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Understanding

MIGRAINE & OTHER HEADACHES



Dr Anne MacGregor

FAMILY DOCTOR SERIES

Migraine And Other Headaches Understanding

**William B. Young MD, FAAN, FANA,
FAHS, Stephen D. Silberstein MD,
FAHS, FAAN, FACP**



Migraine And Other Headaches Understanding:

Understanding Migraine and Other Headaches Stewart J. Tepper, 2004 Health SICKNESS Consumer Health In the United States eighteen percent of women six percent of men and four percent of children suffer from migraine headaches All races are affected although for reasons which are unknown whites are more likely than African Americans to be afflicted with the condition and Asian Americans are least often migraine sufferers Migraine is an inherited condition many families can trace it back for generations and it has enormous economic and social consequences both to individual sufferers and to the society as a whole The cost to the U S society alone is in excess of 13 billion per year in lost productivity and in health care Understanding Migraine and Other Headaches provides up to date information on the causes and diagnoses as well as current preventive measures effective treatments and surgical procedures The book gives an overview of every major type of headache including the debilitating nausea inducing forms of migraine episodic tension type headaches the most common form chronic daily headaches and more obscure head aches such as trigeminal neuralgia and cluster headaches This book is intended for those who are burdened by headaches as well as for their families coworkers employers and friends As such it is written in a lucid and simple style that is accessible both to lay readers and medical professionals In the last two decades revolutionary new migraine specific medications have been developed This book undertakes a comprehensive look at medications for acute as needed treatment of headaches and for preventing the onset of an attack It offers guidelines for assessing headache pain the level and type of medication needed possible side effects and drug effectiveness Stewart J Tepper is director of the New England Center for Headaches in Stamford Connecticut

Migraine and Other Headaches Stephen D. Silberstein, MD, William B. Young, MD, 2004-03-01 Headache is the most common complaint for which people see neurologists and the seventh most common reason they visit their primary care doctors It is the third most common cause of missed work and can seriously undermine the quality of life if not effectively managed Migraine and Other Headaches is the essential guide for everyone who suffers from headaches and will provide the information needed to obtain effective medical care and long term relief Different types of headache are thoroughly explained in easy to understand language beginning with migraine the most common severe headache which occurs in approximately 12 percent of the U S population The authors discuss the different types of migraine migraine without aura previously called common migraine migraine with aura and basilar migraine Emphasis is placed on the necessity of early treatment the importance of understanding the difference between a headache cause and a headache trigger and how to avoid common triggers Rebound headache caused by the overuse of acute medication is a topic of special significance and is discussed in detail The book also considers tension type headache the most common primary headache disorder 80 percent of us will have a tension type headache at some time in our lives cluster headache unusual headaches non headache illnesses that frequently accompany headache sinus headache disorders of the neck post traumatic headache and atypical facial pain and trigeminal neuralgia Treatment options for all

types of headache are thoroughly discussed including the treatment of migraine with medications that can be taken daily to help prevent headache stop headache pain once it has begun and prevent worsening of headaches Responses to medication both prescription and nonprescription are highly individualized and the physician will work with the headache sufferer in order to determine the most beneficial medication options Managing headache pain goes beyond simply popping pills and therefore lifestyle issues are considered including the possibility of depression or other psychological factors and family relationships The doctor may recommend changes in diet in order to avoid triggers exercise change in sleeping patterns or relaxation techniques Also included is information about alternative therapies such as vitamins and herbal supplements physical therapy acupressure massage acupuncture chiropractic care craniosacral therapy hydrotherapy and yoga Also covered are behavioral treatments such as stress management training and psychotherapy Emphasis is placed on the importance of the doctor patient relationship should be a partnership with open communication with the patient communicating goals and desires about the preferred headache management the doctor contributing knowledge and values and the final plan incorporating both perspectives Migraines and Headaches will help those suffering with headaches and those who care for them to gain a deeper understanding of what is known about headache and what is not known allowing them to explore diagnosis and treatment with this knowledge in hand It is the first volume in a new series sponsored by the American Academy of Neurology An AAN Press Quality of Life Guide *Migraine and Other Headaches* William B.

