

Gwinnett

MAGAZINE

JANUARY/FEBRUARY

*Gifts from
the HEART*
Great Valentine's
Day Gifts

**GCPS TEACHER
OF THE YEAR**
Meet Deborah West

Charles Bannister

*Gwinnett's New Commission Chairman
Takes the Stage*

Bannister



A Change Will Do You Good

I know it's so cliché, but it's so true. January is really the time for new beginnings! Oh sure, I've signed up for all the "lose weight, simplify my life" type resolutions that help me with a new beginning year after year after year, but there are much bigger "new beginnings" happening in Gwinnett this year.

For the first time in 12 years, Gwinnett County will be under new leadership as Charles Bannister takes the position of Chairman of the Gwinnett County Board of Commissioners. Mr. Bannister has a long history of public service at the local and state level, and is a long-time resident of Gwinnett. We look forward to getting to know Mr. Bannister and working with him to continue to make Gwinnett successful. Learn more about the new chairman on page 10.

Another "new" thing happening in Gwinnett is the relocation of the *Gwinnett Magazine* office. We have moved into an expanded office site in the Corporate Lakes office park off Lakes Parkway in Lawrenceville.

As we prepared for the move in late December, I was filled with mixed emotions. It was exciting and fun to think about our new space – fresh, new paint and carpet, bigger offices, better employee common areas, windows everywhere, and even a little picnic table outside. Am I easy to please or what?!

But at the same time, it was weird and even a little sad leaving the old space. Call me sentimental, because, at best, our old office could be described as "functional." But a lot happened at that little old space on Satellite Boulevard. What started out on a wing and a prayer has turned into a very rewarding, satisfying and growing business. We started with humble beginnings with just four of us packed into an 1100-square-foot office thinking, "This is pretty cool."

However, as most of the boxes are now unpacked, and my car is now used to going in a different direction to work, I couldn't be more excited about our new office home. It's a beautiful space, and it's really sort of invigorating to see such tangible evidence of our growing publication and business. I almost want to start singing that theme song from "The Jeffersons" – "We're moving on up..." (Hey, it's o.k. to laugh at me. It's just a fun and happy time around here being full of anticipation for what 2005 will hold).

So as the New Year continues to progress, keep your mind open to change. Whether you're working on new beginnings for yourself, your business, your family or community, one thing is for sure: Change can be a very good thing!

Happy New Year!



Kelly Greer
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P. S. The new office is located at 1255 Lakes Parkway, Suite 110 in Lawrenceville. Our new phone number is 770.236.8703, and the fax number is 770.236.8803. Come see us sometime!

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KELLY GREER



Dr. McDaniel looks into the eyes of a patient who suffers from migraines.

Migraines – escape the pain

TABATHA COGAR NEVER HAD A migraine in her life – until this past April. One migraine turned into two in May, then more in June, until in July, she had one that lasted for three days and another one which came two days later.

With no family history of migraines and no other possible causes such as a tumor or cancer, doctors told Cogar a combination of things could trigger her migraines, from stress to barometric pressure.

According to WebMD, about 28 million people suffer from migraines. Classic signs include pain on one side, nausea, vomiting and sensitivity to light and sound. But in some cases, it can be diffi-

cult to distinguish if it's a true migraine or just a headache.

According to WebMD, about 28 million people suffer from migraines. Classic signs include pain on one side, nausea, vomiting and sensitivity to light and sound.

"Sometimes the pain can be on both sides of the head and be associated with neck pain. Also, with sinus headaches some of the

pathways the pain travels can be the same as a migraine. Probably one of the most important determining factors is the intensity – if it interferes with work or play, it's most likely a migraine," said Dr. James McDaniel, a neurologist with North Georgia Neurological in Lawrenceville.

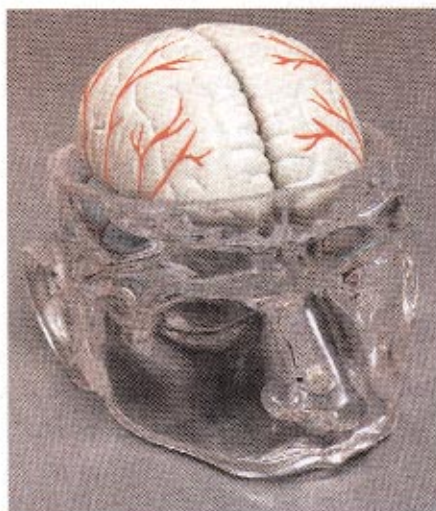
Still not sure what really causes a migraine, McDaniel believes blood vessels are involved.

"Those vessels can go into spasms, which can, but rarely does, cause weakness on one side. Other factors could include changing hormone levels, stress, even birth control pills can affect the frequency of migraines. We're just not exactly sure of a migraine's

origin," said McDaniel.

