

U N D E R S T A N D I N G

Migraine and Other Headaches

**For general readers
a comprehensive overview of causes,
diagnoses, and treatments**

Stewart J. Tepper, M.D.

Understanding Migraine And Other Headaches

Understanding Health And Sickness Series

Minjie Lin



Understanding Migraine And Other Headaches Understanding Health And Sickness Series:

Understanding Cosmetic Laser Surgery Robert Langdon, 2009-09-18 CONSUMER HEALTH Sunlight and gravity cause facial aging Lasers enable safe and predictable resurfacing to smooth facial wrinkles as well as surgery to remove aging tissue from eyelids while minimizing bruising Lasers can also eliminate excess blood vessels and unwanted hair and erase tattoos without scarring Laser surgery must be performed with great precision and care Ideally it should provide satisfactory improvement of one's appearance and do so with no adverse side effects It is a complement to such non laser surgeries as face lift Understanding Cosmetic Laser Surgery spells out the technology of the laser and its suitability for many cosmetic surgeries Included in the discussions are the physiology of the skin the basics of the surgical procedure the preparation for surgery a pointing out of risks and an advisory on the postoperative recovery This information is presented in clear jargon free language that explains how a laser procedure is accomplished without affecting the surrounding skin A comprehensive overview that keeps the patient's perspective in mind Understanding Cosmetic Laser Surgery is for the general reader and for those considering this elective surgical procedure This useful enlightening book written by a practicing professional answers questions patients ask and lets them know what to expect from surgery Robert Langdon a private practice dermatologist and cosmetic surgeon in Guilford Connecticut is a clinical assistant professor of dermatology at the Yale University School of Medicine

Understanding Stuttering Nathan Lavid, 2003 Stuttering is an affliction that affects every ethnicity and every culture equally some sixty million people worldwide Five percent of children stutter Typically this debilitating condition emerges when a child is between the ages of two and six Twenty percent of these children will continue to stutter as adults Although it is so pervasive there is great misunderstanding about stuttering Socially isolating those it strikes the disorder prevents them from the kind of candid discussions that would help them gain an understanding of it In turn social isolation creates misconceptions In Understanding Stuttering a writer who is both a practicing physician and former researcher on stuttering examines the medical roots of the problem and hoping to bring alleviation shares his findings He defines stuttering as a medical condition that is neurologically based or inherited In clear language he explains the basics of brain anatomy and function tells of the latest scientific advances in diagnosis and treatment of stuttering and explains the difference in acquired stuttering and Tourette syndrome Using examples from his practice he details effective treatments including speech therapy and medications He discusses the most promising new research and tells how the findings of this research will improve treatments and provide a possible cure Understanding Stuttering concludes with practical tips on how to converse with those who stutter and lists organizations that provide additional information and support Nathan Lavid a former faculty member at the University of Southern California School of Medicine is in private psychiatric practice in southern California

Understanding Dietary Supplements Jenna Hollenstein, 2007 For many consumers taking one or more dietary supplements is a natural addition to a healthy lifestyle The

decision to take a dietary supplement may be based on the recommendation of a doctor a dietitian or a friend Television newspapers magazines websites and persuasive marketing materials in the pharmacy or supermarket may sway buyers Information regarding dietary supplements abounds but can be misleading or contradictory Understanding Dietary Supplements is a guide to making informed choices Chapters provide Both an overview and detailed information about key supplements Coverage of a broad spectrum of vitamins and minerals herbs and botanicals drugs and other options Jargon free explanations of how each supplement can work on the body Safety concerns about interactions and misuse Regulations imposed on the industry and recent trends in the industry s development A glossary and listings of outside resources Included here the full text of the Dietary Supplement Health and Education Act of 1994 the model for the FDA s regulation of dietary supplements affords guidance to deciphering labels and determining value Understanding Dietary Supplements is an easy to use guide to a much demanded but often misunderstood group of products Jenna Hollenstein is clinical editor at the Pri Med Institute of M C Communications in Boston Massachusetts Her work has been published in Nutrition Reviews Nutrition in Clinical Care ILSI News Pri Med in Practice and Pri Med Online Understanding Breast Cancer Genetics Barbara T. Zimmerman, 2004 Health Sickness Consumer Health This book by a scientist whose background is in cellular and molecular biology examines the fearsome disease that strikes one in eight women in the United States Although women are more likely to die of heart disease or of lung cancer a diagnosis of breast cancer is the medical pronouncement that a woman is most likely to fear It kills more than 40 000 Americans annually Why are some women more vulnerable than others The interplay between genetics and environment is suspected Thus this book for general readers will help them understand the genetic bases of both sporadic and inherited breast cancers Although only five to ten percent of breast cancer patients have inherited mutations in these genes all women need to understand the genetic implications of the disease In clear concise language Barbara T Zimmerman guides the reader through the complexities discussing in detail the genes that are known to increase susceptibility and the ways they are passed on Examining the general biology of breast cancer Zimmerman describes how sporadic and inherited forms of the disease arise and how the location of the tumors can affect the body She discusses genetic mutations and their roles in the development of tumors and tells how these potentially cancer inducing genes were discovered Covered too are the issues of risk prevention screening diagnosis therapy and genetic testing and counseling Zimmerman concludes with a comprehensive analysis of current research and with an emphasis on how a woman s understanding of inherited breast cancer can help doctors seeking to design better methods for prevention and therapy A useful list of resources for further information about the genetic causes of breast cancer is included Barbara T Zimmerman did her graduate work in experimental pathology and her post doctoral research in the cellular and molecular processes of disease Widely published she is the manager of the Denver based firm Biomedical Communication and Consulting

