.

My best friend was having some very serious medical problems so I decided we should go to the internationally famous hospital to the northwest of Philadelphia which was 3 hours by flight one way. It was quite an experience but not really very helpful.

Another newspaper story led me to ETOIMS and finally after more than twenty years and many dead-ends I found a treatment that could really help me. ETOIMS was the only treatment that had no side effects: no upset stomach, no bowel disruption, no dizziness or mental fog and no pain from injections. I have tried everything over the course of 25 years, so I am willing to pay any price to get rid of the migraine and pay for it by myself because it affects everything I do. The slightest movement would aggravate the migraine and I had to lie down all day suffering the headache pain. All this is gone now. There is no doubt that migraine clearly improved with ETOIMS. A very positive effect was created after the first few procedures and in a short period of time life became much more pleasant. I now have more time to do things that I enjoy within the limitations of my age, arthritis, asthma and reflux disorder. Insurance paid for all the other consultations, treatments and tests that cost multiple tens of thousands of dollars over many years but were worthless to me and a waste of expensive health care costs that I had to pay for. While suffering all along, much time and energy and more additional money was spent in seeking help from many specialists in prestigious medical institutions throughout the country which had no return on investment. Insurance does not cover this new therapy as yet but insurance should pay for ETOIMS treatments.