



WHAT NURSES KNOW... HEADACHES

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What Nurses Know...Headaches Wendy Cohan,2012-07-18 Explores the symptoms diagnosis and treatment of headaches focusing on how to help prevent headaches from modifications to diet and stress level to such mind body techniques as deep relaxation visualization and biofeedback

What Nurses Know...Headaches Wendy Cohan,2012-07-18 Headaches are one of the most common medical complaints Nearly everyone gets one at some point in their lives and over 45 million Americans suffer with chronic headaches each year Headache disorders are a major contributing factor to disability and lost work time world wide Altogether diagnosis and treatment of headaches make up 20% of all visits to neurologists What Nurses Know Headaches is written by a nurse who has experienced having headaches all of her life There are risk factors that are not changeable like genetics for example But others such as stress diet or the overuse of medications are much more easily changed through education Other preventive strategies include following specialized diets and using mind body techniques such as deep relaxation visualization and biofeedback to help people put an end to their headaches What Nurses Know Headache includes Headache basics Discusses over a dozen headache types based the upon American Headache Society classifications Headache care including coping measures support strategies and future treatments onthe horizon A list of proven headache prevention diets

What Nurses Know and Doctors Don't Have Time to Tell You Pat Carroll,2004-06-01 This comprehensive accessible home reference guide addresses a wide range of health concerns as only a nurse who knows the inside story on healthcare can From headaches to ankle sprains asthma to zinc remedies this authoritative resource reveals what everyone needs to know in order to get healthy and stay that way The book features hundreds of tips on easing symptoms promoting healing following a treatment plan and solving both the big and small problems that arise when someone is sick hurt or in pain Readers will discover how to Treat everyday health complaints and minor injuries Heal faster after an injury Get the best results from medicines while reducing side effects Recover more comfortably at home after outpatient surgery

Introductory Medical-Surgical Nursing Barbara K. Timby,Nancy E. Smith,2013-08-19 This 11th Edition of Timby and Smith s popular text equips LPN LVN students with the practical knowledge and skills necessary to provide safe and effective nursing care to today s medical surgical clients Now enhanced with new research techniques and clinical competencies exciting new concept maps that help students focus and think critically about their clients a new art program featuring hundreds of illustrations and photographs new evidence based practice boxes and new NCLEX PN questions the 11th edition prepares students to manage nursing care of clients in today s changing healthcare environments and eases the transition from classroom to clinical practice

Study Guide for Clayton's Basic Pharmacology for Nurses - E-Book Michelle J. Willihnganz,2025-03-21 Reinforce your understanding of nursing pharmacology and prepare for success on the NCLEX PN exam With chapters corresponding to the chapters in Clayton s Basic Pharmacology for Nurses 20th Edition this study guide provides a variety of exercises to help you review and practice the LPN LVN s role in drug

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The Headache Godfather Seymour Diamond, Charlie Morey, 2015-01-06 Learn the story of a man who lived the American dream and improved the quality of life for thousands of headache sufferers The Headache Godfather traces the life of Seymour Diamond MD who was born in 1925 the son of Jewish immigrants from Ukraine and Slovakia in Chicago Illinois Dr Diamond revolutionized the practice of headache as a medical specialty when he opened the United States first private headache practice the Diamond Headache Clinic in 1974 It quickly became a headache haven for sufferers from around the world He also established a nonprofit organization the National Headache Foundation to support research for headache relief and to spread the knowledge among doctors and headache sufferers alike At eighty nine years of age Dr Diamond looks back on his battles with the Food and Drug Administration over headache treatments the political skirmishes with those who would block his will to succeed his globe trotting adventures to learn and share current headache knowledge the hundreds of thankful patients who claim that his headache treatment saved their lives a frightening and painful

malpractice lawsuit and even a relationship with a Chicago Mafia member whose family Dr Diamond treated early in his medical career and who was ultimately found in the trunk of a stolen automobile shot to death Seymour Diamond is a living example of an individual who succeeded at living the American dream Working several jobs while attending college and medical school applying his intelligence energy and imagination to the world of headache medicine and providing for his wife Elaine and their family of three daughters while building an empire of headache health Seymour Diamond is indeed the Headache Godfather Skyhorse Publishing along with our Arcade Good Books Sports Publishing and Yucca imprints is proud to publish a broad range of biographies autobiographies and memoirs Our list includes biographies on well known historical figures like Benjamin Franklin Nelson Mandela and Alexander Graham Bell as well as villains from history such as Heinrich Himmler John Wayne Gacy and O J Simpson We have also published survivor stories of World War II memoirs about overcoming adversity first hand tales of adventure and much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home

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