



Coping With Your Headaches

Lawrence D. Robbins, Susan S. Lang



Coping With Your Headaches:

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

Headaches and Brain Injury from a Biopsychosocial Perspective Birgit Gurr, 2018-05-15 Post traumatic headache is the most common symptom after mild moderate brain injury Similar to the characteristics of naturally occurring headaches it is multi faceted in nature and includes neurophysiological psychological and social aspects Consequently headache has an enormous impact on the quality of life of the sufferer Effective headache treatment has a focus on all aspects of the pain and the needs of the individual This book describes a cognitive behavioural program which was developed as part of a research project in a brain injury service It is based firstly on the evidence provided by the outcomes of this research project The interested reader may study the literature associated with this research for which the references can be found at the back of this volume Secondly this headache therapy guide is the result of clinical experience and the application of cognitive behavioural therapy to patients who experience complex difficulties following a brain injury

Coping with Headaches Damien Anciano, 1987 *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

Coping with Your Headaches Seymour Diamond, 1987 Overcoming Headaches and Migraines J. N. Blau, 1993 The Headache and Neck Pain Douglas Earl

DeGood,Donald C. Manning,Susan J. Middaugh,Terence C. Davies,1997 This workbook combines the latest medical research with proven alternative therapies to help you get rid of that pain in your neck The book offers you a step by step guide to techniques you can use to manage the complex mind body interaction that contributes to and prolongs your pain Chapters contributed by a physician and a physical therapist explain how medication and physical therapy and exercise can contribute to a comprehensive self management program **Advice from the Diamond Headache Clinic** Seymour Diamond,Judi Diamond-Falk,1982 Headache Quarterly ,1992 **Study Guide for Health Psychology, an Introduction to Behavior and Health** Linda Brannon,Jess Feist,1997 Offers a balanced view of health psychology one that includes both behavioral medicine and and behavioral health Organized into chapters that correspond to the main text the guide includes innovative fill in the blank exercises as well as multiple choice matching and essay questions that prompt active learning In addition it contains Let s Get Personal exercises to help students integrate the health information in each chapter into their own lives

A Patient's Handbook on Headache and Migraine Seymour Diamond,Merle L. Diamond,2001 Headache patients are among the most misunderstood in medicine This valuable reference gives patients a resource for information about the various headache syndromes as well as important information about the kinds of prescription and over the counter medications that can provide relief **Coping with Periods** Diana Sanders,1985 Headaches Betty Ann Falletta,1986

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