THE FIFTH ANNUAL MIGRAINE DISEASE AWARENESS EXHIBITION AND MEDICAL MEETING

PRESENTED BY
M.A.G.N.U.M.
The National Migraine Association
**Weber & Weber** is proud to support the Fifth Annual Migraine Awareness Exhibit. We are honored to aid MAGNUM in their endeavors to improve the lives of Migraineurs.

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**GlaxoWellcome** is proud to have been the first to sponsor M.A.G.N.U.M.'s activities, and looks forward to its continued support of the Migraine Awareness Group's disease awareness projects.

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PRESENTED BY
M.A.G.N.U.M.
THE NATIONAL MIGRAINE ASSOCIATION

MEDICAL MEETING & MIGRAINE AWARENESS PRE-OPENING
FRIDAY, SEPTEMBER 29TH, 2000
AT THE
HILTON ALEXANDRIA, OLD TOWN, VIRGINIA

MIGRAINE AWARENESS EXHIBITION OPENING
SATURDAY, SEPTEMBER 30TH, 2000
AT THE
PRINCIPLE GALLERY AT GILPIN HOUSE

FEATURING AWARD WINNING ARTISTS
MICHAEL JOHN COLEMAN & JANET MCKENZIE
RUNNING SEPTEMBER 30TH --- OCTOBER 8TH, 2000

Sponsored In Part By Weber & Weber and Glaxo Wellcome
**Table of Contents**

Letter from the Directors .................................................. 3
Keynote Message from the Office of the Vice President: Office of Mrs. Gore ................................................. 4
Letter of Support from United States Senator Charles S. Robb ............................................................ 6
Letter of Support from United States Senator John Warner ............................................................... 7
About M.A.G.N.U.M. & Facts About Migraine .............................................................................. 8
Keynote Medical Letter of Support from Dr. Merle Daimond, The Diamond Headache Clinic ...................... 9
Letter of Support from United States Senator Barbara A. Mikulski ......................................................... 10
Letter of Support from United States Senator Paul Sarbanes ............................................................... 11
Migraine Treatment Facts ............................................................................................................. 12
Letter of Support from Dr Richard B. Lipton, President of the American Headache Society † ................ 13
Featured Artist Janet McKenzie .................................................................................................... 14
Featured Artist Michael John Coleman .......................................................................................... 15
Letter of Support from United States Senator Bill Frist, M.D. ............................................................. 16
M.A.G.N.U.M Medical Meeting Guest Speakers ............................................................................ 16
Letter of Support from James S. Gilmore, III, Governor of Virginia ....................................................... 17
Letter of Support from the American Council of Headache Education .............................................. 18
Letter of Support from United States Senator Tim Johnson .................................................................. 19
Letter of Support from Dr. Stuart R. Stark, The Neurology & Headache Treatment Center † .................. 20
Letter of Support from United States Congressman James P. Moran ..................................................... 21
Letter of Support from the World Headache Alliance ......................................................................... 23
Letter of Support from Dr. Alexander Mauskop, New York Headache Center † ................................... 24
Letter of Support From United States Senator Patrick Leahy ................................................................. 25
Letter of Support from Kerry J. Donley, Mayor of Alexandria, Virginia ................................................... 26
Acknowledgments .................................................................................................................................. 28

† Magnum medical meeting guest speakers on Friday.
Dear Friends:

We welcome you to the Fifth Annual Migraine Disease Awareness Exhibit & Medical Meeting. We invite you to spend this time enjoying original artwork by nationally-ranked artists who suffer from Migraines and head pain, while gaining medical knowledge about this debilitating disease. Famous Migraine sufferers like Vincent van Gogh and Lewis Carroll would have been pleased to see artwork being used to educate the public about this invisible handicap. This event would not have been possible without the support of you and those in government, the medical community, and media who have worked so hard to help MAGNUM achieve its goals.

This has been an important and busy year for MAGNUM, as we have traveled the world to speak at and participate in very important Migraine and head pain meeting and symposiums. MAGNUM’s founder Michael John Coleman was appointed to the Board of the World Headache Alliance (WHA) which has allowed him and others from MAGNUM to participate in meetings in places such as London, England; Barcelona, Spain; Dublin, Ireland; Geneva Switzerland; and Reykjavik, Iceland. MAGNUM has participated in groundbreaking meetings at the World Headache Organization (WHO) to address the importance of Migraine and head pain issues as world public healthcare issues. Among other activities, MAGNUM has been working with Tipper Gore, Sen. Charles Robb, and Rep. James Moran to get September declared the National Migraine Disease & Headache Disorder Awareness Month and, simultaneously, has been working with the WHA and the WHO to get September declared the official Migraine and head pain awareness month worldwide.

It is with great honor and appreciation that we thank Tipper Gore for her support kind consistent and keynote letter for this program. In addition, we are honored to thank Governor George W. Bush (TX) for his support during this very important time in his career. As Virginians, we are very honored to have special words of support and greeting from the entire slate of Virginia political officials, including Gov. James Gilmore, III, Sen. Charles Robb, Sen. John Warner, Rep. James Moran, and Mayor of Alexandria, VA, Kerry Donley. We are also very pleased to have the support of Maryland’s Sen. Barbara Mikulski and Sen. Paul Sarbanes. Special thanks also to Sen Tim Johnson of South Dakota and Sen. Patrick Leahy of Vermont for their kind words of support. America is truly a participatory government and it has been rewarding to work with the government to improve the lives of Americans who suffer from head pain.

We would particularly like to thank Dr. Merle Diamond of the Diamond Headache Clinic for her keynote letter and for recently joining as a Medical Advisor to the Board of MAGNUM. We would also like to especially thank the medical speakers at this event, namely Dr. Richard Lipton of the American Headache Society, Dr. Alexander Maukopf of the NY Headache Center and Dr. Stuart Stark of the Neurology and Headache Treatment Center and MAGNUM Board Medical Advisor. We would also like to thank our other MAGNUM Board Medical Advisors Dr. Fred Sheltell (Chair) and Dr. John Claude Krause for their valuable service and wisdom. We are grateful to Dr. Tim Steiner of the World Headache Alliance (WHA), and Linda McGillicuddy & Dan Lemery of the American Council of Headache Education (ACHIE) for working closely with MAGNUM and working tirelessly on head pain issues worldwide.

