



About the Tutor

Guy Sutton's primary research interests are the genetics of neural development and the interactive nature of biological, behavioural and genetic factors in disease processes; in particular, how the brain can affect immunity increasing susceptibility to illness.

He has held academic appointments at Manchester, Manchester Metropolitan and Cambridge Universities, and has lectured in genetics and neuroscience to a range of undergraduate and postgraduate students, including medics, biologists and psychologists. He has been a visiting researcher to universities in the United States and has conducted research projects and data analysis for various organisations, including the Department of Health and the Medical Research Council. In addition to presenting research at various international conferences and writing for academic publications, Dr. Sutton has talked about the theoretical and clinical aspects of his research on television and radio.

He has tutored on 'A' level reading parties for students and teachers for several years, and is an associate tutor with Villiers Park Educational Trust, Cambridge.

About MBI

MBI (Medical Biology Interactive) delivers one-day and half-day courses, seminars and tutorials in epidemiology, occupational health and the human sciences to the health service, industry and education. All MBI seminars are written and run by academics and health specialists, each of whom has considerable experience in research and its practical applications. Seminars are delivered at the hospital, workplace or school, based on cutting-edge research and current practice benchmarks, and tailored to the needs and concerns of the client.

Some of the courses and tutorials that MBI currently offers are listed in this pamphlet.

For further information and full programmes, please contact Dr. Guy Sutton; tel. 07941 039670,
e-mail: gmsutton@mbi-consultancy.co.uk.



MBI
MEDICAL
BIOLOGY
INTERACTIVE

PRESENTS

THE HEADACHE CLINIC



*A Half-Day Seminar on the
Nature, Prevention & Treatment
of Headache and Migraine*

CLINIC CO-ORDINATORS:

Dr. Guy Sutton, Ph.D.
Dr. Ed. Chonicle, Ph.D.

www.mbi-consultancy.co.uk



MBI
MEDICAL
BIOLOGY
INTERACTIVE

**Seminars & Tutorials For The
Health Service, Industry & Education**

Director Dr. Guy Sutton
E-mail: gmsutton@mbi-consultancy.co.uk

82 Kinross Road
Wallasey
Wirral
CH45 8LJ

Tel. 07941 039670

WHY A HEADACHE CLINIC?

It is generally recognised that migraine is a public health problem in terms of its burden on the individual, society and the economy.

It had been estimated that the prevalence of migraine is approximately 6% among men and 15-17% among women and is variable by age, decreasing in both men and women after the age of 40.

In a study of employees of one NHS Trust hospital, it was estimated that migraine-related absence from work and reduced effectiveness whilst at work cost the Trust between £50,000 and £63,000 per annum.

It therefore makes sense that both the employer and the employee are aware of the various ways of treating headache and migraine, and, perhaps more importantly, know how to prevent headache attacks. This half-day clinic is designed to do address these issues.

WHICH INDIVIDUALS WILL BENEFIT?

The Headache Clinic will be of use to anyone who suffers from headache/migraine or is employed in an occupational health capacity and wants up-to-date information about ways to treat and manage the condition.

AIMS OF THE CLINIC

There are three main aims to this clinic:

- to explore the different types and causes of headache and migraine;
- to critically evaluate the various methods of pharmacological and non-pharmacological treatment for headache and migraine;
- to appraise the pharmacological and complementary therapies currently employed in the prevention of headache and migraine.

TOPICS TO BE COVERED

A variety of topics and issues relating to the causes and management of headaches will be covered. Some of these topics are listed below:

- **The nature of headaches:** General considerations about the nature, incidence and diagnosis of head pain in child and adult populations. The economic consequences of headache and migraine will also be covered.
- **Types of headache:** Migraine and migraine variants, eyestrain headache, premenstrual headache, exertion headache, tension headache and hypertensive headache.
- **Causes of headache:** Including the proposed role of family history, changes in blood flow and brain chemistry, tension and emotional states and the influence of diet.
- **Treatment of headache:** Treatments available for the various types of headache. In addition to methods of pharmacological management, the role of massage and relaxation techniques will be discussed.
- **Prevention of headache:** A consideration of medications thought to decrease frequency of attacks, plus an evaluation of elimination diets and complementary therapies.

FORMAT

The seminar is delivered in your workplace and runs from 0930-1600.

Format is varied, with interactive, multimedia lectures, group discussions and practical sessions.

Each attendee will receive a CD-ROM featuring complementary seminar material, practical exercises for managing and treating headaches and links to a range of useful related websites.

Attendees will also each receive a seminar pack containing a scientific review of the material presented in the seminar, complete with a glossary of terms and up-to-date reading list.

OTHER SEMINARS & TUTORIALS

FOR THE HEALTH SERVICE & INDUSTRY

STATISTICS & EPIDEMIOLOGY IN CLINICAL PRACTICE

MEDICAL GENETICS (FOR GENERAL PRACTITIONERS)

HEALTH & STRESS MANAGEMENT

APPLIED PROBLEM SOLVING

FOR EDUCATION

BRAIN DAY (FOR 'A' LEVEL STUDENTS)

DNA DAY (FOR 'A' LEVEL STUDENTS)

STRESS DAY (FOR 'A' LEVEL STUDENTS)

THE ASSESSMENT OF DEVELOPMENTAL DISORDERS