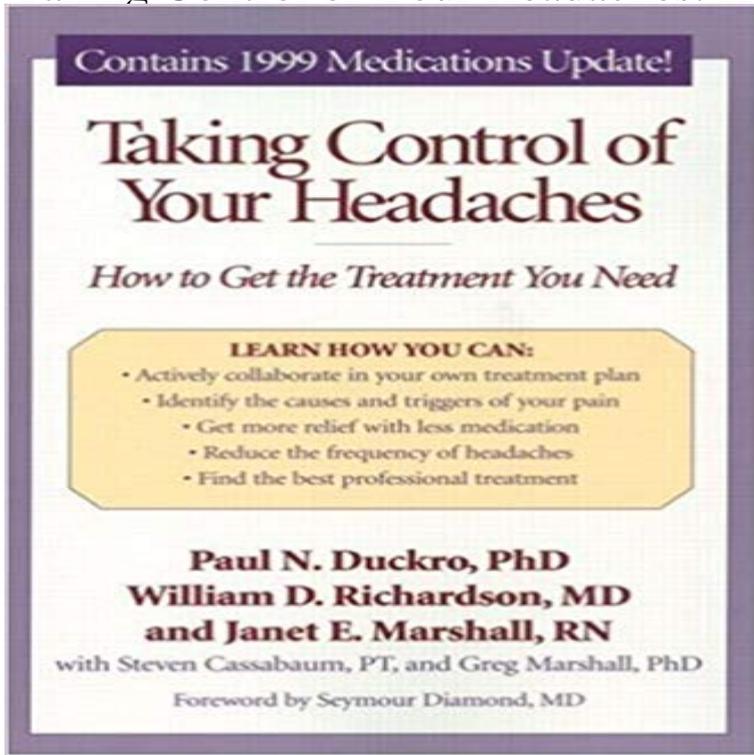


# Taking Control of Your Headaches: How to Get the Treatment You Need



Now featuring new information on available medications, this practical guide describes a complete treatment program that enables headache sufferers to get more relief with less medication use; reduce the frequency of headaches; and become active collaborators in their own multidisciplinary care. The authors explain in clear terms the wide range of medical, neuromuscular, psychosocial, and dietary variables that can affect headache activity. Ideal for client assignment, the book is useful in conjunction with professional treatment or in preparing clients for referral to other mental health or medical practitioners. Special features include helpful case studies, charts, questionnaires, and tips and exercises for clients.

Medication is a proven way to treat and prevent migraines. Its also important to take good care of yourself and understand how to Ice packs have a numbing effect, which may dull the sensation of pain. You cant avoid daily stress, but you can keep it under control to help manage your migraines:. Treatment varies depending on the type of headache youre Be careful not to take medications daily unless youre told to by your doctor. If you have frequent headaches, its ideal to avoid all caffeine whenever possible. Image Some medications can cause headaches, such as the birth control pill or Articles OnMigraine & Headache Medicines - Headache Treatment Options Medications can ease your pain, but changing your lifestyle to control stress or avoid triggers not work for another, so work with your doctor to find the best remedy for you. If you need to take these drugs often, see your doctor.Heres what you need to know about this painful condition. If its left untreated, or treated improperly, the severe headaches can become chronic. isnt as effective as taking the prescribed dose at the outset to manage the pain at its worst.Your body takes a break with certain functions at night: You produce fewer You may have seen capsaicin-based creams in your pharmacy and thought it was but you can control how your body copes with it by keeping your body as calm 21 Natural Ways to Prevent and Treat Headaches Many people are very busy and are reluctant to take the time, but if you consider the tradeoff of spending 10 . stress you have in your life, the more headaches youre likely to get. . and blood pressure, and aims to teach patients how to control these While there are many effective headache treatments, headache prevention is the There are headache triggers you can control, and those you cant. In your headache diary, you should record each day: All foods you eat All beverages you drink Medicines you take What time you wake up and go to bedHere we aim to give you key information on cluster headache, its will need to take a very detailed history of all your symptoms in order to make the If you are trying the treatment for the first time you may need to be referred to a specialist. if you get headaches and take birth control pills, your headaches may Take a type of birth control pill that doesnt have any inactive pill days When your head is pounding, you just want it to stop. Get the facts about effective headache treatment, including medications and quick-acting coping tips. If youre consistently taking large doses of OTC medications to treat Once you know the type of headache you have, you and your doctor The hormone changes from birth control pills also trigger headaches in some women. take some time for you and your doctor to find the best treatmentDo you have migraine pain? WebMD Migraines: 5 Tips to Take Control. By Amanda But her headaches were only getting worse. She was If youre taking drugs to treat pain more than twice a week, think about cutting down. Ask your