Understanding Cancer Therapies Helen S. L. Chan, 2007 Cancer is one of the world s most dreaded diseases Yet the past

two decades have seen major revolutions in cancer therapy and steadily growing hopes for a cure This book written in easily understood language provides an extensive look at the way medical professionals are treating the disease today Chapters provide Rationale and principles integral to disease management Biological basis for different therapies Explanations of the protocols behind radiation chemotherapy drug treatments and surgery Logic behind therapies chosen for such different kinds of cancer as leukemia lymphoma retinoblastoma hepatoblastoma germ cell tumors soft tissue and bone sarcomas among others Information on the most current procedures Further reading and resources for patients and families Chapters on clinical practice discuss the differing approaches to cancer in adults and in children The book closes with a survey of some of the most experimental therapies and the status of the search for a cure Helen S L Chan M D of Toronto Canada is a staff hematologist oncologist and professor at the University of Toronto s Hospital for Sick Children Her work has been published in New England Journal of Medicine Journal of Clinical Oncology Cancer Research and other periodicals **Understanding Multiple Sclerosis** Melissa Stauffer,2009-09-18 Two and a half million people world wide and 400 000 Americans suffer from the chronic disease multiple sclerosis Understanding Multiple Sclerosis presents both general information about MS and valuable specific advice Who gets MS What are its symptoms What are its effects on the bodies and minds of people afflicted How does one plan for the future after a diagnosis From basic biology to new advances in treatment Understanding Multiple Sclerosis covers the topics most relevant to people with MS and to their families and friends Chapters provide an introduction to genetic demographic and geographic factors basic biology of MS with descriptions of both the central nervous system and the immune system characteristic symptoms of MS diagnostic criteria and different types of MS treatments over the counter medications and alternative medicines lifestyle adjustments and coping strategies along with advice on long term health insurance and financial planning and current and ongoing MS research and advances

Understanding Herpes Lawrence R. Stanberry,2006 A concise overview of advances and resources **Understanding Child Sexual Abuse** Edward L. Rowan,2009-09-18 The number of confirmed cases of child sexual abuse in the United States rose from 6 000 in 1976 to 113 000 in 1985 and rose again to 300 000 in 2000 Understanding Child Sexual Abuse explores the dynamics effects treatment options and preventive measures available to both the children and the adults involved in child sexual abuse Chapters provide emphasis and guidance on seeking counseling pathways for victims to seek renewed healthy and productive lives options available for rehabilitating abusers personality traits common to abusers victim responses to the trauma of abuse outlines of work now underway to understand neurobiological aspects of disorders that may lead to abuse appropriate treatments for victims and offenders and an overview of recommended books websites and other resources for further reading **Understanding Attention Deficit Hyperactivity Disorder** L. Susan Buttross,2009-09-18 Attention Deficit Hyperactivity Disorder ADHD affects approximately five percent of American school age children In a classroom of thirty it is likely that at least one child will have ADHD Symptoms include extreme levels of hyperactivity

