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# Headache Help: A Complete Guide To Understanding Headaches And The Medications That Relieve Them- Fully Revised And Updated



## Synopsis

A revolution has occurred in the headache field in the last ten years. Yet many people who suffer from headaches never consult a doctor, believing that no help is available, while others become frustrated and give up the search for relief. Fully revised and updated, this valuable book can save you time and trouble and help you stop the pain. It describes the full range of treatment options for migraines, cluster headaches, and tension headaches. It includes easy-to-understand information on the actions and side effects of hundreds of over-the-counter and prescription medications that prevent or abort headaches or dull the pain of a headache in progress. Special highlights: Details on the medications that have revolutionized migraine treatment Discussion of how hormones affect migraines Quick-reference guides to the medications that are most likely to work for your particular condition Helpful suggestions on how to describe your headache to your physician Hard-to-come-by information on headaches in children, teens, women, and people over fifty Alternative treatments, including herbs and acupuncture Self-help strategies such as relaxation techniques and biofeedback A national index of headache clinics and organizations

## Book Information

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## Customer Reviews

"Although headaches can't necessarily be cured, they can be controlled with certain lifestyle changes and, if needed, the wise and judicious use of modern medications," says neurologist Lawrence Robbins, M.D., founder of the Robbins Headache Clinic in Northbrook, Illinois. Robbins, who suffers from migraines himself, contends that many sufferers just put up with headaches, even

though revolutionary modern treatments are effective and available. "Tragically, although headache doctors now have the medical know-how to help more than 90 percent of headache sufferers, more than 70 percent of sufferers never even consult a doctor about their headaches," Robbins writes. If you suffer from severe headaches, nondrug therapies--while certainly worth trying--may not be enough. Therefore, the authors describe nonmedication strategies, but mainly focus on the vast array of medications that can dramatically reduce headache pain. For example, 10 pages describe "first-line medications for aborting migraines" in detail (including description, typical dose, and side effects) and in a clear, understandable style. If those don't work for you, the authors present "second-line medications" in similar detail. It's better not to have the migraine in the first place, of course, so you'll also learn many ways to prevent migraines, both drug and nondrug. Headache Help also helps you with tension headaches, cluster headaches, headaches in children and adolescents, and less common headaches. The first time you find relief from a chronic headache that you thought you had to endure, you'll be glad you read this book. --Joan Price

"A great little book: thorough, comprehensive, well researched." - NATIONAL HEADACHE FOUNDATION  
"A reassuring book for headache sufferers and a must-read for those who work in physicians' offices." Neuropractice

I have read through most of the headache books that I've been able to find. This book is a cut above the rest of them. I just got the new edition of Headache Help, and it does go into great detail about all the medications I'm interested in. What separates this book from the rest is the incredible length and depth which the book delves into all these various headache medications. It is a great book to use to help you with your doctor, and as a reference for the different headache medicines and approaches.

This book provides good comprehensive information on symptoms, medications, and suggested treatments for migraine and cluster headaches for all ages written in easy to understand language. The practical advice includes non-drug therapies, holistic alternatives, and in depths look at medical treatments and drugs. The appendixes list headache related organizations, over-the-counter headache medications, and medication ingredients. The index allows for easy key word lookup.

If you have migraines, you really need this book. Not only does Dr. Robbins write in a down-to-earth fashion that laypeople can understand, he also covers almost all of the newer treatments. Read this

book and you can talk to your doctor and/or neurologist with confidence. Unfortunately, new drugs come out so rapidly that we need a new edition already. But until then, Dr. Robbins' book remains the key resource for headache sufferers.

This is the most comprehensive headache book I've found. Other's I've read are biased towards pushing only drug therapies or only non-drug therapies. If you suffer from headaches, this is the only book you need to read. If your doctor seems to be getting nowhere helping treat your headaches, give him/her a copy.

I finally found a book that goes into detail about all of the headache drugs....the sections outside of medications are good, but the medicine sections are outstanding...much better than the others I have read....also, the alternative section is very good.

I think that this one has been the most helpful of all the books I read....I particularly like the chapters on the medicines...very complete.....highly recommended...JOH

I have read lots of the books out there and this one is the most useful...it tells me all about the medicine options. It does a good job with alternatives, also.

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