Young, 2010-05-07 Headache is the most common complaint for which people see neurologists and the seventh most common reason they visit their primary care doctors It is the third most common cause of missed work and can seriously undermine the quality of life if not effectively managed Migraine and Other Headaches is the essential guide for everyone who suffers from headaches and will provide the information needed to obtain effective medical care and long term relief Different types of headache are thoroughly explained in easy to understand language beginning with migraine the most common severe headache which occurs in approximately 12 percent of the U S population The authors discuss the different types of migraine migraine without aura previously called common migraine migraine with aura and basilar migraine Emphasis is placed on the necessity of early treatment the importance of understanding the difference between a headache cause and a headache trigger and how to avoid common triggers Rebound headache caused by the overuse of acute medication is a topic of special significance and is discussed in detail The book also considers tension type headache the most common primary headache disorder 80 percent of us will have a tension type headache at some time in our lives cluster headache unusual headaches non headache illnesses that frequently accompany headache sinus headache disorders of the neck post traumatic headache and atypical facial pain and trigeminal neuralgia Treatment options for all types of headache are thoroughly discussed including the treatment of migraine with medications that can be taken daily to help prevent headache stop headache pain once it has begun and prevent worsening of headaches Responses to medication both prescription and nonprescription are

highly individualized and the physician will work with the headache sufferer in order to determine the most beneficial medication options Managing headache pain goes beyond simply popping pills and therefore lifestyle issues are considered including the possibility of depression or other psychological factors and family relationships The doctor may recommend changes in diet in order to avoid triggers exercise change in sleeping patterns or relaxation techniques Also included is information about alternative therapies such as vitamins and herbal supplements physical therapy acupressure massage acupuncture chiropractic care craniosacral therapy hydrotherapy and yoga Also covered are behavioral treatments such as stress management training and psychotherapy Emphasis is placed on the importance of the doctor patient relationship should be a partnership with open communication with the patient communicating goals and desires about the preferred headache management the doctor contributing knowledge and values and the final plan incorporating both perspectives

Migraines and Headaches will help those suffering with headaches and those who care for them to gain a deeper understanding of what is known about headache and what is not known allowing them to explore diagnosis and treatment with this knowledge in hand It is the first volume in a new series sponsored by the American Academy of Neurology An AAN Press Quality of Life Guide Drug Treatment of Migraine and Other Headaches H. -C. Diener,Julien Bogousslavsky,2000-07 Drug therapy of migraine and other headaches underwent a dramatic change in the last 10 years This book is an overview of the drugs in the treatment of acute headache attacks and their prophylaxis Each chapter is written by a top expert in most cases the principal investigator of large clinical trials and a review on the pharmacology of each substance is provided Treatment recommendations rely on evidence based data and are put into a clinical context Chapters cover all the new triptans but also more traditional drugs such as analgesics opioids and ergots The list of authors is the who s who of modern headache research and practice Physicians treating patients with headaches and pharmacologists interested in headache drugs will benefit most from this up to date critical overview **Migraine and other Primary Headaches, An Issue of Neurologic Clinics** Randolph W. Evans,2019-10-07 This issue of Neurologic Clinics guest edited by consulting editorRandolph W Evans will focus onMigraine and other Primary Headaches Topics include but are not limited to Epidemiology Burden and Comorbidities of Migraine Pathophysiology of Migraine Transient Neurologic Dysfunction in Migraine Vestibular Migraine Diagnostic Testing for Migraine Acute Treatment of Migraine Migraine in the Emergency Eepartment Preventive Migraine Treatment Inpatient Management of Migraine Behavioral Medicine for Migraine Chronic Migraine Pediatric Migraine Migraine in Women Trigeminal Autonomic Cephalalgias and Other Primary Headaches

