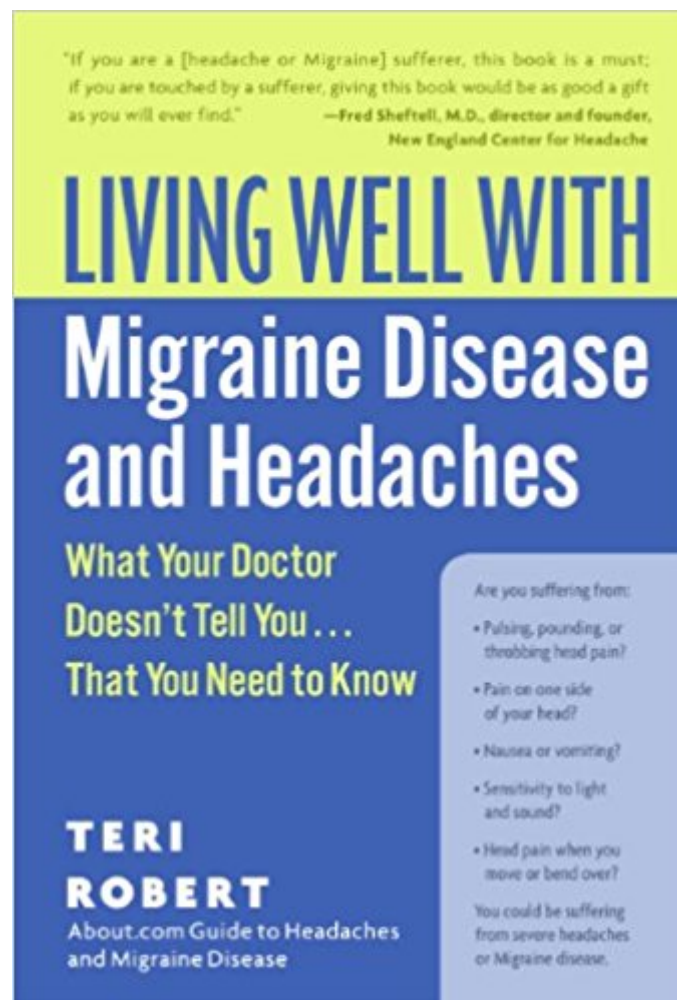




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# Living Well With Migraine Disease And Headaches: What Your Doctor Doesn't Tell You...That You Need To Know (Living Well (Collins))



## Synopsis

For millions of Americans, Migraine disease, tension headaches, and other headaches are a debilitating part of every day. Teri Robert has been there—•in fact, she experienced her first Migraine at age six. Now, in this groundbreaking holistic guide to the diagnosis and treatment of headaches and Migraine disease, she brings a patient-empowering message to all headache sufferers: you don't have to live with daily pain. She provides you with all the information you need to know about getting the help you need, including:

- Understanding side effects
- Treatments for long-term relief
- Risks and symptoms
- Identification of the various types of headaches
- Traditional and alternative therapies
- Information on finding health care practitioners and support
- Numerous case studies and expert advice

## Book Information

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## Customer Reviews

In this addition to the "Living Well" series, patient advocate Robert provides current information on headaches and migraine disease, treatments, personal stories and coping techniques. The author, a longtime migraineur, stresses that although many migraine sufferers are unaware of treatment options, at least 95 percent of sufferers can benefit from preventive regimens once correctly diagnosed. Migraines, Robert explains, are not simply bad headaches, but a "genetic neurological disease that flares up when we encounter triggers" and can take many forms-tension, cluster, or rebound, which is brought on by medication overuse-each of which require different treatments.