inattention and disruptive behavior A Harvard University study published in September 2004 reported that students with ADHD are less likely than their non ADHD peers to complete high school and less likely to attend college The study found that on average those adults with ADHD have household incomes that are about 10 000 lower for high school graduates and 4 300 lower for college graduates compared with those who do not have ADHD Understanding Attention Deficit Hyperactivity Disorder is a concise clearly written overview of the condition s symptoms and the range of possible treatments Chapters explain how certain behavioral patterns can be misdiagnosed as ADHD how early diagnosis and treatment of the condition is critical how the various forms of the condition affect a child s psychology and socialization and how parents can help to address the condition effectively and supportively Understanding ADHD provides useful up to date information on a condition that can be treated with early diagnosis and intervention The book will prove useful to professionals and parents seeking a better understanding of children and childhood development

Understanding Migraine and Other Headaches

Stewart J. Tepper, 2004 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

Migraine and other Primary Headaches, An Issue of Neurologic Clinics

Randolph W. Evans, 2019-10-07 This issue of Neurologic Clinics guest edited by consulting editor Randolph W Evans will focus on Migraine and other Primary Headaches Topics include but are not limited to Epidemiology Burden and Comorbidities of Migraine Pathophysiology of Migraine Transient Neurologic Dysfunction in Migraine Vestibular Migraine Diagnostic Testing for Migraine Acute Treatment of Migraine Migraine in the Emergency Department Preventive Migraine Treatment Inpatient

Management of Migraine Behavioral Medicine for Migraine Chronic Migraine Pediatric Migraine Migraine in Women Trigeminal Autonomic Cephalalgias and Other Primary Headaches Living with Headaches (Headline Health series) Mark Weatherall,2024-01-04 Headaches are a common part of many people's lives for the most part causing the occasional inconvenience However for some headaches can be a major burden Around 10 million adults in the UK experience migraines and more than 500 000 people are living with daily or near daily headaches In Headaches Dr Mark Weatherall explains the current scientific understanding of what headaches are what causes them and why certain people get them This book covers the headache basics the common types and how they are diagnosed how to manage headaches the treatment options available and answers commonly asked questions This easy to understand guide will give you all the information you need to better understand headaches and take the next steps in managing or seeking treatment for this condition **The Neuropsychiatry of Headache** Mark W. Green,Philip R. Muskin,2013-03-07 Explores the psychiatric conditions that accompany many forms of headache and how to co manage the physical and mental aspects Lewis's Adult Health Nursing I and II: Assessment and Management of Clinical Problems_5SAE 2V - E-Book Chintamani,Dr. L. Gopichandran,Mrinalini Mani,2024-05-20 The 12th edition of Lewis's Medical Surgical Nursing served as the model for Lewis's Adult Health Nursing I II Fifth South Asia Edition which offers a thorough authentic approach to medical surgical nursing or adult health nursing in a clear approachable manner for students This fifth South Asia edition has been thoroughly revised to incorporate the most current information in a format that is easy to learn and practice Not just a textbook this edition is a reference for essential information needed by the students for preparing for all international nursing examinations Additionally it can serve as a vital companion in clinics operating rooms and emergency settings to standardize patient care in all settings Adolescent Health Care Lawrence S. Neinstein,2008 This practical easy to use guide is a staple in health care facilities that treat adolescents is widely used for board preparation and is recommended by the American College of Physicians for their internal medicine library The substance abuse section has been completely reorganized and new chapters cover psychosomatic illness as well as complementary medicine Clinician's Guide to Chronic Headache and Facial Pain Gary W. Jay,2016-04-19 As headache and facial pain are two of the most common medical complaints it is essential that clinicians are well equipped to handle these issues Clinician's Guide to Chronic Headache and Facial Pain is designed for all clinicians dealing with these syndromes in daily practice whether in the outpatient emergency or ambulatory setting Features **Coping with Life Stress, volume II** Alexander V. Libin,Elena V. Libin,Walter Erich Penk,Nawar Shara,2024-02-09 This Research Topic is the second volume of the Research Topic Coping With Life Stress Please see the first volume here Existing studies on coping with stress and life difficulties are very contradictory Traditional approaches while identifying cognitive emotional and behavioral aspects of coping often confuse the modality of the strategy with its functionality and outcome This conceptual drawback presents quite a few challenges to the study of efficient and inefficient strategies Perception of the incongruence between

modalities cognitive emotional or behavioral of a particular strategy and its functionality or organizational efforts efficient vs inefficient hinders the development of an integrated methodology for a generalized coping with life stress process The absence of general principles for classification of efficient and inefficient coping poses methodological as well as practical difficulties in their diagnostics and differentiation thereby causing additional obstacles in the systematic study of this important phenomenon The Coping with Life Stress approach is focused on research based on the translation of scientific knowledge regarding problem solving processes into practical applications geared toward improvement of individual life learning or coping skills

