

## **LOCAL RESEARCHERS SHOW POSITIVE RESULTS IN NON-TRADITIONAL THERAPY FOR MIGRAINE SUFFERERS**

A preliminary research study conducted by Holy Names College, Nursing in Oakland, CA has found that a preventive non-traditional headache program developed by Berkeley-based somatic coach and massage therapist, Jan Mundo, showed positive results in treating chronic migraine. The study found that the Mundo Program, a self-care educational program using behavioral treatment to eliminate migraine triggers, reduce stress, and promote body-mind awareness could reduce migraines and potentially save on health care costs.

In the US, it is estimated that 40 to 50 million people have chronic headaches, and 22 to 25 million of them suffer from recurring migraines, three-quarters of whom are women. Annually, migraine alone totals \$1-17 billion in medical costs, with employers losing approximately \$13 billion in productivity.

The results were presented in a research poster entitled "The Cost Effectiveness of a Prophylactic Migraine Program as Contrasted to Pharmacological Migraine Treatment" (Wilson, Keller, McCloud, Lee & Mundo 2001) at the 10th Congress of the International Headache Society (IHC 2001) this summer in New York City. An abstract was published in the International Headache Journal, *Cephalalgia* (May 2001). IHC 2001 was attended by neurologists, family practitioners, internists, anesthesiologists, psychiatrists, psychologists, and nurses, allied health professionals and researchers addressing care for those experiencing headaches.

The retrospective study compared a traditional treatment plan to a non- traditional treatment program, specifically the Mundo Program. It noted that participants (78) who completed a five or six session Program, through their managed care plan, realized a 41% reduction in the number of migraines per month, a 52% decrease in use of abortive prescription medications, with 97% feeling more in control of their headaches. The research identified a second group of ten managed care patients using traditional medical treatment and projected that a 41% reduction in migraines for this group would realize a savings to the managed care organization of nearly \$8000 in the first year.

Teresa Wilson, the primary investigator, is an MSN prepared family nurse practitioner, along with her colleagues, Kelly Keller and Fawn McCloud. All are recent graduates of Holy Names College, Nursing, Oakland, CA. The research consultant for the study was Carla A. Lee, Ph.D., FAAN, Professor of Nursing at Holy Names College. Teresa Wilson has an active practice in case management for managed care programs in Vallejo, CA.

Jan Mundo, Certified Master Somatic Coach and Certified Massage Therapist, provided the research site for the subjects. Jan has thirty years experience in attending to the care of clients with headaches and migraines using the Mundo Method, a hands-on protocol she developed in 1970. She teaches the Mundo Program to individuals and groups in medical, business and private settings. Jan has lived and practiced in the Bay Area for eight years and attended UC Berkeley 1967-69.

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