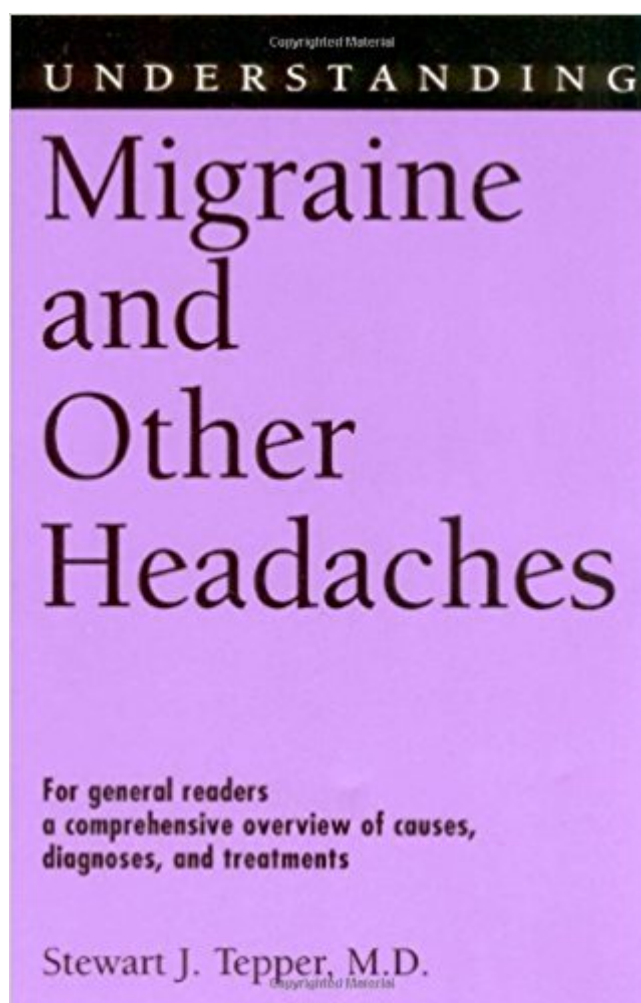


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# Understanding Migraine And Other Headaches (Understanding Health And Sickness Series)



## Synopsis

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.

## Book Information

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## **Customer Reviews**

A comprehensive overview of causes, diagnoses, and treatments

I have been a migraine sufferer for over 40 years. This book helped me understand migraines in a general sense and gave me helpful knowledge as I discussed treatment with my doctor. I especially enjoyed the description of the different types of medication. I learned what each drug targets and was able to better understand what works and what doesn't for me and why. I would recommend this tool as a source to educate yourself as you make decisions with your health care provider. I feel more empowered to take ownership of my treatment after reading this book.

I would tell anyone with recurring headaches to read this book. Finding the cause for my headaches remains a mystery. There are so many facets to migraines that this book left me feeling I might never understand what the root cause is. What I experience could also be have multiple causes. I may never really know but at least now I have a greater understanding of what I am experiencing.

This is an excellent book for anyone that suffers from chronic headaches. It will help you identify the different types of headache as well as how the headaches occur in the brain. He explains the different medications that are out there and how they work. There are also some natural remedies, such as magnesium and B2. It is written in an easy to understand format for the general public, so you won't have to be a doctor to understand this book. If you're having lots of headaches, definitely read this book.

This is a wonderful book about headaches - it is a thin book (so don't get intimidated). I saw Dr Tepper when he practiced in Seattle he helped me a lot. He is a hard working and dedicated physician. I am so glad he wrote this.

Practical advice and info for the layman, well organized and easy to follow. But just because it's written for the layman, don't underestimate the value of this book. It's helped me already.

I am an otolaryngologist (aka ENT doctor) who sees a lot of patients with "sinus headache", most of whom have migraines. Although this book is presumably written for the lay person, and does a nice job for that audience, I have highly recommended this book to many doctors in training, and for physicians who see migraine patients, but may not have a lot of personal experience or professional experience with treating migraines. Its very readable, concise, and practical. I'm going to buy a couple of copies for my students to use while they are working with me!

Anyone who experiences headaches and Migraines or knows someone who does needs some good books about headaches and Migraine in our libraries. This book is a quite worthy addition to anyone's library. Written "for general readers," the book is, "a comprehensive overview of causes, diagnoses, and treatments" written in a logical, easy flowing style. You'll find it complete, up-to-date, and easy to understand. Bravo!

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