Handbook of Headache Paolo Martelletti, Timothy J. Steiner, 2011-08-14 Headache disorders are among the most common disorders of the nervous system They are pandemic and in many cases they are recurrent and can accompany the patient for the whole life These disorders impose a substantial burden on headache sufferers on their families and on society the individual impact is measured by the frequency and severity of attacks while the societal burden is measured in terms of loss of activity at work and school as well as of costs for the health system As a matter of facts headaches are ranked in the top ten and maybe the top five causes of disability worldwide they are therefore extraordinarily common Population based studies have mostly focused on migraine which even if it is the most frequently studied headache disorder is not the most common Other types of headache such as the more prevalent TTH and sub types of the more disabling chronic daily headache have so far received less attention and need to be better investigated This book will provide a useful tool to a wide medical population who is required specific skills to diagnose and manage these frequent and often disabling disorders Furthermore it could also represents a compendium for medical students who are usually introduced to this topic through multidisciplinary university programmes

The Head and Neck Roger Kerry, Barbara Cagnie, 2025-11-03 Musculoskeletal neck and head pain is a one of the highest health burdens faced globally Management of people with this pain is complex multi factorial and challenging Scientific evidence continues to grow in this area but can often be confusing or contradictory This multi contributed compendium is a much needed resource for all healthcare professionals researchers and educators treating neck and head dysfunction Taking a holistic and patient centred approach this vital interdisciplinary book discusses the background of these dysfunctions and reviews specific conditions of the neck and head It also includes evidence based clinical assessment and management clinical reasoning and is supplemented with patient stories and supporting resources

Foundations and Adult Health Nursing - E-Book Kim Cooper, Kelly Gosnell, 2014-10-01 An all inclusive guide to fundamentals and medical surgical nursing for the LPN LVN Foundations and Adult Health Nursing 7th Edition covers the skills you need for clinical practice from anatomy and physiology to nursing interventions and maternity neonatal pediatric geriatric mental health and community health care Guidelines for patient care are presented within the framework of the five step nursing process Nursing Care Plans are described within a case study format to help you develop skills in clinical decision making Written by Kim Cooper and Kelly Gosnell this text includes all of the content from their

Foundations of Nursing and Adult Health Nursing books including review questions to help you prepare for the NCLEX PN examination Full color step by step instructions for over 100 skills show nursing techniques and procedures along with rationales for each The 5 step Nursing Process connects specific disorders to patient care with a summary at the end of each chapter Nursing Care Plans emphasize patient goals and outcomes within a case study format and promotes clinical decision making with critical thinking questions at the end of each care plan Clear coverage of essential A P is provided by an Introduction to Anatomy and Physiology chapter along with an overview of A P in all body systems chapters Student friendly features enhance the learning of nursing skills with summary boxes for Patient Teaching Health Promotion Considerations Complementary and Alternative Therapy Cultural Considerations Older Adult Considerations Home Care Considerations Safety Alert and Prioritization Assignment and Supervision UNIQUE Mathematics review in Dosage Calculation and Medication Administration chapter covers basic arithmetic skills prior to the discussion of medication administration A focus on preparing for the NCLEX examination includes review questions and Get Ready for the NCLEX Examination sections with key points organized by NCLEX Client Needs Categories Evidence Based Practice boxes provide synopses of nursing research articles and other scientific articles applicable to nursing along with nursing implications for the LPN LVN Nursing Diagnosis boxes summarize nursing diagnoses for specific disorders along with the appropriate nursing interventions UNIQUE Delegation Considerations boxes provide parameters for delegation to nurse assistants patient care technicians and unlicensed assistive personnel Medication Therapy tables provide quick access to actions dosages precautions and nursing considerations for commonly used drugs NEW Reorganized chapters make it easier to follow and understand the material NEW Icons in page margins indicate videos audios and animations on the Evolve companion website that may be accessed for enhanced learning UPDATED illustrations include photographs of common nursing skills

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