

Manage Your Migraine

Katy Munro

Managing Your Migraine Katy Munro, 2021-08-26 'A fantastic and much needed resource for all those suffering. Dr Katy Munro's experience and knowledge through this book will help all those who read it' Dr Rupy Aujla, The Doctor's Kitchen 'Dr Katy Munro is the single best migraine expert our family have ever met [...] This book brings hope to every migraineur' Miranda Sawyer, Guardian & Observer Journalist ***** Despite being one of the most common and debilitating conditions in the world, migraine is still widely misunderstood, stigmatised and misdiagnosed. Migraine is much more than 'just a headache', it's a genetic, neurological brain disorder, and it's time patients got the help they really need. Managing Your Migraine is the practical go-to guide for understanding and treating migraine. In the book, Headache Specialist and GP Dr Katy Munro will give you expert advice on: · Understanding your migraine phases and triggers · The impact of food, exercise and sleep on migraine · Rescue plans for acute attacks · Migraine preventers · Migraine in children · Managing your mental health with migraine If you're a person with migraine, or know someone struggling, this book will provide helpful strategies for alleviating your symptoms and managing your migraine. Drawing on her medical expertise, her own personal experience with migraine and the stories of her patients, Dr Munro will empower you to get to know your own migraine and build an effective treatment plan that will help you live your life more fully. Part of the Penguin Life Experts series.

Managing Your Headaches Mark W. Green, Leah M. Green, 2007-05-08 Headaches seriously affect the quality of life for millions of sufferers. The results range from lost productivity and lost income to restricted ability and low self-esteem. For many it takes years to find the appropriate medication. In this accessible book the authors 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. The authors discuss various important aspects of headaches. Topics include: the effects of stress, psychological factors, food triggers, and environmental risks, the symptoms of migraine, cluster and tension-type headaches, and others. This book is a must-have for anybody suffering from headaches.

Managing Migraine Roger Cady, Richard B. Lipton, Kathleen Farmer, Marcelo Eduardo Bigal, 2008

Managing Your Migraine Susan L. Burks, 2013-03-07 Managing Your Migraine speaks to your needs as a migraine sufferer. It confirms that you suffer from a genuine physical illness and that others share your frustration, disappointments, and anger. Its goal is to move you beyond learning to live with it to a full understanding of its mechanisms, symptoms, and treatments. This book proves that you can take charge of your illness—and shows you how to do so safely, effectively, and with real confidence.

Managing Migraine: A Healthcare Professional's Guide to Collaborative Migraine Care, 2010

The Migraine Solution Paul Rizzoli, M.D., M. A. NEPORENT LIZ, Elizabeth Loder, Liz Neporent, 2012-01-03 Authors Rizzoli, Dr. Elizabeth Loder, and Liz Neporent are among the top experts in the field of headache disorders. Here, they deliver a straightforward, engaging, up-to-date guide to migraine and its treatment. Original.

Headache and Migraine Biology and Management Seymour Diamond, 2015-03-13 There are two crucial issues in the treatment and management of headache patients: More than 50% of individuals experiencing headache have only been treated symptomatically, with no appropriate diagnosis established; and history and neurologic examination are essential to establishing a diagnosis, and thus selecting appropriate therapy. Headache and Migraine Biology and Management is a practical text that addresses these issues, featuring contributions from expert clinical authors. The book covers in detail topics including chronic and episodic migraine, post-traumatic headache, sinus

headache, cluster headache, tension headache, and others. Chapters are also dedicated to treatment subjects, including psychiatric and psychological approaches, medication overuse, inpatient treatment, and pediatric issues. This book is an ideal resource for researchers and clinicians, uniting practical discussion of headache biology, current ideas on etiology, future research, and genetic significance and breakthroughs. This resource is useful to those who want to understand headache biology, treat and manage symptoms, and for those performing research in the headache field. A practical discussion of headache biology, current ideas on etiology, future research, and genetic significance and breakthroughs Features chapters from leading physicians and researchers in headache medicine Full-color text that includes both an overview of multiple disciplines and discusses the measures that can be used to treat headaches

