

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

Mark Weatherall



Understanding Migraine And Other Headaches Understanding Health And Sickness Series:

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 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 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 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 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 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 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 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

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 *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 **Migraine and Other Headache Disorders** Richard B. Lipton, Marcelo E. Bigal,2016-04-19 Following recent guidelines set by the International Classification of Headache Disorders this reference presents the most current diagnostic and treatment protocols for migraine and other headache conditions Chapters are authored by internationally renowned headache clinicians and scientists including several past presidents of the American Headache Society **The Headaches** Jes Olesen,2006 Established worldwide as the one definitive encyclopedic reference on headache The Headaches is now in its thoroughly revised updated Third Edition The foremost international authorities examine the mechanisms of over 100 types of headache and provide evidence based treatment recommendations including extensive tables of controlled clinical trials This edition presents the revised International Headache Society classification of headaches and explains how to use this new classification for accurate diagnosis Many headache entities are discussed for the first time such as chronic migraines primary headache attributed to sexual activity primary stabbing cough exertional and thunderclap headaches hypnic headaches and new daily persistent headaches A new section focuses on childhood headaches Chapters that focus on headaches in elderly patients and patients with psychiatric or medical diseases are also included **Medical-Surgical Nursing Made Incredibly Easy** Lippincott Williams & Wilkins,2021-11-05 Feeling anxious or unsure about medical surgical nursing care Get grounded in the latest best practices with the freshly updated Medical Surgical Nursing Made Incredibly Easy Fifth Edition This colorful fully illustrated guide offers clear concise descriptions of crucial medical surgical nursing concepts and procedures with learning aids that help you grasp skills and concepts easily in enjoyable Incredibly Easy style From assessment and diagnostics to current evidence based treatments and interventions this is the perfect backup to class materials a helpful support for new nurses and a handy refresher for experienced nurses **The Routledge History of Disease** Mark Jackson,2016-08-05 The Routledge History of Disease draws on innovative scholarship in the history of medicine to explore the challenges involved in writing about health and disease throughout the past and across the globe presenting a varied range of case studies and perspectives on the patterns technologies and narratives of disease that can be identified in the past and that continue to influence our

present Organized thematically chapters examine particular forms and conceptualizations of disease covering subjects from leprosy in medieval Europe and cancer screening practices in twentieth century USA to the ayurvedic tradition in ancient India and the pioneering studies of mental illness that took place in nineteenth century Paris as well as discussing the various sources and methods that can be used to understand the social and cultural contexts of disease Chapter 24 of this book is freely available as a downloadable Open Access PDF under a Creative Commons Attribution Non Commercial No Derivatives 3.0 license <https://www.routledgehandbooks.com/doi/10.4324/9781315543420.ch24>

Migraines Anne K. Brown, 2010-06-11 Provide your readers with a fascinating factbook on migraines written for young adults Author Anne K Brown discusses traditional and alternative migraine treatments the challenges of living with migraines and the direction of future research Sidebars charts and graphs present information that is perfect for research and report writing

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

Lewis's Adult Health Nursing I and II: Assessment and Management of Clinical Problems 5th ed - 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

Wolff's Headache and Other Head Pain Stephen D. Silberstein, Richard B. Lipton, Donald J. Dalessio, 2001-05-03 Headaches represent one of the most common medical conditions and one of the most frequent reasons for patients seeking medical care Wolff's Headache has become a classic in the field of head pain Providing

a compendium of facts it stands above other texts as one of the most definitive and comprehensive textbooks on diagnosis and management Wolff's Headache and Other Head Pain 7E provides a comprehensive overview of headache disorders The contributors are the acknowledged world leaders in their fields The new edition reflects the enormous growth of knowledge regarding the classification of epidemiology mechanisms and treatment of headaches The book provides both practical clinical advice and a clear overview of the science which provides the foundation for that advice

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