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KEY=EVERYDAY - MARSHALL AUBREY

HEADACHE

COMMON PITFALLS IN THE EVALUATION AND MANAGEMENT OF HEADACHE

CASE-BASED LEARNING

Cambridge University Press Although headache is one of the most common complaints that patients bring to their clinicians, few physicians feel confident about its clinical evaluation and management. Is it a problem in its own right, or the presenting symptom of a serious medical condition? Loder, Rizzoli and Burch bring a practical case-based approach to this complex ailment, highlighting specific areas of diagnostic uncertainty in headache evaluation and treatment. Each case is taken from real-world clinical practice and reviews the diagnostic and treatment process in a systematic manner, identifying common challenges and pitfalls and describing newly issued treatment guidelines. Written in a question and answer format, this concise and useful guide in the Common Pitfalls series provides a step-by-step guide for everyday clinical practice, invaluable to anyone dealing with headache on a front-line basis.

MAGNESIUM IN THE CENTRAL NERVOUS SYSTEM

University of Adelaide Press The brain is the most complex organ in our body. Indeed, it is perhaps the most complex

structure we have ever encountered in nature. Both structurally and functionally, there are many peculiarities that differentiate the brain from all other organs. The brain is our connection to the world around us and by governing nervous system and higher function, any disturbance induces severe neurological and psychiatric disorders that can have a devastating effect on quality of life. Our understanding of the physiology and biochemistry of the brain has improved dramatically in the last two decades. In particular, the critical role of cations, including magnesium, has become evident, even if incompletely understood at a mechanistic level. The exact role and regulation of magnesium, in particular, remains elusive, largely because intracellular levels are so difficult to routinely quantify. Nonetheless, the importance of magnesium to normal central nervous system activity is self-evident given the complicated homeostatic mechanisms that maintain the concentration of this cation within strict limits essential for normal physiology and metabolism. There is also considerable accumulating evidence to suggest alterations to some brain functions in both normal and pathological conditions may be linked to alterations in local magnesium concentration. This book, containing chapters written by some of the foremost experts in the field of magnesium research, brings together the latest in experimental and clinical magnesium research as it relates to the central nervous system. It offers a complete and updated view of magnesiums involvement in central nervous system function and in so doing, brings together two main pillars of contemporary neuroscience research, namely providing an explanation for the molecular mechanisms involved in brain function, and emphasizing the connections between the molecular changes and behavior. It is the untiring efforts of those magnesium researchers who have dedicated their lives to unraveling the mysteries of magnesiums role in biological systems that has inspired the collation of this volume of work.

HEADACHE

COPING WITH HEADACHES AND MIGRAINE

Hachette UK 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.

COMORBIDITIES IN HEADACHE DISORDERS

Springer This book provides up-to-date information on all aspects of the comorbidities that are associated with the headache disorders commonly seen in the primary care and hospital settings, including migraine, tension-type headache, and cluster headache. The coverage is wide ranging and encompasses all of the well-established comorbidities: cardio- and cerebrovascular disease, psychiatric conditions, epilepsy, sleep disorders, and various pain disorders, such as visceral pain, fibromyalgia, orofacial pain, and neuropathic pain. Individual chapters are also devoted to obesity and other metabolic comorbidities and to the comorbidities associated specifically with pediatric headaches. The information provided will assist readers in understanding the complex relationships between headache disorders and these various conditions and in delivering effective care that reflects the latest knowledge. The book is designed to meet the daily practice needs of general physicians, general neurologists, clinical psychologists, neurologists in training, and medical students. It is published as part of the series Headache, which is endorsed by the European Headache Federation - EHF.

