

M2Mx Offers YPOer Headache Relief

By Karen Seidman

Any challenging problem facing us can certainly be cause for a major headache. But what if the challenging problem facing you actually IS A HEADACHE? Not just any headache; but the rare, debilitating and intensely painful cluster headaches, which occur in groups or “clusters” attacking near one eye or temple with piercing pain and usually lasting between 15 minutes to three hours for several days, weeks or months at a time?

That was the reality facing California Coast YPOer Marc Kirshbaum. Since 1987, Marc has suffered from cluster headaches around his left temple for 45 to 90 minutes between 1:00pm to 3:00pm, approximately four to five times per week for a two-month period every other summer.

Not a lot is known about these episodic and reoccurring headaches, also known as “alarm clock headaches” because of the regularity of their timing, “suicide headaches” due to their severe intensity of pain, and “executive headaches,” because they are far more prevalent in adult men. Experts believe that they are linked to problems with the hypothalamus, which controls your body's "biological clock."

So this past August when the cluster headaches began their daily afternoon onslaught and the regimen of medications again fell far short of an effective remedy to battle against the intense pain, Marc turned to Member Exchange (M2Mx) for relief.

Though it was the first time Marc queried the powerful network, he had heard good things about it, and was hopeful that the service available to 25,000 YPO, WPO, CEO and EO members and alumni could help. After all, Member Exchange was started so “O” members can obtain FREE business, personal and/or health advice, recommendations and solutions in a confidential manner.

Marc couldn't have been more pleased with the results.

“Because cluster headaches are rare, there's no cure, and so much is still unknown about them, I was seeking people who were also experiencing them, or who might have used other treatments – both traditional and non-traditional – that might have been more successful than what I have been doing,” he explained.

“Within 24 hours, I got six responses from members around the United States with very good details, not just understanding and empathizing with my situation, but providing insight as to what they've gone through and what treatments they have tried that helped.”

To date, Marc's cluster headache cycle is finished, and he can again concentrate on running his Costa Mesa, California-based company, Experian Business Information Group, a financial services business providing value-added information solutions to organizations and consumers.

“Because of M2Mx, I’m better armed with information and medical direction if and when the headaches come back down the road,” he said. “The feedback was timely, helpful and insightful, and I would certainly look to the service again if the occasion arose.”

Marc also gives kudos to the Member Exchange staff, stayed on top of his request.

To learn more about M2Mx, visit www.m2mx.com. To submit a request by email, use support@m2mx.com and include your contact information and a precise description of your request, or call M2Mx at +1.972.587.1615.