Heal Your Headache David Buchholz, 2002-08-12 Based on the breakthrough understanding that virtually all headaches are forms of migraine--because migraine is not a specific type of headache, but the built-in mechanism that causes headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and other problems--Dr. Buchholz's *Heal Your Headache* puts headache sufferers back in control of their lives with a simple, transforming program: Step 1: Avoid the Quick Fix. Too often painkillers only make matters worse because of the crippling complication known as rebound. Step 2: Reduce Your Triggers. The crux of the program: a migraine diet that eliminates the foods that push headache sufferers over the top. Step 3: Raise Your Threshold. When diet and other lifestyle changes aren't enough, preventive medication can help stay the course. That's it: in three steps turn your headache problems around.

10 Simple Solutions to Migraines Dawn A. Marcus, 2006 A neurologist specializing in headache treatment outlines ten simple techniques to help relieve and prevent migraines, including drug therapy, lifestyle enhancements, and complementary therapies, including supplements, diet, and exercise.

Managing Your Headaches Mark W. Green, Leah M. Green, John F. Rothrock, 2006-05-20 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-medication 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.

The Woman's Guide to Managing Migraine Susan Hutchinson MD, 2013-01-30 Headache in women is truly a major health issue. Every year, over 22 million women in the United States suffer from migraine headache, often debilitating attacks that can leave the sufferer bedridden and that, in many cases, can undermine both one's career and even one's marriage. *The Woman's Guide to Managing Migraine* is a concise and practical handbook that gives female headache sufferers all the tools they need to work with their healthcare providers to properly diagnose types of headache and develop the best

possible treatment plans. A headache specialist, family practice physician, and fellow migraine sufferer, Dr. Susan Hutchinson introduces the reader to seven women with different lives--ranging from a nineteen-year-old college student, to a twenty-nine-year-old attorney, to a fifty-five-year-old mother of three grown children--different women with the common thread of suffering from disabling monthly migraines. As these women's lives unfold throughout the book, the reader gains insight into their own headache experience. Readers will learn about hormonal therapy, preventive strategies, and treatment options, ranging from the most promising new drugs to the most effective complementary and alternative therapies. Dr. Hutchinson answers common questions, such as how to plan for pregnancy and how to manage family and work life while coping with ongoing migraine attacks. She shows you how to carefully maintain your body and brain to minimize disruptions that can trigger a migraine, how to keep a migraine diary, how to find a headache-focused provider in your area, and how to make the most out of a visit to your doctor. The book includes a headache quiz that will determine if you are having true migraines. The time in a woman's life when migraine is most common--her twenties through her early fifties--represents her peak earning-power and child-raising years. *The Woman's Guide to Managing Migraine* will empower women to take charge of their treatment and find the path to living well.

The Migraine Brain Carolyn Bernstein, Elaine McArdle, 2009-07-14 Draws on the latest scientific findings to identify the unique characteristics, chemical makeups, and structural differences of migraine-prone brains, offering insight into the role of the central nervous system while outlining a comprehensive program to reduce the frequency and intensity of headaches. Reprint.

Migraines Dr. Elizabeth Leroux, 2016-03-26 A complete guide on how to treat and prevent migraines. Though often viewed as a "women's ailment," migraines affect nearly 15 percent of the world's population. In addition to the effect migraines have on the sufferers' quality of life, they also carry an economic cost, felt especially in the form of lost work time. But by recognizing the problem and taking necessary action, migraine sufferers today can take back control of their lives. This comprehensive, easy-to-read guide to migraine management answers all the most pressing questions of sufferers and those concerned for their health. Clinical neurologist Dr. Elizabeth Leroux explains what can predispose a person to experiencing migraines, what can trigger them, their phases, and the three recommended lines of treatment: lifestyle changes, crisis management, and preventative therapy. Emphasizing the need for good doctor-patient communication in a field where misunderstanding and frustration is too-often the norm, this book is as much a tool for health care professionals as it is for migraine sufferers and their families.

