

Tips for Coping With Migraines



Try seeing a specialized psychologist



Have a regular exercise routine



Eat a healthy diet



Explain your condition to loved ones



Keep a migraine diary

Coping With Migraines And Other Headaches

**William B. Young, Stephen D.
Silberstein**



Coping With Migraines And Other Headaches:

Coping with Mental Illness Andrea Votava,1999-12-15 Discusses migraines and other kinds of headaches and what can be done to get rid of them Coping with Headaches and Migraine Alison Frith,2016-04-21 Headaches and migraine affect up to 10 million people in the UK and are one of the common problems seen in doctors surgeries and emergency departments The profound effect they have on daily life means that they are now viewed by the World Health Organisation as one of the world s most disabling diseases This new edition of Coping with Headaches and Migraine explains how lifestyle measures can help and updates the research on causes treatments and ways to cope It explores genetic factors in migraine and the increasing use of non drug treatments such as nerve stimulation Topics include migraine and its varying symptoms cluster headache tension headache daily headaches medication overuse headache causes and triggers medical help and drugs diet exercise lifestyle non drug strategies and complementary remedies headaches affecting women at various stages of their lives research and future approaches to treatment **Everything You Need to Know About Migraines and Other Headaches** Barbara Moe,1999-12-15 Describes the symptoms treatment and prevention of migraine headaches and compares them to other kinds of headaches *100 Questions & Answers About Migraine* Katherine A. Henry, Henry, Anthony P. Bossis,2008-12-18 EMPOWER YOURSELF Migraine affects 12% of adults in our country Nearly one in five women and one in twenty men suffer from this disabling disease making migraine one of the major health issues of our time Further migraine affects individuals in the prime of their lives when they are most intensely involved with their families and careers 100 Questions Answers About Migraine Second Edition offers you authoritative practical answers to your questions about the causes of migraine its treatment sources of support and much more Clear and easy to read 100 Questions Answers About Migraine Second Edition has been updated to include recent research findings and provides practical tips on working with your doctor to find the best treatment for your headaches Written by a neurologist with extensive experience treating patients with migraine and a clinical psychologist who is a pain management expert along with contributions from actual headache patients this book is an invaluable resource for understanding and coping with the medical psychological and emotional turmoil of this painful condition **American College of Physicians Home Medical Guide to Migraine & Other Headaches** American College of Physicians,2000 This book includes the causes and triggers of migraine how to live with migraine treatments both conventional and complementary other types of headache and useful addresses and online sites *Migraine and Other Headaches* M. D. Ferrari,Xavier Lataste,1989 *Wolff's Headache and Other Head Pain* Stephen D. Silberstein,Richard B. Lipton,David Dodick,2008 The 8th edition of Wolff s Headache and Other Head Pain remains the definitive reference text in the field Our knowledge and understanding of headache and its management have changed significantly in the twenty first century A new international headache classification has been adopted headache pathophysiology and genetics have advanced and epidemiologic studies have burgeoned We have greater insights into the

diagnosis and treatment of the secondary headaches New treatments are available for primary headache disorders including migraine cluster and chronic daily headache and our understanding and knowledge are increasing by means of ongoing trials The 8th edition encompasses all of this new material with all chapters updated and many new authors added *Wolff's Headache and Other Head Pain* Harold George Wolff, Donald J. Dalessio, 1993 Since the fifth edition of this classic volume was published a great deal of progress has been made in the study of headache and much more is known about its mechanisms neurobiology and epidemiology The discovery of serotonin receptors in the brain has led to a new class of drugs for treating headache and an updated international classification of the various types of headache has been published These latest developments are covered in the sixth edition of Wolff's Headache for which Donald Dalessio has been joined by Stephen Silberstein as co editor New chapters have been written on diagnosis migraine headache due to abnormal intracranial pressure and clinical observations Many of the other chapters have been completely rewritten and the rest have been thoroughly updated

Headache and Other Morbid Cephalic Sensations Harry Campbell, 1894 *Coping with Your Headaches* Seymour Diamond, 1987

The Headaches Jes Olesen, 2006 Established worldwide as the one definitive encyclopedic reference on headache The Headaches is now in its thoroughly revised updated Third Edition The foremost international authorities examine the mechanisms of over 100 types of headache and provide evidence based treatment recommendations including extensive tables of controlled clinical trials This edition presents the revised International Headache Society classification of headaches and explains how to use this new classification for accurate diagnosis Many headache entities are discussed for the first time such as chronic migraines primary headache attributed to sexual activity primary stabbing cough exertional and thunderclap headaches hypnic headaches and new daily persistent headaches A new section focuses on childhood headaches Chapters that focus on headaches in elderly patients and patients with psychiatric or medical diseases are also included

Headache and Other Head Pain Harold George Wolff, 1963

The Headache Cure Joseph Kandel, David B. Sudderth, 2006 Two top neurologists show the millions of chronic headache sufferers how to identify their type of headache and unlock the key to finding safe soothing relief Every year countless people with chronic headaches are misdiagnosed Often they receive medications that exacerbate their problem or they overuse over the counter painkillers risking serious damage to the liver and kidneys The Headache Cure shows sufferers how to identify the real cause of headache pain through self evaluations develop an effective treatment plan to deal with acute headaches and control the triggers that will limit their number and severity

Understanding Headaches and Migraines Mark Forshaw, 2004-03-05

Most of us have headaches at some time or other But some people find that headaches are ruining their life Dr Mark Forshaw is a chartered health psychologist He shows you how your mind can influence bodily processes making your headaches better or worse Understanding Headaches and Migraines provides clear and practical information on all types of headache and migraine and the sources of help and treatment available Here you will find The symptoms and causes of the main types of

headache A checklist to help you identify which type of headache you have Easy to read explanations of current research into headaches Guidance on treatments including complementary therapies Where to find sources of further help and information An essential purchase for anyone who has ever suffered needlessly *Headaches* Alvin Silverstein, Virginia B.

Silverstein, 1984 Discusses symptoms of the various types of headaches including migraine cluster and muscle contraction tension headaches and explores what is known of their causes and cures **Coping with Headaches** Damien Anciano, 1987

Navigating Life with Migraine and Other Headaches William B. Young, Stephen D. Silberstein, 2018 Navigating Life with Migraine and Other Headaches focuses on the many myths that exist around headaches and dispels common misperceptions by providing simple explanations on how headaches occur and most importantly how to treat them The authors give real practical advice when and how to manage your headaches when to seek treatment and when to be concerned From vitamins to prescription meds from when to go to the emergency department to optimizing doctor visits options for managing headaches are presented in this accessible and easy to read resource The more you know about headache including the mechanisms that cause pain the better you and your family can manage this common and chronic condition Through the use of patient stories a glossary of terms for easy reference and key points for quick retention this book is a high quality resource for people looking for empowerment and a sense of control Pain Management Steven D. Waldman, 2007 Joined by an international team of leading experts noted pain authority Dr Steven Waldman presents comprehensive one of a kind coverage examining pain syndromes from a multidisciplinary perspective A user friendly how to do it format enables you to access specific guidance quickly and apply the information easily to bring faster pain relief to your patients Midwest

School Library Journal , 2000 *Cumulative Book Index* , 1998 A world list of books in the English language

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