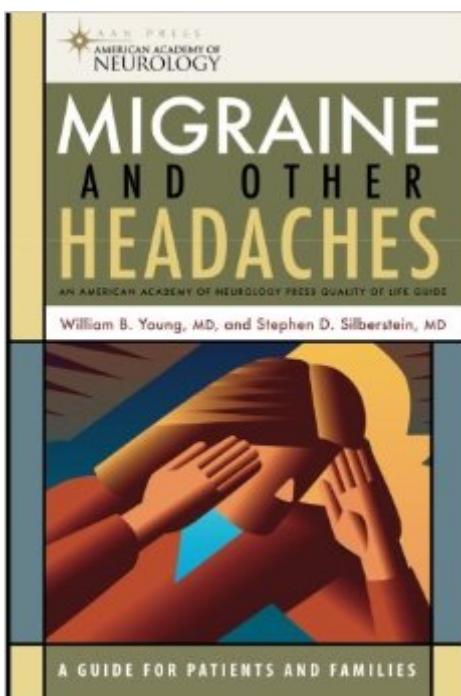


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# Migraine And Other Headaches (American Academy Of Neurology Press Quality Of Life Guide Series)



## Synopsis

"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."

## **Book Information**

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## **Customer Reviews**

Up-to-date, comprehensive, full of information, yet totally readable. For anyone who experiences headaches or Migraines, this is a must-have book. The authors have achieved the right tone and level for this book, providing information explained at just the right level for patients. THANK YOU!

An exceptional book!!! A definite "must have" for any headache sufferer. Drs. Young and Silberstein have produced an extremely well written book. "Migraine and Other Headaches" speaks directly to the average reader, with all essential terms spelled out in detail. The use of case studies, tables, and illustrations also aid the reader in their understanding of various concepts. From the fascinating history of headache to the description of countless headache types and therapies, this comprehensive text captures the essence of headache management. Two leading experts in their field, the authors stress the doctor/patient relationship as a partnership. This type of partnership can provide the patient with a sense of empowerment to take some control of their headaches. This reader firmly believes that a pleasant working relationship with their physician is crucial, particularly in headache management. Throughout the text, lifestyle changes have been incorporated as well as recommendations for maintaining daily routines. Additionally, medical therapies, such as various

medications and their uses are fully examined. Alternative therapies are explained in detail as well, from herbs and supplements to acupuncture and relaxation techniques. This publication is also an excellent resource for family and friends of headache sufferers. Taking the time to read this book will hopefully provide some insight into their loved one's pain and difficulties. I highly recommend this book as an enhancement (or even a beginning) to any "headache library".

This book is one of the better ones I have read on the subject. It is more up to date than some of the other ones out there which is great if you're looking into some of the newer meds (both preventative and acute). The book gives the reader a good overview of migraine and its history without going too deep into it that the reader stops reading before she gets to the "good stuff". This isn't one of those books that recommends a plan for getting rid of the migraines, rather it is a very informative one that touches on both drugs and alternative ways of treatment. I really like that it was written by two directors of a headache clinic.

Drs. William Young and Stephen Silberstein's *Migraine And Other Headaches* is not as casual as most on the topic: it provides a medically-based analysis of the causes of different types of headaches, defines different migraine experiences, and differentiates between severe headache, tension headache, and migraine. While the reading in *Migraine And Other Headaches* isn't as easy as some self-help guides on the topic, the focus on uncovering the source of symptoms and various treatment options makes this medical handbook an excellent guide for sufferers seeking better care or more information.

If you are a migraine sufferer, and you want to know more about migraines, and other related headaches, this is a great book! Its not so technical as to be dull, but it is fact-filled, and can help you to understand the condition.

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