

TENSION HEADACHES VS. MIGRAINES



- Aching or dull pain
- Bilateral
- Can last a few hours
- Distracting pain, but not debilitating
- Incidental
- Tender Scalp

- Nasal Congestion
- Varying Intensity

- Throbbing pain
- One-Sided
- Can potentially last multiple days
- Debilitating
- Recurring
- Nausea/ Vomiting
- Aura Before Onset
- Light Sensitivity

Understanding Headaches And Migraines

Understanding Headaches And Migraines

Stewart J. Tepper



Understanding Headaches And Migraines Understanding Headaches And Migraines:

Understanding Headaches and Migraines Mark Forshaw, 2004-04-02 Most of us have headaches at some time or other But some people find that headaches are ruining their life Dr Mark Forshaw is a chartered health psychologist He shows you how your mind can influence bodily processes making your headaches better or worse Understanding Headaches and Migraines provides clear and practical information on all types of headache and migraine and the sources of help and treatment available Here you will find The symptoms and causes of the main types of headache A checklist to help you identify which type of headache you have Easy to read explanations of current research into headaches Guidance on treatments including complementary therapies Where to find sources of further help and information An essential purchase for anyone who has ever suffered needlessly **Understanding Headaches and Migraines** J. N. Blau, 1991

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 **Understanding Your Migraines** Morris Levin MD, Thomas N Ward MD, 2017-06-01 Twelve percent of the world s population is affected by migraines tallying up to more than 35 million people in the US alone The World Health Organization lists it among the top ten most disabling conditions But even with those numbers why are we still plagued with this disorder and what can we do in our daily lives to manage this devastating and demoralizing brain illness Understanding Your Migraines A Guide for Patients and Families addresses in clear prose The impact migraines can have on your life and your family s How to communicate and work with

your medical team to make sure nothing is overlooked in your quest to conquer your migraines Non medicinal and new experimental ways to reduce migraine symptoms The special and important cases of dealing with migraine during pregnancy in children and in adolescents How you can find online and community resources for learning more Understanding Your Migraine A Guide for Patients and Families brings together the expertise of two eminent headache neurologists Dr Morris Levin and Dr Thomas Ward who have each been caring for headache patients for more than 35 years Peppered with patient cases to show how to successfully deal with a variety of headache issues the authors address common concerns in an easy to read and comprehensive manner making this a must have on every bedside table *Headache Help* Lawrence D.

Robbins,Susan S. Lang,2000 Arguing that an appropriate medication has the best potential for relieving a headache a guide to headache treatment discusses different types of pain and conventional and alternative options for prevention or treatment

Ocular Migraine: Understanding Triggers, Symptoms, and Effective Management Strategies Dr. Spineanu

Eugenia,2025-02-19 Are you tired of living in fear of the next ocular migraine episode Ocular Migraine Understanding Triggers Symptoms and Effective Management Strategies is your essential guide to reclaiming your life from the grips of this debilitating condition COMPREHENSIVE UNDERSTANDING OF OCULAR MIGRAINE IDENTIFICATION OF COMMON TRIGGERS AND SYMPTOMS EVIDENCE BASED MANAGEMENT STRATEGIES PRACTICAL TIPS FOR IMPROVED SLEEP AND STRESS MANAGEMENT HOLISTIC APPROACHES INCLUDING ACUPUNCTURE AND YOGA This book offers a thorough exploration of ocular migraine providing readers with the knowledge they need to understand their condition fully By incorporating primary and secondary keywords naturally the book not only educates but also empowers readers to identify triggers and implement effective management strategies With practical tips and holistic approaches readers will learn how to reduce the frequency and severity of attacks leading to improved well being and a better quality of life Say goodbye to uncertainty and take control of your health today *Nicotine Headache: Understanding Symptoms, Triggers, and Effective Treatment Strategies* Dr. Spineanu Eugenia,2025-02-19 Are you tired of suffering from nicotine headaches and

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