Thanks to GlaxoWellcome, Zenera, Cantrick Labs, Abbott, and Weber & Weber for their financial support and for sharing the goal of improving the quality of life those who suffer from Migraines. Heartfelt thanks to MAGNUM staff, especially Susan Denny, Mark Byrum, Esq, Elizabeth Pirsh, Esq., Adrienne Ingram, and Adam Straus in our Washington, D.C. operation, and Doug Johnson and Kristina Nesbitt in our Atlanta office, to web1st, and to our family and friends, without whose patience and support MAGNUM would not exist.

Much thanks to Janet McKenzie, an internationally-acclaimed artist and long time supporter of MAGNUM, for being the co-featured artist at this event along with Michael John Coleman. Finally, thanks to the Principle Gallery for curating this event and for their invaluable partnership over the years with MAGNUM.

We are glad for your presence at this event. Your support means so much to Migraine and head pain sufferers and their loved ones. Understanding and compassion are the first step toward ending human suffering worldwide.

This event is dedicated to the late Senator Paul Coverdell, whose leadership on health issues will be greatly missed.

Sincerely,

Michael John Coleman
Founder & Executive Director

Terri Miller Burchfield
Exec VP & Legislative Director
KEYNOTE LETTER - From the Office of the Vice President: Office of Mrs. Gore
September 29, 2000

Migraine Awareness Group:
   A National Understanding
   for Migraineurs
113 South Saint Asaph St.
Suite 100
Alexandria, VA 22314-3119

Dear Friends:

I am pleased to send my greetings and best wishes to everyone attending the 5th Annual Migraine Awareness Exhibition and Medical Meeting. I regret that I am unable to attend, however, please be assured that your hard work and commitment is greatly appreciated.

As you know, I strongly believe that a healthy mind and healthy body go hand-in-hand. We must all work together to improve our family, friends, and neighbors understanding of their health and well being. That is why your work increasing our understanding of migraine disease is so important. By increasing awareness about the true nature of migraine disease, erasing the stigma and shame associated with this condition, and working to improve our nation's public policies, you bring hope to the millions of people and families affected by this condition.

Thank you for your commitment to this important cause. Best wishes for a memorable and enjoyable event.

Sincerely,

Tipper Gore

PRINTED ON RECYCLED PAPER
Dear Friends,

Welcome to the 5th Annual Migraine Disease Awareness Exhibition and Medical Meeting.

I congratulate MAGNUM (The National Migraine Association), under the leadership of Executive Director Michael John Coleman and Legislative Director Terri Miller Burchfield, for its continued national and international work towards increasing public awareness of Migraine disease. This year's exhibition and meeting, with its focus on the epidemiology and economic burdens of this disease, will certainly play an integral role in advancing MAGNUM's work on this important health care concern.

I'm pleased to support MAGNUM and its efforts in helping the approximately 30 million Americans, the vast majority of whom are women, who suffer from Migraine disease. Best wishes for a successful exhibition and meeting.

Sincerely,

Charles S. Robb

Myth: Migraine is not life threatening, just annoying.

Reality: Migraine can be life threatening, inducing such conditions as stroke and coma.
Fifth Annual Migraine Awareness Exhibition and Medical Meeting

I am pleased to send warm greetings to each of you participating in the Fifth Annual Migraine Awareness Exhibition and Medical Meeting.

I commend MAGNUM - the Migraine Awareness Group: A National Understanding for Migraineurs - for their leadership in expanding public and government awareness and understanding of migraine disease. I commend all of you who are supporting their efforts.

The on-going research and recent experimental treatment regimens suggest new hope for the millions who suffer from serious headache problems. Yet this is just the beginning and efforts like yours must continue if we are to build the public awareness and support needed to achieve our goal of relief for head-pain sufferers.

My congratulations to MAGNUM on their past successes and best wishes for continued success in all their future efforts on behalf of those who suffer the effects of migraine disease.

With kind regards, I am

Sincerely,

John Warner

Understanding Triggers

• Examples of what ARE triggers — bright sunlight, glare, fluorescent lights; changes in weather (air-pressure); chemical fumes; certain foods, e.g. processed meats, red wine/beer, dried fish, broad beans, fermented cheeses or MSG, to name a few; and menstrual cycles.

• Examples of what are NOT triggers — Lifestyle; stress; anxiety; caffeine; worry; emotion; excitement or depression.
M.A.G.N.U.M. Presents
The Fifth Annual Migraine Disease Awareness Exhibition & Medical Meeting

About M.A.G.N.U.M. & Facts about Migraine

M.A.G.N.U.M. was created to bring public awareness, utilizing the electronic, print and artistic mediums, to the fact that Migraine is a true organic neurological disease. To accomplish this, M.A.G.N.U.M. will work to:

- Change Federal Legislation to include Migraine as a Disability;
- Increase Public Awareness that Migraine is not caused by stress, depression or lifestyle;
- Educate the public that Migraines are not psychological or somatoforms;
- Debunk myths ... i.e. “Migraine personality”;
- Arm Migraineurs with knowledge to directly improve their quality of life;
- Educate Migraineurs about aspects of Migraine disease, such as trigger mechanisms and the latest in medical treatments and pharmaceuticals;
- Direct Migraineurs to positive medical organizations, such as A.C.H.E, and the WHA.
- Direct Migraineurs to quality natoinal and regional medical facilities.

Migraineur Lewis Carroll’s Silver Print of his niece Alice c.1860

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Facts About Migraine Disease

- Migraine affects approximately thirty million Americans, most of whom are women.
- Eighteen percent of women and six percent of men suffer from Migraine.
- Sixty percent of women and seventy percent of men with Migraine have never been diagnosed with this disease.
- Twenty-seven percent of all strokes suffered by persons under the age of forty-five are caused by Migraine.
- 150 million work days per year, equivalent to 1,200 million work hours, are lost each year to head pain.
- Annual cost to industry and the health care system due to Migraine amounts to five to seventeen billion dollars.
- $1,000,000,000 per year is spent on over-the-counter preparations for pain, the majority of which are taken for headache.
- Migraine can cause a host of other physical conditions: permanent visual loss, severe dental problems, coma and even death.
- Chronic Migraineurs can be forced to leave their jobs, withdraw from their families and friends, abandon their leisure, and organize their lifestyle around continual pain.

Recent broadcasts.
September 16, 2000

Mr. Michael John Coleman, Executive Director
Magna Miller Burchfield, IEMBA, Legislative Director
MAGNUM - The National Migraine Association
113 South Saint Asaph Street, Suite 100
Alexandria, VA 22314

Dear Michael and Terri:

It is with wholehearted enthusiasm for, and commitment to, your efforts that I write today to endorse MAGNUM’s Fifth Annual Awareness Exhibit and Medical Meeting. I am delighted to serve as a medical advisor to MAGNUM — we share the same dedication to the importance of bringing national attention to the burden of migraine: physical, emotional and financial.