The Woman's Migraine Toolkit Dawn A. Marcus, Philip A. Bain, 2011 Cataloged copy has Note to reviewers: these are advance reading galleys. Changes may be made before the book is printed--P. 4 of cover.

A New Approach to Headache and Migraine Pablo Tymoszuk, 2020-06-03 It's time to change the way we assess, treat and manage headache pain. If you suffer from chronic headache or migraine, you know that headaches can rule your daily life as you try to avoid triggers, cope with pain, manage unexpected attacks and spend hours trying different cures and searching for an answer. You've had all the scans, taken all the tests, but still don't have a definitive answer as to why you are constantly dealing with frequent, severe headache pain. Without an answer, the medical profession often ends up treating the symptoms, with the long-term use of medication, which can end up making your headaches worse and often come with a range of dangerous side effects. For over 23 years, author and manual therapist, Pablo Tymoszuk, has been successfully treating people with severe, frequent headaches, without the use of pain killers or medication. Combining common sense with manual

therapy, the latest studies and years of experience, Pablo has developed effective strategies that minimize the symptoms of headache and migraine, treat the underlying causes and improve the overall health of his patients. By assessing all headaches using a three-component model that considers musculoskeletal, neurovascular and emotional contributions to your pain, Pablo demonstrates how simple, effective life style changes can make a profound difference to the frequency and severity of your headaches and improve your overall health. Whether you get headaches when you wake up, headaches behind your eye, at the back of your head or after eating, Pablo explains how the three-component model applies to your situation. This book also examines many of the current popular practices and theories around headache pain management. Pablo shares his insights on the value of identifying diet and environmental triggers, what nausea and aura might be trying to tell you, the impact of hormones, the types of manual therapy you should consider for headache pain, why trigger points are so important, the effectiveness of Botox and the difference between acupuncture and dry needling. With clear explanations, in-depth investigations, instructions, case studies and activities, Pablo guides you, step by step, towards a headache-free future.

Migraine Journal Migraine Log Publishing, 2019-07-17 Track your migraines with this practical logbook journal. The layout is easy to use and the logbook format is perfect for keeping track of your migraines. It contains record entries for 100 events which can be useful to determine trends in triggers, durations and if there is a connection with the weather. The information can then be provided to a doctor if it is necessary for their further analysis. Each Migraine Page includes space to log: Date Time started Time ended Duration Location Severity Weather Temperature Triggers Relief measures Notes Book details: 104 pages 6 x 9 3 extra pages at the back for additional notes

Migraine Management Holly Hazen, 2018-03 Improve your possibilities of having less pain and stress. Is conventional migraine medication working for you (or not) but you still find yourself stressed out? Luckily this book can get you sorted. In Migraine Management, winner of the 2017 Summer New Apple Literary Award, Holly Hazen gives you a step by step plan to help make painful major decisions from a place of inner peace. This technique will help you to make any subsequent decisions, big or small, in an easy self-guided fashion. With Migraine Management, the code to stress reduction can be cracked. Holly will help you create your own inner compass to reduce stress, manage pain and prevent attacks. Break free of feeling hopeless. By applying simple strategies, you can harness your own collective wisdom and step forward with confidence. Go beyond the pain phase and tame your emotional chaos. Learn about stress and pain management with: Sustainable strategies you can use to reduce stress and anxiety Practical guidance on how to approach and make hard decisions when migraines create chaos A wide range of treatment options available Information on how to prevent migraine attacks and manage pain Real steps to follow to be prepared for the next attack and to take back control of your life And more What do I know? I've suffered from severe, disabling migraines for over 25 years. For the first 14 years, I had no effective pain relief, and very little in the way of help and support. When it comes to intense, debilitating pain and distress, I've been there, done that, and got the T-shirt. But over time, with specialist advice and a lot of trial and error, as well as gaining a Master's degree in counselling and psychotherapy, I've developed effective methods to manage my migraines, and to inject normality and happiness back into my life. And I know you can do the same - so this book is my helping hand to you, to get you started right away. Who is this book for? This book is for anyone with disabling chronic migraines that feels powerless or out of control. We may not be able to cure migraines, but we can certainly learn to manage them. P.S. This is much more than just a book. This book also comes with free downloadable

worksheets to help you experiment and perfect your new coping skills. You can apply these new skills in situations that trigger you. Help can be with you wherever you go! You can also join my community for more support. Are you ready to manage your migraines with confidence? Scroll up and have a look inside.