UPDATING IN HEADACHE

Springer Science & Business Media In September 1983 the First International Headache Congress took place, the founding congress of the International Headache Society (IHS). This meeting was attended by around 200 headache specialists from some 20 countries. One of the principal goals of the IHS, which was formed in London in 1982, is to promote and stimulate interest and research in the headache field. In addition to the sponsorship of continued-education events, this also involves the coordination of scientific projects and the organization of future conferences. There is no doubt that headaches represent an everyday problem in medical practice. When the first headache clinics were established some years ago, they were regarded as very progressive. Today there are special outpatient centers and clinics for headache patients. However, this specialization has certainly not progressed very far. The fact is that differential diagnosis and treatment of recurrent and chronic headaches represents a broad field that cuts across many disciplines. Headaches are thus relevant not only to the neurologist, but also to the psychiatrist, the neurosurgeon, the internist, the endocrinologist, the psychologist, the pharmacologist, and the biochemist. Despite

intensive research in numerous and very disparate medical disciplines there are still no generally accepted pathophysiologic concepts for many headache syndromes. Realizing the importance of a multidisciplinary forum, the IHS assumed the organization of this congress in collaboration with the German Migraine Society.

50 WAYS TO CONTROL MIGRAINES

PRACTICAL, EVERYDAY TIPS TO EMPOWER MIGRAINE SUFFERERS TO LIVE A HEADACHE-FREE LIFE

McGraw Hill Professional An estimated 30 million American adults and 1 million children suffer from migraine headaches. Now 50 Ways to Control Migraines offers you welcome relief with 50 concrete strategies for understanding, preventing, and managing the pain of this chronic disease. Handy and comprehensive, this volume covers everything from environmental, psychological, hormonal, and dietary factors to treatment options, both traditional and alternative.

WHAT YOU NEED TO KNOW ABOUT STROKE

RELIEVING HEADACHES AND MIGRAINES

Harvest House Pub Busy people look for quick and simple solutions to everyday problems. Their health is no exception. This series of four books offers smart, concise, and natural ways to fight stress, depression, cancer, and headaches. Full of commonsense suggestions coupled with the latest in natural remedies, these books equip the reader in the fight for good health. Deftly woven into his sound advice, David Hazard offers a unique Christian perspective as he addresses the importance of good spiritual health in maintaining physical wellness. When taking an aspirin isn't enough -- here's the next step...

HEADACHE IN CHILDREN AND ADOLESCENTS

A CASE-BASED APPROACH

Springer This book assists appropriate headache assessment and decision-making in pediatrics. It covers many aspects and causes of headache disorders in children and adolescents using case studies to illustrate important points in history, examination, diagnosis, choice of management approach, therapy selection, and communication of the most

helpful advice to the child and parents. Case studies have been taken from real clinical practice and presented in a consistent style. They are discussed by the authors to highlight important points in history, important positive and negative points in examination, the diagnosis, and full analysis and justification of treatment options. **Headache in Children and Adolescents: A Case-Based Approach** is an ideal reference for primary care physicians, paediatricians, neurologists and paediatric neurologists in their daily practice, in their consulting rooms and wards.

10 SIMPLE SOLUTIONS TO MIGRAINES

RECOGNIZE TRIGGERS, CONTROL SYMPTOMS, AND RECLAIM YOUR LIFE

New Harbinger Publications Get Migraines Under Control If you're a migraine sufferer, you want to know what you can do to make the pain go away-now! This collection of straightforward tips cuts through the hype about migraine headaches to offer you the simple, scientific truth about how to get your migraines under control. It begins by helping you get a correct diagnosis, and then it guides you to track your own personal headache triggers. Medical treatment is sometimes the best way to deal with migraine pain, but you'll also learn fast and simple ways to make relaxation, stress management, and alternative therapies work for you to stop painful migraines-now! Dawn A Marcus, MD - 2007 National Headache Foundation Media Excellence Award

DRUG-INDUCED HEADACHE

Springer Science & Business Media M. WILKINSON Patients with frequent or daily headaches pose a very difficult problem for the physician who has to treat them, particularly as many patients think that there should be a medicine or medicines which give them instant relief. In the search for the compound which would meet this very natural desire, many drugs have been manufactured and the temptation for the physician is either to increase the dose of a drug which seems to be, at any rate, partially effective, or to add one or more drugs to those which the patient is already taking. Although there have been some references to the dangers of overdosage of drugs for migraine in the past, it was not until relatively recently that it was recognized that drugs given for the relief of headache, if taken injudiciously, may themselves cause headache. The first drugs to be implicated in this way were ergotamine and phenazone. In the case of ergotamine tartrate, the dangers of ergotism were well known as this was a disorder which had been known and written about for many years. In the treatment of headache, fully blown ergotism is rare and in recent years has usually been due to self-medication in doses much greater than those prescribed although there are a

few recorded cases where toxic amounts have been given.

