

## To Read, Perchance to Sleep

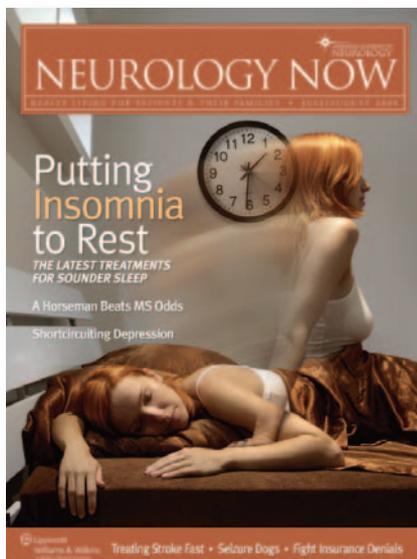
Speaking as a certified insomniac, your Insomnia Special Report ["To Sleep, Perchance to Cure," July/August 2006] made me feel as though I were reading the story of my own life—right down to the details of how Jennifer Zambon (the woman whose story is chronicled in the main article) would note the hours passing on her bedside clock. The entire package of articles was both entertaining and informative.

Over the years, I've shied away from cognitive behavioral therapy because it seemed draconian, because the rationale for the treatment never made sense to me, and because I'm fortunate that medications have worked well for me. But after reading Linda Carroll's excellent story, I'm considering now giving cognitive behavioral therapy a try. This is the first article I've read that describes this process in a way that makes sense to me! Thanks for some terrific journalism.

Robin Edison, M.D.  
Bethesda, Md.

## Dancing with a Kindred Spirit

I just wanted to tell you how much I enjoyed the essay "Dance of Loss" [SPEAK UP, July/August 2006]. I can relate to what Ginnie Horst Burkholder wrote about her husband's Lewy body dementia. My wife has a brain tumor and has had chemotherapy and radiation treatments, and she is doing real well as far as the tumor being kept under control is concerned. But we are limited on travel, as she does not seem to want to get out and walk and enjoy nature and just spend time together. She wants to sleep all the time. Much like Ginnie does, I remember the good



times prior to the discovery of my wife's tumor. I can sympathize with Ginnie. Thanks for the article.

Richard H. Cromer  
Bringinghurst, Ind.

## Another Benefit of the Placebo Effect

As someone with early-stage Parkinson's, I was happy to see the disease referred to in Linda Carroll's article on pain and the placebo effect ["This Is Your Brain on Placebo," May/June 2006]. And I hope you'll follow up with more in-depth exploration of the implications of placebo for Parkinson's. I'd certainly rather meditate, visualize, or do real-time brain-scan biofeedback training for dopamine release than take L-dopa with its dyskinesia and other side effects.

Billy Ray Boyd  
San Francisco, Calif.

## Lifting the Migraine Misconception

I wanted to let you know that Sherry Anderson's essay "Lifting the Rock" [SPEAK UP, May/June 2006] really touched me. I read it while waiting for my now-frequent neurology appointments. As I read her family story, I saw that their story is my story. I felt a sense of relief that someone else is going through what I deal with day in and day out. I know that my family struggles with educating and helping others to understand my battle

with migraines. I can only say thank you to *Neurology Now* for publishing this piece and to Sherry Anderson for putting words to my feelings and thoughts. I have given this piece to many people to help educate them. I think by reading the Andersons' story, they can better understand what I and my family are going through. What, I think, lingers in the mind of anyone who suffers from chronic pain is learning how to "lift the rock" and Sherry said it perfectly: "Love is what lifts the rock."

Danielle Griffith-Jones  
San Jose, Calif.

## A Valuable Resource for Information

I am a medical assistant for a neurologist, and have read every issue you've put out. I'm very lucky that the doctor I work for is always educating me in all that neurologists handle in their day-to-day practice. Your magazine is another resource for me to learn from. I try very hard to understand the needs of my doctor's patients, and to help them in any way I can. You make it much easier.

D.J. Childress  
Sacramento, Calif.

### YOUR VOICES

**WE WELCOME YOUR LETTERS.** All correspondence for publication on this LETTERS page must include name, address, and daytime phone number. They should be e-mailed to [neurologynow@lwwny.com](mailto:neurologynow@lwwny.com), faxed to 646-674-6500 or mailed to 333 Seventh Ave., 19th Floor, New York, NY 10001.

**WE ALSO WELCOME YOUR PERSONAL ESSAYS.** The SPEAK UP essay is a forum for people who live with neurological conditions and those who care for them. Submissions should be kept to 600 words and e-mailed to [neurologynow@lwwny.com](mailto:neurologynow@lwwny.com) or mailed to 333 Seventh Ave., 19th Floor, New York, NY 10001.