Your organization is uniquely positioned in our nation’s capital to raise awareness about the nature of migraine as it impacts the lives of individuals and families as well as the health care community. I am particularly hopeful that MAGNUM will draw closer attention to the number of women and adolescent migraine sufferers. The needs of these particular patients are very close to my heart.

I applaud your exemplary progress in public education on migraine to date and offer my sincere encouragement and best wishes for this your fifth meeting. I am proud to be a part of your endeavors.

Sincerely yours,

Merle L. Diamond, M.D.
Associate Director
The Diamond Headache Clinic

MLD/jom

Zeneca Pharmaceuticals is glad to join Migraine Awareness Group: A National Understanding for Migraineurs as they work together to improve the quality of life of headache sufferers in the United States and abroad.
United States Senate
WASHINGTON, DC 20510-2003

September 11, 2000

Mr. Michael John Coleman,
Founder and Executive Director
Ms. Terri Miller Burchfield,
Executive Vice President and Legislative Director
M.A.G.N.U.M.
113 South Saint Asaph Street
Suite 100
Alexandria, Virginia 22314

Dear Friends:

It is a pleasure to extend my support for the Fifth Annual Migraine Disease Awareness Exhibit. I applaud the Migraine Awareness Group for its important work in advancing our understanding of migraine disease.

Migraine disease is the cause of great suffering for many Americans, particularly women and their families. I commend M.A.G.N.U.M. for working to keep this disease on our nation’s public health agenda.

Best wishes for a successful event. Keep up the good work!

Sincerely,

Barbara A. Mikulski
United States Senator


Headache Relief For Woman; How You Can Manage And Prevent Pain by Alan M. Rapoport, M.D. & Fred D. Shoffell, M.D. Little, Brown and Company ISBN 0-316-73391-1


September 29, 2000

MAGNUM Inc.
The National Migraine Association
113 South Saint Asaph Street
Suite 300
Alexandria, Virginia 22314

Dear Friends:

I am most pleased to join with the members and friends of MAGNUM, the National Migraine Association, as you join in the important effort to educate the public through your fifth annual Migraine Disease Awareness Exhibit.

MAGNUM exhibits an extraordinary commitment to providing the public with an awareness and understanding of Migraine Disease, thereby helping to reduce myths and misconceptions surrounding this illness. Your efforts to support increased research directly improve the hopes of the approximately 30 million Americans who suffer from this disease, and this event spotlights the extent to which your work has improved their quality of life.

I appreciate the opportunity to join in recognizing MAGNUM’s outstanding work, and I wish you continued success in this vital area of public education and service.

Sincerely,

Paul Sarbanes
United States Senator

Myth: Migraine is caused by psychological factors, such as stress and depression.

Reality: Migraine is a neurological disease, not a psychological disorder.
Migraine Treatment Facts

Migraine is typically characterized by severe, recurring head pain, usually located on one side of the head and one or more of the following associated symptoms: nausea; vomiting; and increased sensitivity to light, sound and smell. Other associated symptoms may include lightheadedness, diarrhea and scalp tenderness. Migraine symptoms vary for each individual sufferer, making diagnosis -- the key to an effective treatment program -- complicated.

Migraine Treatment: An Historical Overview

Perhaps one of the oldest medical conditions afflicting mankind, migraine headaches, were first recorded during the Mesopotamian Era in about 3,000 B.C. A few notable migraine sufferers throughout history include Thomas Jefferson, Julius Caesar, Sigmund Freud, Ulysses S. Grant, Lewis Carroll and Vincent Van Gogh.

Historically, migraines have been treated with trial-and-error approaches, based upon the prevailing medical knowledge of the time, or with primitive methods based upon superstitions. Some of the treatments prescribed by early physicians such as Galen and Hypocrates, included:

- Drilling a hole in the skull to free "evil spirits"
- Purging and bloodletting
- Applying a hot iron to the site of pain
- Inserting a clove of garlic through an incision in the temple.

Milestones in Migraine Research

As medical science replaced superstition and crude "medical procedures," scientists began to look into the physiology of migraine. Two theories are associated with this connection.

The older theory suggests that migraine involves an initial momentary stage of vessel constriction followed by a more prolonged period of vessel dilation, resulting in the characteristic, throbbing pain. A newer theory suggests that the initial stimulus for migraine occurs within the brain itself, causing major semi-hemispherical cranial vasodilatation, while a sequence of events initiates the release of serotonin.

Serotonin — also called 5-hydroxytryptamine, or 5-HT, is a naturally-occurring chemical that is widely distributed in the body. It influences the tissues in which it is stored by stimulating and interacting with various types of receptors on the individual tissues.

Receptors are specific proteins on the tissue surface to which the serotonin binds, thus triggering certain biological responses in the body.

Note: Serotonin research has lead to the development of medications that are selective, designed to activate (agonists) or block (antagonists) serotonin's effect on a particular serotonin receptor.

Note: 5-HT1, the specific receptor thought to be involved in migraine, is found primarily in the cranial blood vessels and the nerves. During a migraine attack, it is thought that the serotonin level decreases, allowing blood vessels to dilate. This sequence causes surrounding tissues to swell, including nerve endings, which transmit impulses to the brain, resulting in the throbbing pain of migraine.

The first treatment used specifically for migraine, ergotamine tartrate (ergot), was introduced in the 1940s and represented the first real relief for many sufferers. It acts by constricting blood vessels.

The next treatment milestone came with dihydroergotamine mesylate (DHE), introduced in the 1950s. DHE is related to ergotamine, but does not cause dependence. It acts upon the serotonin system and constricts blood vessels. DHE does not treat the associated symptoms of migraine.

It was not until the early 1990s that the next migraine medication, Imitrex, sumatriptan succinate (or sumatriptan), became available. It is the only selective agonist specifically targeted for the 5-HT1 receptor. As a 5-HT1 agonist, it mimics the action of serotonin at the 5-HT1 receptor site, constricting the dilated blood vessels, relaxing the pain and associated symptoms.

Alvin H. Burwell, B.S. Pharm., MBA, is the President of APHIC. Mr. Burwell has been a community pharmacist for 25 years. Mr. Burwell has been MAGNUM'S Pharmaceutical Advisor Chair since their inception. He has practiced in a variety of pharmacy settings including large and small pharmacies. Mr. Burwell has served the Alexandria, VA community since the start of his pharmacy practice.