PEDIATRIC HEADACHES IN CLINICAL PRACTICE

John Wiley & Sons This book is a foundation for further study into childhood headache and serve as a quick, up-to-date reference for the recognition, diagnosis, basic understanding, evaluation and management of headache disorders in children and adolescents. Covers primary headache disorders including migraine Covers secondary headaches, including sinus, and post traumatic headache Provides thoughtful guidelines on behavioural management strategies as well as pharmacologic therapies

HEADACHE AND MIGRAINE IN PRACTICE

Academic Press Headache and Migraine in Practice provides practical and precise approaches to the headaches and facial pains commonly encountered in hospitals and clinics. The book pays specific attention to the clinical features of headaches to present treatment solutions, while also recommending ICHD3 differential diagnoses based on diagnostic criteria. Topics covered were developed by colleagues with expertise in Neurology, Nutrition, Psychiatry, Physical Medicine, and Sports Medicine, thus providing a collaborative authorship that adds interdisciplinary value. Sections cover the diagnosis and treatment of various types of headaches in children, the elderly and women during different periods of pregnancy, lactation and hormone-related stages. This book is recommended for general practitioners, internists, neurologists, headache nurse specialists, and all others who would like to contribute to better diagnoses and more effective treatment plans for patients with headaches and facial pains. Provides practical guidance on the diagnosis and treatment of different primary and secondary headaches Includes classifications of headaches according to the latest international headache standards Covers a variety of migraine and headache types, as well as disorders affecting cervical structures and cranial nerves

PAIN MEDICINE: HEADACHE AND FACIAL PAIN - E-BOOK

A VOLUME IN PAIN MEDICINE : A CASE BASED LEARNING SERIES

Elsevier Health Sciences Here is the perfect text you need to provide your learners with real-life clinical scenarios that are ideal for Case-Based Learning and Discussion. Presents real-world patients in a real-world clinical setting, making

learning fun and engaging. The Case-Based Learning approach focuses learners and clinicians on the key elements for each diagnosis and helps develop a deep understanding of how to diagnose and treat each condition. Covers everyday clinical problems such as migraine and other headaches, occipital neuralgia, temporal arteritis, trigeminal neuralgia, temporomandibular joint dysfunction, and more. Cases unfold just the way they do in your clinic. Each case is accompanied with thoughtful clinical commentary and key messages from the author. Each chapter uses high-quality radiographic images, clinical photos, and full-color drawings to facilitate a clear, easy-to-understand approach to evaluation and diagnosis. An ideal self-assessment and review tool for pain medicine practitioners and trainees, as well as those preparing for the American Board of Anesthesiology Pain Medicine certification and recertification exam.

PHARMACOLOGICAL MANAGEMENT OF HEADACHES

Springer In this book, headache experts summarize all the currently available therapies for primary headaches and most importantly, describe the ‘tricks’ that can ensure the success of headache pharmacotherapy. Prevention and acute treatment of migraine and cluster headache receive particular attention and individual chapters are devoted to the treatment of primary headaches in special groups, i.e. children, pregnant women and the elderly. Further chapters focus on selected secondary headache disorders and cranial neuralgias for which pharmacotherapy is available. The book is designed to meet the daily practice needs of general physicians, general neurologists, neurologists in training and medical students. Headache remains a leading reason for people to seek medical consultation, and migraine and other primary headache disorders are classified by the WHO as among the most disabling medical conditions in the general population, often affecting individuals during their most productive years. Unfortunately, under treatment and mismanagement are the fate of many headache patients and this book provides a sound basis for optimizing treatment.

