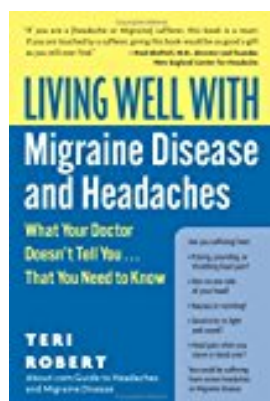


[PDF] Living Well With Migraine Disease And Headaches: What Your Doctor Doesn't Tell You...That You Need To Know

Teri Robert - pdf download free book



Books Details:

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Description:

From Publishers Weekly In this addition to the "Living Well" series, patient advocate Robert provides current information on headaches and migraine disease, treatments, personal stories and

coping techniques. The author, a longtime migraineur, stresses that although many migraine sufferers are unaware of treatment options, at least 95 percent of sufferers can benefit from preventive regimens once correctly diagnosed. Migraines, Robert explains, are not simply bad headaches, but a "genetic neurological disease that flares up when we encounter triggers" and can take many forms-tension, cluster, or rebound, which is brought on by medication overuse-each of which require different treatments. Robert notes new medication developed to treat stroke, seizures and depression are now used for migraine disease, welcome news for sufferers who have for years ridden out migraine attacks with over-the-counter pain medication. She details "trigger" identification and management by listing the many triggers of headaches and migraines, and reviews preventive, "abortive" (which adjust neurotransmittal levels) and complementary therapies. With case studies and examples of patient advocacy, Robert also urges her readers to learn coping skills and to seek support from others, providing a clear overview of her subject with the authority of personal experience and a researcher's determination.

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Review "This book will be of great help and support to those suffering with migraine and other chronic headaches." (Robert S. Kunkel, MD, Cleveland Clinic Headache Center)

"An upbeat, practical and intelligent survey of our current understanding of migraine and frequent headaches." (Elizabeth Loder, MD, Director, Headache Management Program, Spaulding Rehabilitation Program; Assistant Professor of Medicine, Harvard Medical School.)

"A breath of fresh air for headache sufferers and their families." (William B. Young, MD, Director, Inpatient Unit, Jefferson Headache Center, Thomas Jefferson University Hospital; Associate Professor of Neurology Jefferson Medical College, Thomas Jefferson University, Philadelphia, Pennsylvania)

"[O]ne of the most far-reaching books in educating the public about migraine disease and headaches...spectacularly empowering." (John Claude Krusz, Ph.D., MD, ANODYNE Headache and Pain Care)

"This book is a wealth of knowledge, understanding, and compassion." (Roger Cady, MD, founder and director, Headache Care Center, Springfield, Missouri)

"A must read for anyone who struggles with Migraine disease or anyone who loves, lives or works with a Migraneur." (Michael John Coleman and Terri Miller Burchfield, MAGNUM: The National Migraine Association) --This text refers to an alternate edition.

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