Phone 703/836-0844  Fax: 703/83600998
ALBERT EINSTEIN COLLEGE OF MEDICINE OF YESHIVA UNIVERSITY

MONTEFIORÉ MEDICAL CENTER

Richard B. Lipton, M.D.
Professor of Neurology,
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September 13, 2000

Mr. Michael John Coleman, Executive Director
Mrs. Terri Miller Burchfield, Legislative Director
113 South South Asaph Street
Alexandria, VA 22314

Dear Mr. Coleman,

I am writing to offer my support and congratulations for M.A.G.N.U.M.’s outstanding work. Your efforts have improved the awareness and understanding of headache disorders. Through your web site, your Migraine Disease Awareness Exhibits, your political action, as well as your collaborations with the World Headache Alliance and World Headache Organization, M.A.G.N.U.M. has helped make the world a better place for headache sufferers.

Education and empowerment are the keys to successful migraine management. Patients who understand their disease, identify their triggers and learn to use both behavioral strategies and medications effectively can dramatically reduce their burden of illness. M.A.G.N.U.M. has made an enormous contribution by helping headache sufferers obtain the information, the access to medical services, the courage and the hope that they need. Jonathan Swift invoked the wish, “May you live all the days of your life”. Through your efforts, migraine sufferers in the United States and around the world have expanded opportunities to do just that, to live all the days of their lives, in face of often disabling medical illness. Once again, congratulations on your many successes and your spectacular contributions.

Sincerely yours,

Richard B. Lipton, M.D.
President,
American Headache Society
JANET MCKENZIE

Janet McKenzie was born in Brooklyn, and studied at the Art Students League of New York. She was one of the youngest recipients of the Edward McDowell Traveling Scholarship which provided a year in Europe. Since then, she has continued painting, producing works that present women as bearers of the message and iconic symbol of feminine strength. Her work reflects her spiritual search for meaning, one that is inclusive of many faiths.

Janet's paintings can be found in the collections of Cardinal Francis George, the Archdiocese of Chicago; First Presbyterian Church, Portland, Oregon; St. James Church, Island Pond, Vermont; Siena College, Loudonville, New York; and Baron and Baroness Willem van Lynden, Zeist, Netherlands; McDonough Chapel, St. Xavier University, Chicago, among others. Her work has been on the covers of many publications, Connecticut Review, and The National Catholic Reporter Supplement, most recently. Many of her images are licensed by Lasting Visions, Burlington, Vermont (www.lastingvisions.com) and Guildhall, Fort Worth, Texas (www.westart@guildhall.com). Janet will have a solo show in 2001 at the Mariological Society of America, Dayton, Ohio. Janet has appeared on the "Today Show" with Matt Lauer, "Extra," "PAX TV," "CNN," WCAX News and done many radio and print interviews nationally and internationally.

Janet McKenzie was the recipient of the 2000 Award for Art from the National League of American Pen Women, Washington DC. Janet's position as winner of The National Catholic Reporter's competition for a new image of Jesus at 2000 has been life-altering as well as humbling. Her goal was to create a work of art in keeping with her beliefs as a person and artist, and inclusive of groups previously uncelebrated in His image. She hopes "Jesus of the People" might remind us that we are all created in God's likeness. The worldwide welcoming celebration of this interpretation of Jesus and the gratitude expressed to her - as well as the onslaught of negative responses - affirm her belief that this work, this particular vision of Jesus, was meant to exist now. The artist feels she is simply the vehicle through which the image came to be.

Janet herself is a Migraineur and has been participating in MAGNUM Migraine disease awareness exhibitions since 1996. Her faith in Michael John Coleman's concept of using the power of art to fight the burden and suffering of this misunderstood episodic disorder is unshakable. By using images from the artist's soul to capture the attention of the public, their artwork gives voice to those suffering in silence. Both understand that knowledge is an effective medicine for a disease clouded in misinformation. Artists have long been charged with capturing the imagination of the public, and when these artists have the public's attention, with the help of doctors of compassion, will educate to improve the quality of life for Migraineurs and their loved ones.

Just days before this event, the Washington Post featured a full-page article on her moving work "Jesus of the People." It showed just how well a compelling artist like Janet could create art to capture the attention of the public. "It's all really kind of miraculous, you know. I guess Jesus Christ is still important." - artist Janet McKenzie told the Washington Post.

"A haunting image of a peasant Jesus—dark, thick-lipped… with ineffable dignity" - sister Wendy Beckett art educator of BBC television fame noted. The Post went on to observe "Painter Janet McKenzie's quiet, ....

life has been turned upside down since the end of last year when she won the Jesus 2000 art competition sponsored by the National Catholic Reporter." We are grateful to have this quiet painter give such a loud voice to the issue of Migraine and the burden of head-pain for those who so often suffer in silence.

Janet currently lives in Northeast Kingdom of Vermont, and can be reached by e-mail at jmk McKenzie2000@hotmail.com.

Janet's work is represented by the Principle Gallery at Gilpin House, in Alexandria's historic Old Town, Virginia (703) 739-9326.
Michael John Coleman is a native Washingtonian who is a nationally recognized, award-winning leader in alternative process photography. Known for his painterly style and impressionist approach, Michael’s artwork has been published in more than 200 fine art exhibitions and has earned awards from many notable personalities in the community such as Peter Thomas, former Dean of the Corcoran Museum and Art School; David Tannous, critic for Art in America; Claire List, curator for the Baltimore Museum of Fine Art; Clifford Chieffo, contributing editor for American Artist; Howard Paine of National Geographic Magazine, and many, many more. Michael was also nominated for a 1990 ALEX Award, the highest honor the city of Alexandria, VA has for the Arts.

Michael’s work is currently on display in U.S. Congressman James P. Moran’s constituents’ office, an ongoing display of 24 original works. Michael’s art is included in such permanent collections as Freddie Mac, the Mortgage Bankers Association, the National Association of State Boards of Education, and thousands of private and corporate collections throughout the world. And of course his work is on display on MAGNUM’s four-star, award-winning website www.migraines.org, ranked the number one most visited migraine site, a top ten Migraine site by AHS, and one of Access Magazine’s Top 200 of all sites for 1999.

The quality and the use of Michael’s work to raise public awareness about a major health issue have been acknowledged by many major government officials. Some of the notables who have praised him are Tipper Gore, Senators Charles S. Robb, John Warner; Barbara Mikulski, Paul Sarbanes, and Tim Johnson; Congressman James P. Moran, Cliff Stearns, and former Speaker Newt Gingrich, as well as the late Senator Paul D. Coverdell, to name a few.