Migraine and Other Headaches William B. Young, MD,Stephen D. Silberstein, MD,2004-03 Migraine and Other Headaches is the essential guide for headache sufferers providing the information needed to obtain effective medical care and long term relief Different types of headaches are thoroughly explained in easy to understand language beginning with migraine the most common severe headache which occurs in approximately 12 percent of the U S population The authors

discuss the different types of migraine migraine without aura previously called common migraine migraine with aura and basilar migraine Emphasis is placed on the necessity of early treatment the importance of understanding the difference between a headache cause and a headache trigger and how to avoid common triggers Rebound headache caused by the overuse of acute medication is a topic of special significance and is discussed in detail

Drug Treatment of Migraine and Other Headaches Hans-Christoph Diener,2000 In many respects this is an outstanding book It provides an invaluable source of published evidence for the treatment of patients with headache

Interventional Management of Migraines and Other Headache Disorders Ivan Urits,Jamal Hasoon,2024-11-30 Interventional Management of Migraines and Other Headache Disorders provides a comprehensive overview of interventional treatment options available for migraine headaches and other headache disorders including their mechanisms of action indications contraindications and efficacy It covers the fundamental principles of interventional procedures including patient selection preparation and monitoring during and after treatment This book offers practical instructions to clinicians and healthcare professionals for the selection administration and evaluation of interventional treatments for headaches Further it addresses the multidisciplinary aspects of migraine management including collaboration between neurologists pain specialists anesthesiologists and other professionals involved in patient care Provides a comprehensive overview of interventional treatment options available for migraines and other headache disorders including their mechanisms of action indications contraindications and efficacy Covers the fundamental principles of interventional procedures and provides detailed guidance on the techniques and tools used for different interventional treatments Offers a practical guide for clinicians and healthcare professionals in the selection administration and evaluation of interventional treatments for headaches helping to optimize patient outcomes and improve quality of life

Migraine and Other Headache Disorders Richard B. Lipton,Marcelo E. Bigal,2016-04-19 Following recent guidelines set by the International Classification of Headache Disorders this reference presents the most current diagnostic and treatment protocols for migraine and other headache conditions Chapters are authored by internationally renowned headache clinicians and scientists including several past presidents of the American Headache Society

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

Migraines For Dummies Diane Stafford,Jennifer Shoquist,2025-08-21 Listen up and lock down today s best migraine pain solutions Haven t you spent enough time juggling schedules and cancelling events when headache pain sidelined you You can put those days behind you with up to date information on the when why how of migraines and a whole of body approach to micromanaging them Migraines For Dummies supplies the answers you ve been looking for in the form of straightforward explanations and reliable advice to help you tackle symptoms avoid triggers and find the best medical support You ll explore new drug therapies including prescription meds over the counter drugs nerve stimulators and alternative remedies Plus learn how to reduce migraine

frequency by tweaking diet sleep and exercise Updated with the latest research this Dummies guide shows you how to balance medical care and lifestyle adjustments to fix that aching head of yours and upgrade your quality of life once and for all Resolve migraine pain with new neuromodulation devices that trick your brain Identify foods and lifestyle habits that trigger your migraines Discover great ways to manage migraines in early middle and elder years Find out how to avoid the mistake of doubling down on medications Millions suffer from migraines That s why it s key to stay on top of developments in diagnosis and treatment If you or someone you love wrestles with headaches on a regular basis let *Migraines For Dummies* deliver topnotch ideas that will change your life forever

Understanding Headaches and Migraines

Mark Forshaw,2004-04-02 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

Menstrual Migraines (Hormone Headaches): A Comprehensive Treatise Dr. Spineanu Eugenia, Explore our in depth treatise on Menstrual Migraines Hormone Headaches a pivotal resource for understanding the complex relationship between hormonal fluctuations and migraine patterns This comprehensive guide delves into the pathophysiology of menstrual migraines including hormonal regulation neurotransmitter interactions and vascular changes It offers detailed insights into diagnostic criteria differential diagnosis and innovative treatment strategies both pharmacological and non pharmacological Additionally the treatise covers integrative medicine approaches and the impact of hormonal contraceptives Ideal for medical professionals researchers and individuals seeking a thorough understanding of how menstrual cycles influence migraine headaches this resource combines detailed medical information with holistic health perspectives to provide a well rounded approach to managing this challenging condition Enhance your knowledge and clinical practice with evidence based strategies and cutting edge research on menstrual migraines

