



Migraine Treatment



Non-Pharmacological

Treatment Options

- Headache diary
 - Identify patterns/triggers
- Increasing hydration
- Regular sleep
- Regular exercise
- Cognitive behavioral therapy
- Biofeedback
- Wearable devices

Avoid

- Medication Overuse Headache (MOH)
 - Caused by taking over the counter analgesic medications ≥ 3 times/week
 - Try to limit use of these medications to $< 2-3$ times/week

Supplements

- Supplements that have been shown to reduce migraines
 - Magnesium
 - Riboflavin
 - Melatonin
 - CoQ10
 - Butterbur no longer recommended

Overcoming Headaches Migraines No Nonsense Health Guide

Anthony S. Fauci



Overcoming Headaches Migraines No Nonsense Health Guide:

Overcoming Headaches and Migraines J. N. Blau, 1993 The Smart Woman's Guide to Midlife and Beyond Janet Horn, Robin Miller, 2008 Smart women understand that taking care of their health is essential to maintaining an active lifestyle This comprehensive guide shows you how to work with your body instead of against it to stay healthy and happy through menopause and beyond Written by two practicing doctors who have been close girlfriends since they met during medical training at the Johns Hopkins Hospital The Smart Woman's Guide to Midlife and Beyond includes the doctors own personal experiences patient stories from their medical practices and all the information you need to age with good health grace and humor Includes the information you need to Care for your whole body to prevent common diseases Learn which health issues are normal which are serious and what to do about them Overcome memory loss depression and anxiety Understand menopause and hormone replacement therapy Nourish and protect your skin and hair Choose the right vitamin supplements for you Find out whether or not treatments like massage and acupuncture will work for you Know when to share your concerns with your doctor or healthcare practitioner Create a personal Health Maintenance Schedule to keep your health on track The Smart Woman's Guide to Midlife and Beyond is a complete holistic and state of the art road map for any woman who is motivated to become a more effective steward of her health The authors relaxed personal and insightful style makes critical health information accessible This book is a must have for any woman inspired to improve her health trajectory Mark C Pettus MD FACP medical director of the Kripalu Institute for Integrated Healing and author of It's All in Your Head There is no doubt that women past the age of fifty have different health issues than younger women a fact often overlooked by many physicians These women need to know how to care for their maturing bodies Drs Horn and Miller explore the full spectrum of mature women's health issues in a candid conversational manner that integrates the body mind and spirit A much needed book Kevin Soden MD host of Healthline on Retirement Living Television I have often wished that there were a doctor in my family I could ask for health advice If you have shared this desire you'll love this book It's a practical insider's guide to what maturing women need to be thinking about and it's written as though the authors were concerned friends talking with you Drs Horn and Miller have superb training and years of practical experience caring for women patients It shows on every page of this excellent book Judge Glenda Hatchett star of the nationally syndicated television program Judge Hatchett The authors approach is accessible and entertaining These are the doctor girlfriends you want to call because they know everything about the area of your concern not only from their medical practices but also from their own personal experiences Robin Wolaner founder of Parenting magazine and founder and CEO of TeeBeeDee tbd com an online network for people over forty This is the girlfriends guide to taking charge of your health And these girlfriends are doctors A winning combination Ari Brown MD pediatrician and author of Baby 411 Subject Guide to Books in Print, 1975
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Smart Medicine for Healthier Living Janet Zand,James B. LaValle,1999-05-01 Written by a medical doctor a naturopath and a registered pharmacist Smart Medicine for Healthier Living is a complete A to Z guide to the most common disorders and their treatments using both alternative care and conventional medicine Comprehensive and easy to follow Smart Medicine for Healthier Living is divided into three parts Part one explains the full spectrum of approaches used to effectively treat common health problems It provides an overview of the history fundamentals and uses of conventional medicine herbal medicine homeopathy acupressure aromatherapy diet and nutritional supplements It also includes a helpful section on home and personal safety Part two contains a comprehensive A to Z listing of various health problems Each entry clearly explains the problem and offers specific advice using a variety of approaches Part three provides step by step guidance on using the many therapies and procedures suggested for each health problem Smart Medicine for Healthier Living is a reliable source that you and your family can turn to time and time again whenever the need arises **Psychiatry Test Preparation and Review Manual,Expert Consult - Online and Print,2** J. Clive Spiegel,John M. Kenny,2013-01-01 To meet your need for the effective board preparation this review book precisely mirrors the written Board exam Psychiatry Board Review is the ideal self study and pre test manual for candidates for the written Part 1 of the Boards in Psychiatry Its format creates the perfect high yield source consisting of four self tests with 150 questions each paralleling the format subject matter balance and content of the Psychiatry written exams Because your time is valuable this book will help you focus your studies on material that has a high likelihood of appearing on the actual Boards Allows for easy self study and exam preparation with an Individual test format Simulates test conditions by allowing you to take self timed tests Provides a

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