Michael’s work has been featured in many magazines and books, such as PHOTOgraphic Magazine, PROPHOTO, Capture Magazine, and The Best of Photography International. His art was featured on the cover of The Vietnam Veterans Memorial Funds’ latest book: Why Vietnam Still Matters, The War and The Wall. His successful marriage of his art and Migraine disease awareness was the cover story of FDA’s Journal: The FDA Consumer Magazine, and a two-page cover story in The Washington Times. His advocacy was also featured in The Chicago Tribune, Newsweek, US News & World Report, The Washington Post, IJIM, and The Old Town Crier. Other cover stories include The Journal newspapers and DC Magazine. Also, Reuters Wire Service, PR Newswire, WebMD, FoxNews.com, CBS Healthwatch, and HealthSCOUT. In addition, his disease advocacy has been featured on CBS, ABC, PBS, MSNBC, Reuters Television, and Lifetime television to name a few.

Michael studied at the University of Maryland and is completely self-taught in his primary medium—photography. Michael worked as an Art Director with Naval Sea Systems Command, volunteered as a Head Coach of a women’s division Mid-Maryland soccer team (was Washington, DC’s first women’s indoor soccer commissioner). He was juried into the nation’s oldest and largest art center, The Torpedo Factory, served on their PR committee, as well as served on the Board of directors of Washington D.C.’s Art League, Inc., one of the nations largest artist co-ops, for five years. After a decade tenure as the only photographic resident artist at the Art Center, he left due to complications thrust upon him by severe disabling intractable Migraines. He now uses his visual communication skills to fight for the rights of Migraine sufferers around the world and to help address the burden of head-pain. Michael has suffered from intractable Migraines since the age of six, and has experienced the life-altering effects of the disease. MAGNUM’s use of art and media in its public awareness efforts allows Michael to divide his time between Migraine disease awareness advocacy and his fine art career.
September 25, 2000

Mr. Michael John Coleman, Executive Director
Terri Miller Burchfield, Legislative Director
Migraine Awareness Group: A National Understanding
for Migraineurs, Inc. (MAGNUM)
113 South Saint Asaph Street, Suite 100
Alexandria, VA 22314

Dear Mr. Coleman and Ms. Burchfield:

I would like to take this opportunity to fully endorse MAGNUM's 5th Annual Migraine Disease Awareness Exhibit and Conference. As a physician, I have seen the debilitating effects migraines can cause. Educational campaigns like yours can help the nearly 30 million Americans suffering from migraine disease, most of whom are women and nearly 712,400 of whom are Tennesseans, to learn to manage the disease and lessen its effects. Your efforts to raise public awareness about the symptoms and epidemiology associated with migraine disease are laudable. We all benefit from the commitment MAGNUM has displayed to migraine disease education and prevention.

With warm regards, I am

Sincerely,

Bill Frist, M.D.

MAGNUM Medical Meeting Guest Speakers

Richard B. Lipton, MD — Key Note Speaker
Dr. Lipton is Professor of Neurology, Epidemiology and Social Medicine at the Albert Einstein College of Medicine and President of the American Headache Society. He has authored over 400 articles and chapters, and has authored or edited 10 books and journal supplements, largely on headache. He serves on the editorial boards of Neurology, and Headache, and is an Associate Editor of Cephalalgia. He won the Wolf Award for excellence in headache research, two of the last three years.

Alexander Mauskop, MD — Preventive Therapies
Dr. Mauskop is a board-certified neurologist who was acclaimed by a panel of leading physicians as one of "the best doctors in New York" (New York, 1996). He is the Director of the New York Headache Center and the not-for-profit New York Headache Foundation. He is also Past-President of the Eastern Pain Association and Associate Professor of Clinical Neurology SUNY-Downstate.

Stuart Stark, MD — Acute Management
Dr. Stark is a board-certified neurologist and the Managing Member of the Neurology and Headache Treatment Center. He is a graduate of the University of Maryland School of Medicine. Dr. Stark is a member of the American Headache Society and the American Academy of Neurology. In addition, he has been the Medical Research Chair and advisor to the board of directors of MAGNUM - The National Migraine Association since 1996.

MAGNUM promotes what we call a MULTIFACTORIAL approach, which involves addressing all four aspects of Migraine health care: preventive treatment, trigger management, abortive treatment, and general pain management.
COMMONWEALTH of VIRGINIA
Office of the Governor

James S. Gilmore, III
Governor

Dear Friends:

On behalf of all Virginians, I extend warm greetings to those attending the 5th annual Migraine Disease Awareness Exhibit and Medical Meeting in Old Town Alexandria.

I commend MAGNUM, the Migraine Awareness Group: A National Understanding for Migraineurs, for sponsoring this conference, and for its efforts to increase public awareness concerning migraine disease and the 30 million Americans it affects. I applaud MAGNUM for focusing on the epidemiology of migraine disease as well as the economic burden wrought by this debilitating affliction. Only by working to replace misconceptions and inaccurate information with up-to-date research and understanding can we begin to make progress in the fight against migraine disease and bring new hope to those who suffer from head pain.

Best wishes for an informative and successful meeting.

Very truly yours,

James S. Gilmore, III
Governor of Virginia

Preventive or Prophylactic
Preventive or prophylactic medications are prescribed to prevent or reduce the number of attacks. Divalproex Sodium is probably one of the most promising of the preventive regiments currently available. Beta-blockers are the most commonly prescribed prophylactic medication including propranolol. Anti-depressants are believed to have a possible effect on serotonin or possible analgesic effect. Calcium channel blockers are also used to decrease the frequency of Migraine attacks. Methysergide is thought to block the inflammatory and vessel-constricting effects of serotonin. Petasites hybridus (Butterbur root) is the latest non-drug preventive treatment to become available in the U.S.
September 19, 2000

Michael John Coleman
M.A.G.N.U.M.
113 South St, Asaph Street
Alexandria, VA 22314

Dear Michael:

As an organization that shares the goals of migraine disease awareness and education, the American Council for Headache Education is pleased to extend it’s support of M.A.G.N.U.M.’s Migraine Disease Awareness Exhibit.

Your program will help reach out to some of the 28 million Americans that suffer from migraine, and provide them with access to proper diagnosis and treatment to help improve their lives.

Please feel free to contact us with any informational needs.