Robert notes new medication developed to treat stroke, seizures and depression are now used for migraine disease, welcome news for sufferers who have for years ridden out migraine attacks with over-the-counter pain medication. She details "trigger" identification and management by listing the many triggers of headaches and migraines, and reviews preventive, "abortive" (which adjust neurotransmitter levels) and complementary therapies. With case studies and examples of patient advocacy, Robert also urges her readers to learn coping skills and to seek support from others, providing a clear overview of her subject with the authority of personal experience and a researcher's determination. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“This book will be of great help and support to those suffering with migraine and other chronic headaches.” (Robert S. Kunkel, MD, Cleveland Clinic Headache Center) “An upbeat, practical and intelligent survey of our current understanding of migraine and frequent headaches.” (Elizabeth Loder, MD, Director, Headache Management Program, Spaulding Rehabilitation Program; Assistant Professor of Medicine, Harvard Medical School.) “A breath of fresh air for headache sufferers and their families.” (William B. Young, MD, Director, Inpatient Unit, Jefferson Headache Center, Thomas Jefferson University Hospital; Associate Professor of Neurology Jefferson Medical College, Thomas Jefferson University, Philadelphia, Pennsylvania) “[O]ne of the most far-reaching books in educating the public about migraine disease and headaches” (spectacularly empowering.” (John Claude Krusz, Ph.D., MD, ANODYNE Headache and Pain Care) “This book is a wealth of knowledge, understanding, and compassion.” (Roger Cady, MD, founder and director, Headache Care Center, Springfield, Missouri) “A must read for anyone who struggles with Migraine disease or anyone who loves, lives or works with a Migraineur.” (Michael John Coleman and Terri Miller Burchfield, MAGNUM: The National Migraine Association)

This is a basic book with some useful material but it is outdated. There are many better and more recent books. Midwest Independent Research, educational websites. Preventive healthcare, [mwir-preventivehealthcare.blogspot](http://mwir-preventivehealthcare.blogspot). There is information and a book list on headaches here.

If you are indeed suffering from Migraine, chances are that you have visited a few doctors and have also done basic research on the ailment. This book does not add too much information to what you may already know. In my case, this was meant for a friend who is suffering from Migraine. Since I

do not suffer from Migraine and have never researched on it, I found the information useful but my friend did not. He knew most of the information here but the table of trigger foods was somewhat helpful to him. Overall average if you are just finding out that you have Migraine.

I first read this book about six or seven years ago. I discovered it in an odd way - I had a headache and was walking around a Washington, D.C. suburb when I stepped inside a bookstore. Teri Robert was there signing this book and I picked up hers and bought it. I realized that on that particular day I was suffering from a rebound headache - not an actual migraine. I learned so much about migraines from this book and I come from a very health-aware family. My mother is a nurse and has migraines and we thought we knew an awful lot about migraines. I learned so much more from Teri's book. I especially appreciate her insistence that you "fire" doctors that don't understand migraines. I still get migraines now, but I understand how to treat them far better. I'm on triptans as needed and have cut out things like alcohol and caffeine that trigger them. If you have migraines you must buy this book.

Teri Robert has written a credible and informed book on a very PAINFUL subject. I have had migraine since childhood and know the difficulties of missing important family events and workdays due to this savage illness. I come from a medical family (doctors and nurses) but was still discounted for having "just a headache" as a child and even into adulthood. Teri has the disease and has taken a rational and educated perspective on how to handle a life impacted by these "headaches". She offers a supportive and genuinely helpful amount of information with just a few pages of help for family that explain the illness without overwhelming them with responsibility. My husband read the pages, and although already informed by experience with my pain days, he was glad to see it in print. It also helped validate my own "loss of logic" after a 3 day bout of pain. Good read and helpful.

This book contains information that patients who suffer from migraines or other serious headaches should know. Usually, this information is not provided by one's physician. Many times, sufferers do not go to a physician to be diagnosed and/or treated and this book provides information to educate them regarding that need. The writing is easily read by most. The author is a sufferer and has both knowledge and experience to know that about which she writes. I recommend it to all of those who suffer from these headaches and their families and/or loved ones.

Teri Robert needs to be applauded for writing a book to help us "Live With" instead of "suffer from"

Migraine Disease. She includes so many helpful hints to help us work with our physicians to receive the best treatment possible. Unlike so many other books, she offers no cures, but many treatment options, including pros and cons. As a consumer, she writes from experience and includes the stories of others. I have used her book to help educate my own physician and it has worked well, because my Migraine Disease is currently being managed well.

Teri has written a wonderful book for those who are dealing with migraines, as well as for their family members. It includes a lot of information that you need to know/things to be aware of if you have just been diagnosed or suspect you might have migraines. It helps with the question "is this all just in my head" by sharing experiences that others have gone through. My family has also found this to be a useful book for understanding what the migraine process is (start to finish, ie that headache is just one part of a migraine), and also helping them be aware of changes that suggest a migraine is coming. I highly recommend this book and have purchased two additional copies for friends who also suffer from migraines.

This is a must read for anyone suffering with headaches or migraines. It gives you valuable information about the disease to help you better communicate with your doctors, or help you find doctors who can help you. It also really helps to demystify symptoms, types of headaches and triggers as well as discussing cutting edge treatments and medications to help put solutions in your own hands. Strongly recommend!

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