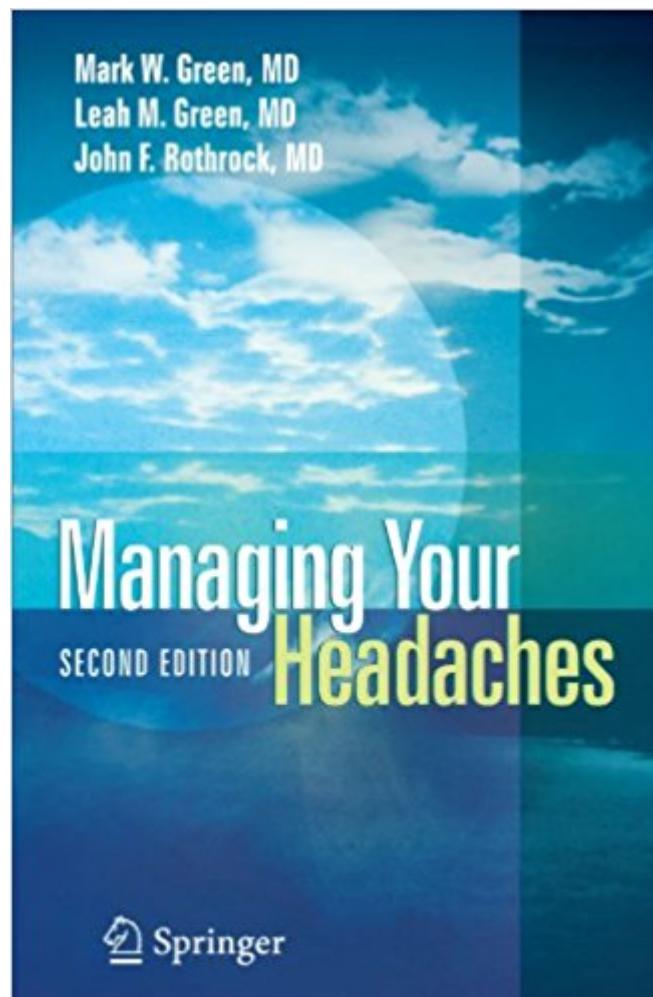


The book was found

Managing Your Headaches



Synopsis

Frequent headaches seriously affect the lives of millions of sufferers. The result can be lost productivity and income, restrict activity, lower self-esteem, and even social isolation. For many, it takes years to find the appropriate medication to manage your headaches effectively. In *Managing Your Headaches*, Mark and Leah Green and John Rothrock explain what information you should record for your physician, what a physician is looking for in a neurological examination, and what you should (and should not) do to reduce the frequency and severity of your headaches. They discuss the effects of stress, psychological factors, possible food triggers, and environmental risk factors. The authors explain the symptoms of migraine, cluster, and tension-type headaches as well as less common types. They address common concerns and misconceptions and explain current knowledge about headache causes in understandable terms. The newest, most effective medications and their possible side effects are evaluated. The authors also explain how to prevent rebound headaches from over-medications and how non-medical treatments can be of value. *Managing Your Headaches* will tell you what you need to know to better control your headaches. Armed with the information in this book, you can be aware of the latest treatment options and can have more productive, informed discussions with your physician.

Book Information

Paperback: 174 pages

Publisher: Springer; 2nd edition (June 2, 2010)

Language: English

ISBN-10: 9780387222516

ISBN-13: 978-0387222516

ASIN: 0387222510

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #1,119,318 in Books (See Top 100 in Books) #22 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #202 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pain Medicine #692 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Family & General Practice

Customer Reviews

Frequent headaches seriously affect the lives of millions of sufferers. The result can be lost

productivity and income, restrict activity, lower self-esteem, and even social isolation. For many, it takes years to find the appropriate medication to manage your headaches effectively. In *Managing Your Headaches*, Mark and Leah Green and John Rothrock explain what information you should record for your physician, what a physician is looking for in a neurological examination, and what you should (and should not) do to reduce the frequency and severity of your headaches. They discuss the effects of stress, psychological factors, possible food triggers, and environmental risk factors. The authors explain the symptoms of migraine, cluster, and tension-type headaches as well as less common types. They address common concerns and misconceptions and explain current knowledge about headache causes in understandable terms. The newest, most effective medications and their possible side effects are evaluated. The authors also explain how to prevent rebound headaches from over-medications and how non-medical treatments can be of value. *Managing Your Headaches* will tell you what you need to know to better control your headaches. Armed with the information in this book, you can be aware of the latest treatment options and can have more productive, informed discussions with your physician.

[Download to continue reading...](#)

Stop Headaches Now: Take the Bite Out of Headaches Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) Managing Your Headaches Managing Contraception 2016, Limited Edition (Ziemer, Managing Contraception for your Pocket) Managing Research, Development and Innovation: Managing the Unmanageable Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet to Reduce Inflammation and Relieve Your Headaches for Good The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief Headache and Your Child: The Complete Guide to Understanding and Treating Migraine and Other Headaches in Children and Adolescents Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Headache Free: Relieve Migraine, Tension, Cluster, Menstrual and Lyme Headaches Breaking the Headache Cycle: A Proven Program for Treating and Preventing Recurring Headaches Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definitive Guide) Migraine and Other Headaches (American Academy of Neurology Press Quality of Life

Guide Series) No More Headaches No More Migraines Complete Idiot's Guide to Migraines and Other Headaches Knock Out Headaches

[Dmca](#)