Best Wishes,

[Signature]
Linda McGillicuddy
Executive Director
American Council for Headache Education

HEAQUARTER:
19 Marne Road • Mount Royal, New Jersey 08061
856.423.0258 • 856.423.0682 Fax • acche@verizon.com • www.acche.org
A Council of the American Headache Society

**Attack-Aborters**

Abort-attack medications are used to relieve the severity and/or duration of migraine and associated symptoms. Some should be taken early in the attack. Cerebral vasodilator abortive agent designed specifically for migraine. These medications include ergotamine tartrate, diltiazem, sumatriptan, and sumetetramine. Nortriptyline act on the central nervous system and alter the patient’s perception of pain. These medications include nortriptyline, codeine, and methadone. NSAIDs (Non-steroidal anti-inflammatory drugs) act by inhibiting blood vessel inflammation. These medications include naproxen, ibuprofen, and ketorolac. Simple analgesics, available over-the-counter (OTC). Though readily available, they are generally not strong enough to relieve migraine pain and overuse may cause rebound headaches. These medications include acetaminophen and aspirin.
United States Senate
WASHINGTON, DC 20510-4104

September 19, 2000

Mr. Michael John Coleman
Executive Director
M.A.G.N.U.M
113 South Saint Asaph Street, Suite 100
Alexandria, VA 22314

Dear Friends:

It is with great pleasure that I extend my greetings to the 5th Annual Migraine Disease Awareness Conference and commend MAGNUM, the Migraine Awareness Group National Understanding For Migraineurs, Inc., for the crucial work they continue to do on this critically important health care issue.

The significance of this annual conference in bringing attention and awareness to the issues surrounding migraine sufferers, which now exceed 30 million Americans, is enormous. The tireless efforts of MAGNUM and others offer us unique opportunities to gain better understanding of the obstacles we still face in treating this debilitating disease. Furthermore, it is my hope that conference’s such as this will lead to further breakthroughs in assessment and treatment of this agonizing illness.

My best wishes for a successful and informative conference and thank you for your efforts to provide a greater understanding of migraine-related issues and the health of all Americans.

Sincerely,

Tim Johnson
United States Senate

This Stationery Printed on Paper made with Recycled Fibers
September 21, 2000

Michael John Coleman, Executive Director
Terri Miller Burchfield, IEMBA, Legislative Director
MAGNUM: The National Migraine Association
113 South St. Asaph Street, Suite 100
Alexandria, VA 22314

Dear Michael:

I am writing in support of the advocacy and public awareness work of the Migraine Awareness Group: (MAGNUM). I am pleased to extend my strong support for MAGNUM’s "Fifth Annual Migraine Disease Awareness Exhibit" to be held September 29, 2000.

MAGNUM’s program will help to reach approximately 30 million Americans that suffer from migraine, and provide them with the access to proper diagnosis and treatment, for a better quality of life. Approximately 25% of the adult females and 8% of the adult males in the United States experience at least one disabling migraine during their lifetime. The economic impact of migraine disorder, when considering loss of productivity, wages and benefits, in addition to direct medical costs, is estimated to be from $8 - 17 billion per year. Education and empowerment are the keys to effective migraine control. Patients who have the knowledge and understanding of their disease, can identify their triggers and learn to use both behavioral and medication strategies and effectively, which will in turn reduce the burden of their illness to themselves and the economic structure.

As a practicing neurologist who specializes in the diagnosis and treatment of headache sufferers, the devastating and disabling effects of the migraine headaches have long been apparent to me.

I am excited about MAGNUM’s work toward promoting migraine awareness through educational efforts and their continued diligence of education on the economic burden wrought by this debilitating disease, and look forward to continued collaboration in 2001.

Sincerely,

Stuart R. Stark, M.D.
Dear Mr. Coleman and Ms. Burchfield:

I write to applaud MAGNUM for its vital work and to commend them for their 5th Annual Migraine Disease Awareness Exhibit and Conference. This valuable conference will highlight the epidemiology of Migraine Disease and the economic burdens that this disease imposes both upon individuals and upon society.

Conferences and exhibits such as these are essential to improve public awareness about this debilitating disease, which burdens 30 million Americans, primarily women. Myths about migraines and head-pain issues hamper progress in treating this disease. MAGNUM's efforts to replace obsolete information in the medical community about migraine disease will ensure proper treatment for migraineurs. Media coverage of MAGNUM's activities, including this exhibit and conference, helps improve the lives of those suffering Migrane disease.

Increased public awareness will also aid those disabled by intractable migraines. Intractable migraines share the same biological causes as epilepsy, yet they are not accorded the same status under disability law. These migraineurs deserve access to disability benefits administered by the Social Security Administration and the Department of Veterans Affairs. They should not have to go through a burdensome bureaucratic procedure of asking that the convulsive disorder category be interpreted to include their condition before receiving benefits. I support MAGNUM's work to afford these benefits to migraineurs.

Again, I congratulate MAGNUM on the 5th Annual Migraine Disease Awareness Exhibit and Conference. Only through such events as these, with their focused attention on head-pain issues, can we offer hope to the millions in our nation suffering this debilitating disease.

Yours truly,

J. P. Moran

Myth: There exists a "migraine personality" whereas a particular type of person tends to get migraine, such as hypersensitive, uptight, perfectionist, compulsive.

Reality: Researchers who have intensively studied the personality makeups of migraineurs have found no evidence of a "migraine personality". In fact, some migraineurs may display these personality traits as a reaction to their illness.
Proxicom, praised in a Forbes magazine feature article, helped MAGNUM launch its website in 1995. Proxicom is a full service provider of e-business solutions. Proxicom has successfully completed over 900 engagements for Fortune 500 companies including AOL, Merrill Lynch, General Motors, and Marriott. Among other awards, Proxicom won a Gold Clio award for L’eggs products.

703/262-3200, Fax: 703/262-3201
www.proxicom.com

MAGNUM wishes to thank Proxicom CEO Raul J. Fernandez for his continued support and sharing of his expertise to make MAGNUM such a success.

Other key medical websites

JAMA (Journal of the American Medical Association)
Migraine Information Center
http://www.jama.ama-assn.org/special/migraine/migraine.html

ACHC - American Council for Headache Education
http://www.migrane.org

AHS - American Headaches Society
http://www.migraine.org

The Migraine Association of Canada
http://www.migraine.ca/

AAN - American Academy of Neurology
http://www.aan.com

Ronda's Migraine Page
http://www.msn.fullfeed.com/~ronda/

The World Headache Alliance (WHA)
http://www.wha.org

and of course...

MAGNUM, The National Migraine Association
http://www.migraines.org
19 September 2000.
Mr. Michael John Coleman
M.A.G.N.U.M. Inc.
113 South Saint Asaph Street
Suite 300
Alexandria, Virginia
22314
USA

Dear Michael John:

The World Headache Alliance wishes to congratulate M.A.G.N.U.M. on the occasion of its 5th Annual Migraine Awareness Exhibit and Medical Meeting.

