
**Speech of the Rector of Antonine University Father Michel Jalakh
Migraine and Headache Seminar
08 June 2019**

Honorable Guests,

His Excellency Dr Tanios Abboud, President of the Order of Physiscal Therapist in Lebanon,
Colonel Elie Dergham and Capitain Fadi Nader, representatives of the Military Hospital,
Dr Dani Fayyad, representative of His Excellency Sami Gemayel,
Former President Dr Claude Maroun, Director of the Physical Therapy Department at AUBMC
Dear Colleagues, Students and Friends,

Welcome to the Annual Conference of the Physical Therapy Department at the Antonine University in collaboration with the Order of Physical Therapy and the Headache and Chronic Pain Clinic of Bellevue medical center.

I am glad to see professionals coming together to discuss issues related to one of the most recurrent disease in the past decades, "headache". I am inclined to add that the theme of "headaches" is in fact a headache by itself!

Nowadays, there are so many reasons for what seems easy to cure with simple medication but is much more complex when we discuss its implications with professionals. With the improvement of technology and the advancement of medicine, medical doctors are trying through research to find solutions that can enable all partners in the health discipline to relieve patients' pains.

In this 21st century, where people connect with each other through unimaginable means, we realize the extent to which we need each other more than ever as human beings and not only as consumers of machines or technology means. The collaboration between different health disciplines is crucial if our target is to help patients in their suffering. Therefore, beyond the medical and technical supports needed and at a very high level of performance in each field of specialization such as doctors, physical therapists, pharmacists, and others, it is crucial, within all these fields, to develop programs of prevention that support weak people in their search for a better life before severe pain happens. I am talking here about the human wellbeing. Have you ever looked at yourself in a mirror when you have a headache? You frown as if you were upset but you're just in despair! And, at this point of your life, nothing matters because you cannot think anymore.

What added to the tragedy of physical pain from accidents or physical violence is the mental and psychological issues such as stress, bullying, or feelings of unworthiness or loneliness, etc. Therefore, apart from the medical treatments or surgery needed, we see more and more the necessity to develop skillful and knowledgeable physical therapists who know how to listen to a patient pain physically and emotionally.

Furthermore, I believe that our society needs the values that go with the therapy so we will continue looking at ethical issues when taking a decision that might not be in the best interest of our finances but would cure the patient. These values are at the core of the Antonine University's mission. Our programs are meant to create within our students' mindset the willingness to save the world's health

problem beginning by the close community: we value their involvement in lending a hand to the poor and the vulnerable people not only to ease their pain but also to work on themselves, their nutrition, sports habits, and mental health. Today, students are more and more involved in multidisciplinary projects to learn those skills of teamwork, critical thinking, problem solving, listening, ethical approaches to treat and prevent, with a high level of professionalism.

In today's Conference, discussions of great importance for common people and professionals will take place, shedding light on essential topics related to Headaches and the Feeling of Wellbeing, Physical Exercises, nutrition, sleeping habits, women's health and Migraine, to name but a few.

I am grateful to the organizers and presenters of this Physical Therapy Day where we emphasize the sense of caring for the other.

Welcome again to the Antonine University. I wish you a very productive and headache free Conference!