# **Understanding Headaches and Migraines:**

Causes and Treatment Options





**University Pain and Spine Center** 

INTERVENTIONAL PAIN & SPINE SPECIALISTS

# <u>Understanding Headaches And Migraines</u> <u>Understanding Illness Health</u>

**Carol Foster** 

*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 Your Migraines Morris Levin MD, Thomas N Ward MD,2017-06-01 Understanding Your Migraines is a comprehensive and authoritative resource for people who suffer from migraine headaches as well as for their families and their caretakers Drs Levin and Ward bring their vast experience studying and treating migraine to this book in a clear practical and easily understandable volume which covers all of the aspects of migraine that plague individuals and their families Numerous examples of real people with migraine help illustrate the options available for finding relief for this highly disabling worldwide health problem Managing Migraine: A Healthcare Professional's Guide to Collaborative Migraine Care, 2010 **Understanding the Sociology of Health** Anne-Marie Barry, Chris Yuill, 2011-12-16 Understanding the Sociology of Health 3rd Edition is a truly readable introduction to a subject which is often shrouded in jargon Providing case studies and exercises to really get you thinking this book shows how sociology provides the means to answer complex questions about health and illness such as why health inequalities exist The 3rd edition includes four new chapters on history of health healing sexuality sport fitness exercise death dying Though aimed primarily at students on health and social care courses and professions allied to medicine this textbook provides valuable insights for anyone interested in the social aspects of health Visit the companion website at www sagepub couk barryandyuill3e to find a range of teaching and learning material for lecturers and students Gulf War illnesses: understanding of health effects from depleted uranium evolving but safety training needed: report to congressional Migraine Your Questions Answered Carol Foster, 2007-06-04 Providing practical guidance about the requesters, various self helpmeasures conventional medical options and complementary therapies these jargon free question and answer guides provide practical advice about coping with various forms of arthritis and migraines Contains up to date research on the latest treatments and complementary therapies Features comprehensive sections on diet and exercise

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