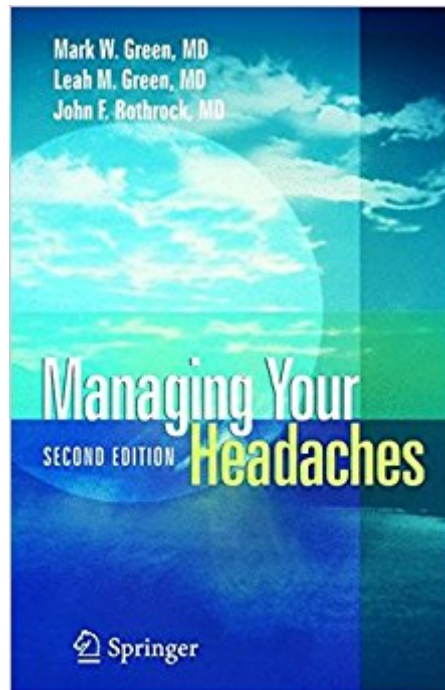




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# Managing Your Headaches



## 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-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.

## Book Information

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## Customer Reviews

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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.

Good book with solid information for the migraine sufferer who is new to managing headaches and offers new information for the migraine veteran.

I PURCHASED THIS BOOK FOR MY SON IN LAW WHO HAS CLUSTER HEADACHES. HE TOLD ME THAT HE GOT A LOT OF USEFUL INFORMATION FROM THIS BOOK.

"*Managing Your Headaches*" is so readable, it's hard to believe the authors have explained more about headaches than a medical text.

The Doctors Mark and Leah Green have zeroed in and written a compelling work aimed at those of us who suffer migraine headaches. It is enormously informative, helpful, intuitive, and accurate. The book is also a very good read, and when you finish reading it you know that you really can manage your headache and not suffer needlessly. Thank you, Dr. Green. Thank you, Dr. Green.

I'm a fan of musician Adam Green, who is the son of the book's authors. I was on his website where it said "Adam's parents wrote a book together" with a link. So I click on it, and it turns out to be for headaches. I've gotten migraines ever since I was little (and I guess all of my loud music doesn't help). I ended up checking it out from the library and learned a lot about "managing my headaches."

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