M.A.G.N.U.M.'s diligent work to raise awareness of the burden headache disorders impose on those who suffer is to be applauded, as is its educational efforts aimed at lifting this burden. The 5th Annual Meeting will serve both purposes - and I wish Michael John Coleman (Executive Director and Founder), Terri Miller Burchfield (Legislative Director and Co-Founder), and all those involved every success.

With very best wishes,

Valerie South
Chief Operating Officer
WORLD HEADACHE ALLIANCE

M.A.G.N.U.M. is grateful for WebFirst's kind support hosting our informative and artistic migraine disease awareness website. They have extensive experience in building and hosting World Wide Web sites. Their clients have ranged from multi-million dollar businesses to government agencies to small associations. All have been impressed WebFirst's customized home page designs, creative uses of existing data in the form of on-line interactive surveys and quizzes, effective use of video and sound applications, and their ability to create new programs for specialized uses.

http://www.webfirst.com
Phone: 301.656.2244  Fax: 301.656.3444
Mr. Michael John Coleman, Executive Director  
Mrs. Terri Miller Burchfield, Legislative Director  
113 South St. Asaph Street, Suite 100  
Alexandria, Virginia 22314

Dear Michael and Terri:

I commend MAGNUM for their commitment to increasing the awareness of migraines. Your steadfastness and diligence in this area has served to bring public awareness to a debilitating disorder that impacts millions of Americans. By working to change Federal legislation and educating the public you have had a tremendous impact in the field of migraine treatment and management.

Your efforts have aided in removing the misconceptions regarding migraines; and in turn, improving the quality of life for migraine sufferers. I am delighted to be a part of your efforts through my role as speaker for the Fifth Annual Migraine Disease Awareness Exhibition & Medical Meeting, and I encourage you to continue to sponsor such valuable events.

Again, I commend and support your efforts to increase public and government awareness of this disorder, and I wish you success for this event as well as future endeavors.

With best regards,

Alexander Mauskop, M.D., F.A.A.N.  
Director, The New York Headache Center

MAGNUM would like to thank Abbott for continued support of it's Migraine awareness activities.

http://www.abbott.com
PATRICK LEAHY
VERMONT

United States Senate
WASHINGTON, DC 20510-6922

September 22, 2000

Mr. Michael John Coleman
Executive Director
113 South Asaph Street, Suite 100
Alexandria, Virginia 22314

Dear Mr. Coleman:

I am pleased to send greetings to the members and friends of M.A.G.N.U.M., the National Migraine Association on the occasion of your 5th Annual Migraine Disease Awareness Exhibition and Medical Meeting. I am particularly pleased to welcome Janet McKenzie, a renowned Vermont artist, whose work will be on display at the art exhibition.

I commend M.A.G.N.U.M.'s commitment to educate the public about the serious nature of Migraine disease. The art exhibition and the associated medical conference highlight the importance of further study and research of Migraine disease. This year, the meeting will focus on the epidemiology and the economic burden of Migraine disease. Drawing attention to these important issues provide continued support and hope to the millions of Americans who suffer from Migraine disease, many of whom are women.

I congratulate M.A.G.N.U.M. on your past successes and I wish you the best for this 5th Annual Migraine Disease Awareness Exhibition and Medical Meeting.

Sincerely,

PATRICK LEAHY
United States Senator

The World Headache Alliance

The World Headache Alliance (WHA) is a global co-operative of more than 40 patient-based headache organizations in 30 nations. WHA exists to relieve the suffering of people affected by headache throughout the world, in particular, by sharing information among headache & Migraine organizations and by increasing the awareness and understanding of headache disorders as a public health concern with profound social and economic impact. WHA acts as a vehicle to assist in reducing the burden of headache and has these two main strategic goals in mind:

To lobby governments and other agencies on the unmitigated burdens of headache disorders and the cost-effectiveness of their alleviation and to raise awareness of headache disorders as a public health concern.

WHA's active participation in WHA's programs ensures Americans that they will receive the benefits gained by tapping into the global pool of knowledge in the fight against headache disorders.
Mr. Michael John Coleman  
Executive Director  
Migraine Awareness Group  
113 South St. Asaph Street, Suite 100  
Alexandria, VA 22314

Dear Mr. Coleman:

I am writing once again in support of the advocacy and public awareness work of the Migraine Awareness Group: A National Understanding for Migraineurs, Inc. (MAGNUM). I am pleased to welcome you and your colleagues to Alexandria for your 5th Annual Migraine Disease Awareness Exhibition and Medical Meeting.

MAGNUM is to be commended for its leadership in expanding public and government awareness and understanding of migraine disease, which primarily affects women. With more than 30 million Americans who suffer from migraine disease, it is critical to have an organization willing to take the lead in educating the public about this debilitating disease.

MAGNUM is bringing out important facts about treatment options, which will assist individuals until a cure is discovered. I commend your organization for its hard work and dedication. Your efforts will enable many to learn more about the disease, discover helpful treatments and experience an improved quality of life.

Sincerely,

Kerry J. Donley  
Mayor

"Home Town of George Washington and Robert E. Lee"  
© Michael John Coleman

"MAGNUM's Michael John Coleman with other WHA board members attending the World Health Organization's conference on the burden of migraine and headache disorders at the WHO headquarters in Geneva, Switzerland." ©MAGNUM, Inc.
MICHAEL JOHN COLEMAN

Michael John Coleman is an artist and native Washingtonian who eight years ago created an NGO, of which he is the Founder and Executive Director, now known as MAGNUM, The National Migraine Association. He uses his artwork in an international campaign to increase recognition of the fact that Migraine is a true neurological disease and to bring attention to the serious nature of all headache disorders. Michael's work has been featured in many national magazines, books, on TV; the Internet, and many major exhibitions and events.

Known for his painterly style and impressionist approach, Michael's artwork has been published in more than 200 fine art exhibitions and has earned awards from many notable personalities in the community such as Peter Thomas, former Dean of the Corcoran Museum and Art School; David Tannous, critic for Art in America; Clifford Chieffo, contributing editor for American Artist, and many, many more. Michale is a former art director who worked for Naval Systems Command and operated a studio for a decade in the nation's largest art center, the Torpedo Factory Art Center. Michael was also nominated for a 1990 ALEX Award, the highest honor that the city of Alexandria, VA, George Washington's home, has for the Arts.