HEADACHE AND FACIAL PAIN

PAIN MEDICINE : A CASE-BASED LEARNING SERIES

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clinical problems such as migraine and other headaches, occipital neuralgia, temporal arteritis, trigeminal neuralgia, temporomandibular joint dysfunction, and more. Cases unfold just the way they do in your clinic. Each case is accompanied with thoughtful clinical commentary and key messages from the author. Each chapter uses high-quality radiographic images, clinical photos, and full-color drawings to facilitate a clear, easy-to-understand approach to evaluation and diagnosis. An ideal self-assessment and review tool for pain medicine practitioners and trainees, as well as those preparing for the American Board of Anesthesiology Pain Medicine certification and recertification exam. Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

MANAGEMENT OF HEADACHE AND HEADACHE MEDICATIONS

Springer Science & Business Media With full revisions and updates, plus new chapters on herbs and vitamins, "triptans," headache during breast feeding, menstrual migraine, opiate abuse, cervicogenic causes of headache, and exercise and sexual headache, this book presents a full and in-depth range of information for primary care physicians and neurologists.

CLINICIAN'S MANUAL - TREATMENT OF PEDIATRIC MIGRAINE

Springer Science & Business Media Migraine is a debilitating disorder, it is essential that it is diagnosed accurately and swiftly in patients. This book covers, in-depth, the key diagnostic criteria and treatments that pediatricians and other primary care providers must be aware of in order to treat pediatric migraine effectively. • Written by an expert on the subject of pediatric migraine/headache • A refresher for GPs and hospital doctors with practical diagnostic and treatment advice • Reviews clinical developments and guidelines, and places them into everyday clinical practice • Stresses the importance of early intervention, therapies and patient education • Concise but comprehensive

ABC OF HEADACHE

John Wiley & Sons In its different presentations, headache is one of the most common symptoms seen by family practitioners. The difficulty is in diagnosing the cause of the headache so that the appropriate treatment is provided, or if referral to a specialist is the recommended course of action. The ABC of Headache helps with this dilemma and guides the healthcare professional to look for the possible causes of presenting symptoms. Based on real case histories,

each chapter guides the reader from symptoms through to diagnosis and management. This new ABC is a highly illustrated, informative, and practical source of knowledge. With links to further information and resources, it is a valuable text for healthcare professionals at all levels of practice and training.

HEADACHE IN CLINICAL PRACTICE

Routledge The authors of the first edition worked together again to revise data for the second edition of this popular volume. Based at three of the world's leading centers for the study and treatment of headache, these experts share their insights on every aspect of this common and irritating condition. In particular, the sections on migraine, cluster headache and vascular disease have been updated. Based on the classification system developed by the International Headache Society, *Headache in Clinical Practice* provides those interested in headache with an up-to-date compendium of current opinion, from epidemiology, pathophysiology and investigation, through options for intervention and management.

MIGRAINE

MANIFESTATIONS, PATHOGENESIS, AND MANAGEMENT

Oxford University Press *Migraine: Manifestations, Pathophysiology, and Management, Second Edition*, is a much expanded, updated monograph that focuses in detail on migraine's diverse variations, its pathophysiology, and its treatment. Authored by a clinician/scientist who himself suffers from migraine, the book's premise is that the clinical significance of migraine and its treatment are intelligible only if the physician understands the anatomical, physiological, and pharmacological factors underlying both head pain and the other manifestations of migraine. The book provides clear clinical descriptions of the myriad of specific migraine syndromes, and discusses the rationale for, and elements of, a sensitive, inclusive patient history. Also covered are important but sometimes ignored topics such as environmental triggering of migraine and myofascial syndromes. The Second Edition also bridges the gap between basic science and clinical practice by explaining those substantive advances made in understanding fundamental mechanisms of head pain and aura. Recent knowledge about genetics, hormonal changes, cerebral circulation, nitric oxide, peptides, central sensitization of trigeminal neurons, and the role of periaqueductal gray matter buttress the discussion of basic mechanisms. On the treatment side, the Second Edition reflects the impressive advances in pharmacological approaches to migraine. There is a greatly expanded section on the triptans and their mechanisms of

action, and rationales and practical information about the use of all other viable anti-migraine and prophylactic drugs. Psychobiological aspects of stress and stress management, elimination of environmental stimuli, the educational facets of management, and aspects of the patient/physician interaction so crucial in the treatment of migraine are all discussed. Special problems associated with the care of women, children, the elderly, patients with intractable headaches, and emergency department patients are thoroughly reviewed. In sum, this scholarly, well-referenced book offers in one volume a comprehensive scientific and clinical discussion of migraine headache.