Doctors will usually order a CAT scan or MRI to rule out structural lesions that could be causing the pain. If the results come back negative, then they begin treating the migraine. Treatment usually begins with prescribed or over-the-counter medicines that can be taken as needed.

Cogar started out taking Imitrex but soon realized it wasn't working.



Typically, migraines occur most frequently among people in their teens or 20s and usually end in the 40s and are more common in women than in men.

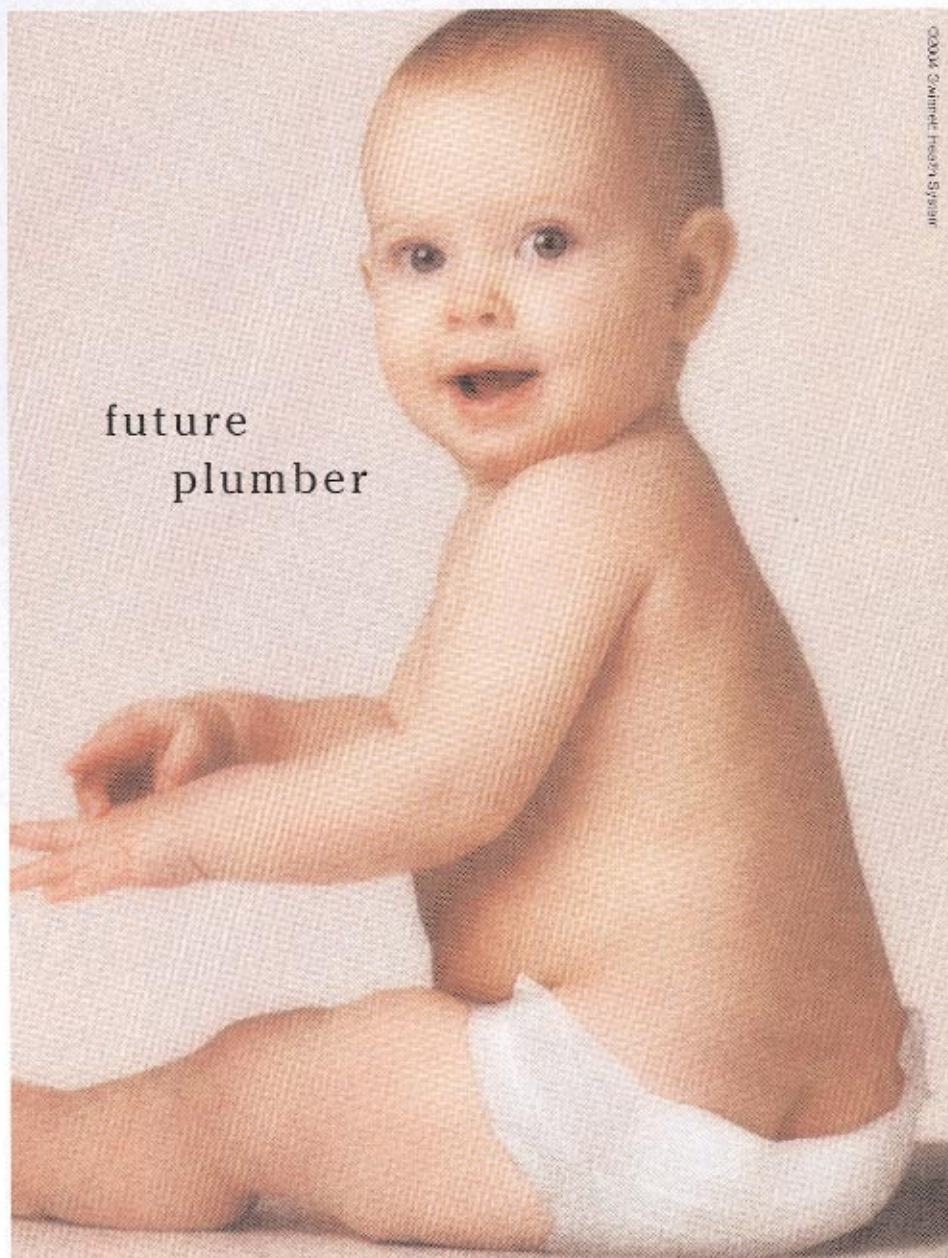
"After I went to a neurologist in October, I was put on Depakote, which I take every night before I go to bed. It hasn't stopped my migraines, but it has made them not as bad and allowed me to go to work," said Cogar.

She keeps a migraine journal, detailing what medicine she takes, the level of pain and how long it takes the medicine to work since the doctor also gave her medicines to take at the onset of a migraine.

Typically, migraines occur most frequently among people in their teens or 20s and usually end in the 40s and are more common in women than in men, but doctors are discovering more and more children are getting migraines.

For now, Cogar's still seeing a

neurologist and may have to be on a prescription the rest of her life. But as medicine advances and doctors discover more treatment options, what used to be a life-altering occurrence cured only by sleep might very well be downgraded to headache status. ■



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