The quality and the use of his artistic and communications skills to raise public awareness about a major health issue has been acknowledged by many major government officials. Some of the notables who have praised him are Tipper Gore, Senators Charles S. Robb, John Warner, Barbara Mikulski, Paul Sarbanes, Congressman James P. Moran and Cliff Stearns, and former Speaker Newt Gingrich as well as the late Senator Paul D. Coverdell, to name a few.

Michael continues to lead MAGNUM with his co-founder Terri Miller Burchfield, the non-profit health care organization's legislative director. MAGNUM has received endorsements from the leading Migraine and headache medical experts the U.S. such as Joel Saper, M.D., Stephen Silberstein, M.D., and Richard Lipton, M.D. Its Board of Directors includes many leading medical experts as advisors including Fred Sheftell, M.D., Stuart Stark, M.D., and Merle Diamond, M.D. Michael is also on the Board of Directors the World Headache Alliance (WHA) and is also the Art Director and the Chairman of the Website Sub-Committee. Working with the WHA allows him to work with the World Health Organization (WHO) and other international NGO's which allow MAGNUM to take its message global. Michael has suffered from intractable Migraines since the age of six, and has experienced the life-altering effects and burden of the disease. MAGNUM's use of art and media in its Public Awareness efforts allows Michael to divide his time between Migraine disease awareness advocacy and his fine art career.

TERRI MILLER BURCHFIELD

Terri Miller Burchfield is originally from South Dakota, and subsequently lived in California while attending Stanford, lived in New York City while working on Wall Street, and currently lives in Washington, D.C. where she helped found MAGNUM, The National Migraine Association. She currently works in Virginia's Silicon Valley in Corporate Development for Proxicom, Inc., a Reston, VA based company that builds e-commerce platforms for Fortune 500 companies. Prior to Proxicom, Terri worked for the Committee on Banking and Financial Services in the U.S. House of Representatives, specializing in the area of financial derivatives and working on other banking issues such as the Congressional Whitewater investigation. Derivatives work included delivering speeches, writing reports, and drafting legislation on the subject. Terri earned her Industrial Engineering degree from Stanford University in 1987, and her International Executive MBA degree from Georgetown University in 1998.

Prior to working in Washington, D.C., Terri worked in investment banking at Goldman, Sachs & Co. in the two-year analyst program in New York, involved in such transactions as stock offerings and mergers, including the merger of Ford Motor Company and Jaguar. Prior to Wall Street, Terri worked for a defense contracting firm and was put on sight in the Pentagon, specifically the Ship Survivability Office, Chief of Naval Operations.

Terri traveled to East and West Germany in 1989 to meet with various reform groups and officials during the falling of the Berlin Wall. She is a founding member and on the Board of Directors of M.A.G.N.U.M., Migraine Awareness Group a National Understanding for Migraineurs, a non-profit health care public education organization. As Executive Vice President and Legislative Director of MAGNUM, Terri delivers speeches, writes articles, helps with website development, and engages in other activities to educate the public and Congress on health care and disability issues related to Migraine disease.
SPECIAL THANKS TO:

With much respect and gratitude M.A.G.N.U.M. would like to thank the following people for their extended efforts and support without whom it would be difficult for us to achieve our mission goals.

Claire Tse; Melissa Preston & Kathleen McGlann of Tipper Gore’s Office; Susan Moeller-Denny; Ian Ossakow of U.S. Senator Charles S. Robb’s Office; Mary O’Connell-Pfizer; Abby Brandel of U.S. Senator Barbara Mikulski’s Office; Kevin Bergen; U.S. Congressman Tom Davis’s Office; Col. David Keith (US Army Ret.); Mary Elizabeth Basaman-Merck; Wes & Jessica Bullock; Joe Cunningham; Linda McGillicuddy and Dan Lemmy, ACHE; Doreen Steeves of Senator John Warner’s Office; Sanjay Patel; Veronica Crowe of Congressman Stearn’s Office; Otis Johnson; U.S. Senator Constance A. Morella; Toni with Richard B. Lipton, American Headache Society; U.S. Congressman Frank R. Wolf; Trish with Neurology & Headache Treatment Center; Deidre with Dr. Moskop Dr. Joel R. Saper, Michigan Headpain & Neurological Institute; Jill Renee Eckenberger; Marisa Milton of Senator Paul Sarbanes’s Office; Judy O’Mally with Merle L Diamond, M.D. at The Diamond Headache Clinic;Congresswoman Eleanor Holmes Norton; Dr. Fred Sheftell, The New England Center for Headache; Jennifer Park of U.S. Congressman James P. Moran’s Office; Susan Hanson of U.S. Senator Tim Johnson’s Office; Dr. Nabil Ramadan, University of Cincinnati Medical Center; Chris Freund of Governor James S. Gilmore III’s Office; Sandy Murphy of Mayor Kerry J. Donley’s Office; Valerie South, WHF; Thomas South; Taylor Burchfield; Ziad O’Jacki & Allison Jones of Bush 2000; Krissy Pisanelli of U.S. Senator Patrick Leahy’s Office; Jessica Yount & Volker Gallichio, Patience Kramer & Greg Eckert: Invidea (sp); Renee Cohen of Drug Voice; Sandra and the Jennifers of the Hilton Alexandria - Old Town; Rachel Jones of U.S. Senator Thompson’s Office; Sonya Sotak of U.S. Senator John McCain’s Office; Anne Lundeum of AAN; Laura O’Neil of U.S. Senator Jeff Sessions’s Office; Amy Jenson of Speaker Hastert’s Office; Kathy Harings of U.S. Senator Frist’s Office; Congressional Caucus of Woman’s Issues; Congresswoman Nita Lowey; First Lady Hillary Rodham Clinton; Former Speaker of the House Newt Gingrich, and former Congresspersons Susan Molinari & Bill Paxon; Marie Kaddell; Shawn Denny; Marie & Ed Coleman; Cassandra Eckert, Editor of DC Magazine.
The Principle Gallery in historic Alexandria deals in an eclectic range of original artwork and limited editions, by nationally and internationally known artists. See everything from 19th century canvases to contemporary paintings and sculpture. One unique advantage is the brokering service; we will find you the best price on any piece of artwork that you may be looking for.

Hours:  
Tuesday & Wednesday 10-7  
Thursday – Saturday 10-9  
Sunday 12-5

Special thanks to Principle Gallery for their invaluable partnership to M.A.G.N.U.M., and as curators for this event.
FEATURED ARTISTS:
MICHAEL JOHN COLEMAN
&
JANET McKENZIE

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