MANAGEMENT OF ACUTE AND CHRONIC HEADACHE PAIN, AN ISSUE OF MEDICAL CLINICS,

Elsevier Health Sciences This issue of Medical Clinics covers the current best practices surrounding the management of patients with acute and chronic headache pain. Guest edited by Steven Waldman, MD, JD, the topics covered will include concerning factors in the diagnosis of headache pain, imaging techniques, tension headaches, migraine headaches, cluster headaches, postdural puncture headaches and more.

THE MIGRAINE SOLUTION

A COMPLETE GUIDE TO DIAGNOSIS, TREATMENT, AND PAIN MANAGEMENT

St. Martin's Griffin A straightforward, engaging, up-to-date guide to migraine and its treatment. For millions of Americans, migraine headaches are a debilitating part of every day. As top neurologists specializing in headache pain at Brigham and Women's Hospital and The Faulkner Hospital in Boston, Elizabeth Loder, MD, MPH, and Paul Rizzoli, MD, are at the forefront of new research related to migraine management and treatment. In THE MIGRAINE SOLUTION, they'll provide clear, current, reliable information to meet the unmet needs of the headache patient, while also clarifying some of the 'myths' of headache management. Along with Liz Neporent, seasoned health journalist and lifetime migraine sufferer, they will provide readers with all of the guidance they need to alleviate their migraines for good, including: - Understanding migraine triggers - Self-evaluation questionnaires and symptom-trackers - Cheat sheets, wallet cards, and migraine logs - Over-the-counter vs. prescription drug treatment - Herbal/vitamin treatment and complementary/alternative medicine - Lifestyle treatments including diet, exercise, sleep, and meditation - Emergency pain management - Special circumstances: women and children - Essential Harvard resources and FAQs

HEADACHE CLINICS

ORGANIZATION, PATIENTS AND TREATMENT

Oxford University Press, USA Headache is a huge public health problem and migraine alone cost 27 billion Euros per year in Europe. It is therefore important how the health care service for headache patients is organised throughout the world. Patients seen at headache clinics are more severely affected than those seen in general practice, and headache clinics need to be familiar with a long list of relatively rare headache disorders. Part of the Frontiers in Headache Research series, this volume is the first book to focus specifically on headache clinics, their classification and organization, their methods of diagnosis, and their approaches to multi-disciplinary management. The clinical features of patients seen in headache clinics are thoroughly discussed. The value of a number of diagnostic laboratory techniques including when and how to use neuro-imaging is discussed. Also a number of more specialised methods employed only in referral headache centres are covered, such as nitro-glycerine challenge, indomethacin test, and oxygen breathing. The treatment options for severely affected patients are discussed including the possibilities of combining two or more prophylactic medications, the use of epidural blood patch and the different methods for discontinuation of medication overuse. This volume will be an invaluable resource for neurologists, physicians in headache/pain clinics and interested general practitioners.

THE CLASSIFICATION AND DIAGNOSIS OF HEADACHE DISORDERS

Oxford University Press, USA The new international classification of headache disorders (IHCD-2) contains precise diagnostic criteria for headache disorders, but it is very difficult to read. The book, edited by the chairman of the classification committee, provides an invaluable insight for all those who diagnose headache in their daily practice. This book follows the International Headache Classification, but expands on it by discussing the background of the various diagnoses, the pitfalls and the practical problems in interpretation, and thus provides a more comprehensive source for those diagnosing headache disorders. It discusses diagnostic instruments such as headache diaries, headache calendars, and structured interviews. It also focuses on weak points in the headache classification where solid data is missing, and personal experience plays a greater role. Finally, it provides an insight for future descriptive research. A whole catalogue of research ideas are presented which can be realized in any clinical setting where a large number of headache patients are being treated.