Managing Your Migraine Susan L Burks,1994-05-01

Migraine in Women Elizabeth Loder,Dawn A. Marcus,2004 Fifteen specialists serve as chapter authors, covering sex hormones and genetics, as well as the social, cultural, psychiatric, and psychological factors that contribute to headache disorders. Their approach is evidence-based, but where there are gaps in research, the authors provide advice based on expert consensus and clinical experience. Each chapter opens with a case report that synthesizes the chapter's treatment recommendations, as well as key points listing the chapter's contents. The main body of the chapter features an introductory overview, a closing summary, tables, and an extensive list of suggestive reading.

The End of Migraines: 150 Ways to Stop Your Pain Alexander

Mauskop,2021-01-04 Alexander Mauskop, M.D., is the founder and medical director of the New York Headache Center. He is also a Professor of Clinical Neurology at the State University of New York Downstate Medical Center in Brooklyn, New York. A leading authority in the field of headache medicine, Dr. Mauskop has lectured widely throughout the world. *The End of Migraine: 150 Ways to Stop Your Pain* is a comprehensive resource based on Dr. Mauskop's extensive experience in treating thousands of patients with migraine. In addition to scientific evidence, clinical observations, and practical suggestions, *The End of Migraine* describes and evaluates the immense amount of information available about every imaginable option that has been shown to impact the occurrence and treatment of migraines. The 150 approaches to ending migraine pain include non-pharmacologic treatments such as avoidance of triggers, diet, physical and behavioral measures, neuro-modulation, and various supplements. It also describes and ranks a wide range of acute and preventive prescription drugs, from the traditional to all of the latest innovations and treatments. The book is written in a clear, concise, and accessible style. Dr. Mauskop's warm, reassuring voice enables the reader to feel that they are sitting with him, hearing his advice first-hand. Above all, readers of *The End of Migraine: 150 Ways to Stop Your Pain* will, perhaps for the first time, feel that they are not alone, because there is hope. The book is directed not only to those suffering from migraines but also to neurologists and other health care providers who treat migraine patients.

Manage Your Migraine Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Manage Your Migraine**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

Table of Contents Manage Your Migraine

1. Understanding the eBook Manage

Your Migraine

- The Rise of Digital Reading Manage Your Migraine
- Advantages of eBooks Over Traditional Books

2. Identifying Manage Your Migraine
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manage Your Migraine
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manage Your Migraine
 - Personalized Recommendations
 - Manage Your Migraine User Reviews and Ratings
 - Manage Your Migraine and Bestseller Lists
5. Accessing Manage Your Migraine Free and Paid eBooks
 - Manage Your Migraine Public Domain eBooks
 - Manage Your Migraine eBook Subscription Services
 - Manage Your Migraine Budget-Friendly Options
6. Navigating Manage Your Migraine eBook Formats
 - ePub, PDF, MOBI, and More
 - Manage Your Migraine Compatibility with Devices
 - Manage Your Migraine Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manage Your Migraine
 - Highlighting and Note-Taking Manage Your Migraine
 - Interactive Elements Manage Your Migraine
8. Staying Engaged with Manage Your Migraine
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manage Your Migraine
9. Balancing eBooks and Physical Books Manage Your Migraine
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manage Your Migraine
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
11. Cultivating a Reading Routine Manage Your Migraine
 - Minimizing Distractions
 - Managing Screen Time
 - Setting Reading Goals Manage Your Migraine
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Manage Your Migraine
 - Fact-Checking eBook Content of Manage Your Migraine
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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