Frequently Asked Questions About Migraines and Headaches

Allan B. Cobb,2008-08-15 Many people who don t have migraines think of them as mere headaches For those who do have them it s a very different story This book sheds light on the truly debilitating symptoms of migraines and offers ways to treat them

Migraine Headaches: Pathophysiology, Diagnosis, and Management Strategies Dr. Spineanu Eugenia, Discover a comprehensive exploration of migraine headaches in this detailed treatise *Migraine Headaches Pathophysiology Diagnosis and Management Strategies* This authoritative guide delves into the complexities of migraine including its underlying mechanisms triggers and clinical manifestations Learn about effective acute and preventive treatment options from

pharmacological interventions to holistic approaches like dietary modifications and mind body techniques The treatise also examines common comorbidities such as anxiety depression and chronic pain conditions providing valuable insights into their impact on migraine management With a focus on evidence based practices this resource aims to empower healthcare professionals and individuals affected by migraines with the knowledge needed to navigate this debilitating condition Whether you re seeking to enhance your understanding of migraines or looking for effective management strategies this treatise serves as an essential reference for anyone interested in the intricacies of migraine headaches

Clinical and Pathophysiological Peculiarities of Headache in Children and Adolescents Massimiliano Valeriani,Ishaq Abu-Arafeh,Aynur Özge,2020-01-09

Navigating Life with Migraine and Other Headaches William B. Young MD, FAAN, FANA, FAHS,Stephen D. Silberstein MD, FAHS, FAAN, FACP,2018-03-01 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

Headache Todd Smitherman,Timothy T. Houle,Robert A Nicholson,Donald B Penzien,Jeanetta C Rains,2015-01-19 This book describes the conceptualization assessment and evidence based behavioral treatment of migraine and tension type headache two of the world s most common medical conditions and also frequent highly disabling comorbidities among psychiatric patients Headache disorders at their core are neurobiological phenomena but numerous behavioral factors play an integral role in their onset and maintenance and many providers are unfamiliar with how to work effectively with these patients to ensure optimal outcomes This book the first major work on behavioral treatment of headache in over 20 years provides much needed help An overview of relevant psychological factors and the behavioral conceptualization of headache is followed by a step by step manual type guide to implementing behavioral interventions within clinical practice settings Mental health practitioners and trainees and other healthcare professionals who want to improve their headache patients outcomes by supplementing routine medical treatment with empirically supported behavioral strategies will find this book invaluable

Study Guide for Abrams' Clinical Drug Therapy GERALYN Frandsen,2013-03-07 This study tool provides a wealth of activities to reinforce content from the text The activities accommodate many learning styles and promote the reader s ability to apply information in the patient care setting Applying Your Knowledge exercises challenge readers to develop critical thinking skills Mastering the Information exercises expand

the reader's understanding of drug therapy and develop insight about client teaching needs NCLEX style multiple choice and alternate format questions offer opportunities to practice test taking skills *Breaking the Headache Cycle* Ian Livingstone, Donna Novak, 2004-01-01 Two headache specialists offer their innovative Headache Reduction Program for treating and preventing recurring headaches Twenty eight million people in the United States suffer from chronic recurrent often disabling headaches half of them forgoing medical attention in favor of analgesics that do nothing to prevent the next one In *Breaking the Headache Cycle* the authors migraine sufferers themselves present the integrated Headache Reduction Program HARP that they developed at the Princeton Headache Clinic Based on the central insights that the predisposition to headaches is a sign of an unusually sensitive nervous system and that drugs are only one component of the most successful treatment plans this remarkable program instructs readers in a range of techniques including how to relieve the pain of migraines how to detect and ward off oncoming headaches how to prevent migraines from even threatening The innovative solutions detailed in *Breaking the Headache Cycle* range from simple breathing exercises and dietary changes to support groups and the latest medications In this thorough and accessible guide the authors promise new relief for those already being treated for recurring headaches and for those who currently suffer in silence

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