NOVEL SYNTHETIC DRUGS IN MIGRAINE

Springer Published in the series Headache, endorsed by the European Headache Federation, this is the first book on the novel synthetic treatment of migraine with ditans (lasmiditan) and gepants (atogepant, ubrogepant, rimegepant, vazegepant). These drugs will provide additional options for people with migraine put at risk of side effects by other medications or with unsatisfactory response to previous drugs. There is now a sufficient amount of literature published to interest a wide multidisciplinary readership (general physicians, general neurologists, clinical psychologists, neurologists in training, and medical students) facing every day this burdensome disorder in their clinical practice. The book aims therefore at offering an overview of these new drugs for both acute and prophylactic treatments of migraine, covering studies on clinical evidence, tolerability, and the different stages of clinical development.

DIAMOND AND DALESSIO'S THE PRACTICING PHYSICIAN'S APPROACH TO HEADACHE

W B Saunders Company This updated 6th Edition presents effective approaches to the diagnosis and management of headache patients. Well organized and clearly written, this Edition offers readers a logical understanding of the problem. Features new chapters such as The Impact and Cost of Headache on Society, Taking a Headache History, and Coexisting Migraine and Coexisting Tension Type Headaches, plus more.

HEADACHE

A GUIDE FOR THE PRIMARY CARE PHYSICIAN

ACP Press The emphasis of this book falls naturally on the "Big Three" headache disorders: migraine, tension-type, and cluster headaches. Other topics include medication overuse and misuse, complementary and alternative treatments, headache in special populations such as children and adolescents, and the "difficult" headache patient. Special features include the headache calendars and diaries, headache impact test, and the MIDAS questionnaire. Recognize the common headache patterns as you learn to perform an efficient screening physical examination in three minutes. Identify and separate primary from secondary headache by utilizing the SNOOP mnemonic useful in recalling key features predictive of dangerous headaches.

HEADACHE MEDICINE

QUESTIONS AND ANSWERS

Demos Medical Publishing Headache is the number one complaint that causes a patient to see a neurologist. Because headaches constitute such a large part of many clinicians practices, the United Council for Neurologic Subspecialties created an annually-administered headache subspecialty exam in 2006. Headache Medicine: Questions and Answers is the only question-and-answer book for the new headache subspecialty exam, with more than 500 questions, answers, explanations, and references to help readers self-assess their knowledge and to prepare for the subspecialty exam, as well as the neurology Board examination. Headache Medicine: Questions and Answers covers everything from the basics of epidemiology and co-morbidity, to must-know clinical neurology, to diagnosis and treatment. Board-type review questions are used throughout, each with an answer, a detailed explanation, and one or more references to help direct more in-depth review as desired. Divided into six key sections for targeted topic review, this is the most comprehensive and effective way to prepare for exams. Key features of Headache Medicine include: Board-type question format used to provide familiarity with question types Answers and explanations, which detail not only why the answer is correct, but also why the distracters are wrong. A series of in-depth, multi-question patient management problems that provide a realistic clinical learning experience References with each question for further investigation as desired

HEADACHE

John Wiley & Sons Unmask the clinical complexity behind one of the most common neurological symptoms Headache is a common clinical complaint often overlooked by both sufferers and physicians that can be intimidating to approach and manage. Hundreds of different etiologies, both benign and life-threatening, may primarily feature the symptom, and diagnosis can therefore be challenging. Headache is a practical guide to headache medicine designed for both neurologists and general practitioners. Its expert author team introduces the principles of classification and diagnosis, and focuses in detail on the main classes of headache - migraine, tension-type and trigeminal autonomic cephalgias, including cluster headache. They also cover unusual headache disorders such as hemicrania continua and new daily persistent headache, and address the management of headache in women, children and the elderly. With a clinically focused practical approach, Headache draws on the experience of international specialists to help you diagnose and

manage your patients more effectively.

UNDERSTANDING MIGRAINE AND OTHER HEADACHES

Univ. Press of Mississippi 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.

STRONG AND FEARLESS

THE QUEST FOR PERSONAL POWER

Yes International Publishers Dr Phil Nuernberger tells us that stress arises when we let fear and self-doubt control our thoughts and actions. He then shows us how to take charge of the powers of our mind, addresses the roots of our fears, and offers real, workable solutions to the epidemic of stress in our world today.

THE WOMAN'S GUIDE TO MANAGING MIGRAINE

UNDERSTANDING THE HORMONE CONNECTION TO FIND HOPE AND WELLNESS

Oxford University Press **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.**

HEADACHE AND MIGRAINE BIOLOGY AND MANAGEMENT

Academic Press **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

CHRONIC DAILY HEADACHE FOR CLINICIANS

PMPH-USA The frequent headache syndromes are among the most challenging disorders that confront clinicians on a routine basis. The purpose of Chronic Daily Headache for Clinicians is to provide a practical guide for clinicians to both understand and manage patients with frequent headache. The foremost clinicians in each area will review in a very focused way the diagnostic and management issues for the most important and challenging disorders that present with frequent headache. Specific types of headaches examined include Chronic Migraine, Tension-Type, Chronic Cluster, Hypnic, Low-CSF Volume, and those headaches associated with Head Trauma, among others. Chronic Daily Headache for Clinicians will bring clinical clarity to these disorders in order to be appropriately studied in terms of their primary headache biology.

MIGRAINE

Oxford University Press Migraine is a complex neurological disorder that is characterized by a complex neurobiology, clinical features that may overlap with over 300 causes of headache, and an association with major medical illnesses and comorbid diseases. This books draws upon the authors' vast clinical experience and exhaustive knowledge of the science of migraine and the practice of headache medicine and provides this knowledge in a comprehensive yet digestible format. While migraine is often a subject in other textbooks on headache, it is the sole focus of this volume. The authors provide an up-to-date overview of the evidence base and combine this with their experience and expertise to help practitioners make informed treatment decisions. This book also provides a glimpse into the future describing

new treatment modalities, including neurostimulation technologies and biologics that are emerging as potentially valuable treatment options. The authors also deal extensively with the unique and complex management of migraine in women throughout the reproductive life cycle. For those looking for a practical, insightful, and in-depth review on the subject of migraine, there is no other option.

JEFFERSON HEADACHE MANUAL

Demos Medical Publishing According to the National Headache Foundation, over 45 million Americans suffer from chronic, recurring headaches (28 million from migraine alone). Headache is the most common complaint for which people see neurologists. Headache can impede job functioning and undermine one's quality of life if not managed effectively. Despite this, research that would help in the care and management of headache patients is sadly lacking. The Jefferson Headache Manual is a practical guide for the practitioner seeking assistance in diagnosing and treating headache patients. Written by the experts at one of the foremost headache centers in the United States, the Manual provides a systematic approach to identifying and managing all types of headaches. Migraine, chronic daily and tension headache, cluster headache, post-lumbar puncture and high and low pressure headaches, medication overuse, and unusual primary headaches are all covered. In addition, this handy reference includes chapters on post-traumatic headache, associated comorbid disorders, headache in the emergency department, and regional considerations in the neck, nose and sinuses, and contains up-to-date information on the latest prescription drug treatments, infusion and inpatient therapies, botulinum toxin, and behavioral management. Based upon the Jefferson philosophy and unique experience of the authors, this comprehensive yet concise manual will appeal to anyone who strives to practice state of the art headache medicine. Features of the Jefferson Headache Manual include Practical, problem-oriented approach to diagnosis and management Expert advice and recommendations Packed with useful graphics, tables, and illustrations Differential diagnoses lists, clinical criteria boxes, and Red Flags help practitioners make informed decisions quickly Covers pharmacologic and non-pharmacologic treatments

NEUROLOGIC DIFFERENTIAL DIAGNOSIS

A CASE-BASED APPROACH

Cambridge University Press "There is an apocryphal story of an eminent neurology professor who was asked to provide a differential diagnosis. He allegedly quipped: "I can't give you a differential diagnosis. If you wish I will give you a list

of wrong diagnoses followed by the right diagnosis." Sadly, this sort of arrogance pervaded our field, particularly in the era before there were accurate diagnostic methods and effective treatments of neurological diseases. Fortunately, this sort of pomposity is now relegated to the past and remains only as an antique reminder of a type of hubris that precluded discovery and progress in diseases of the nervous system"--