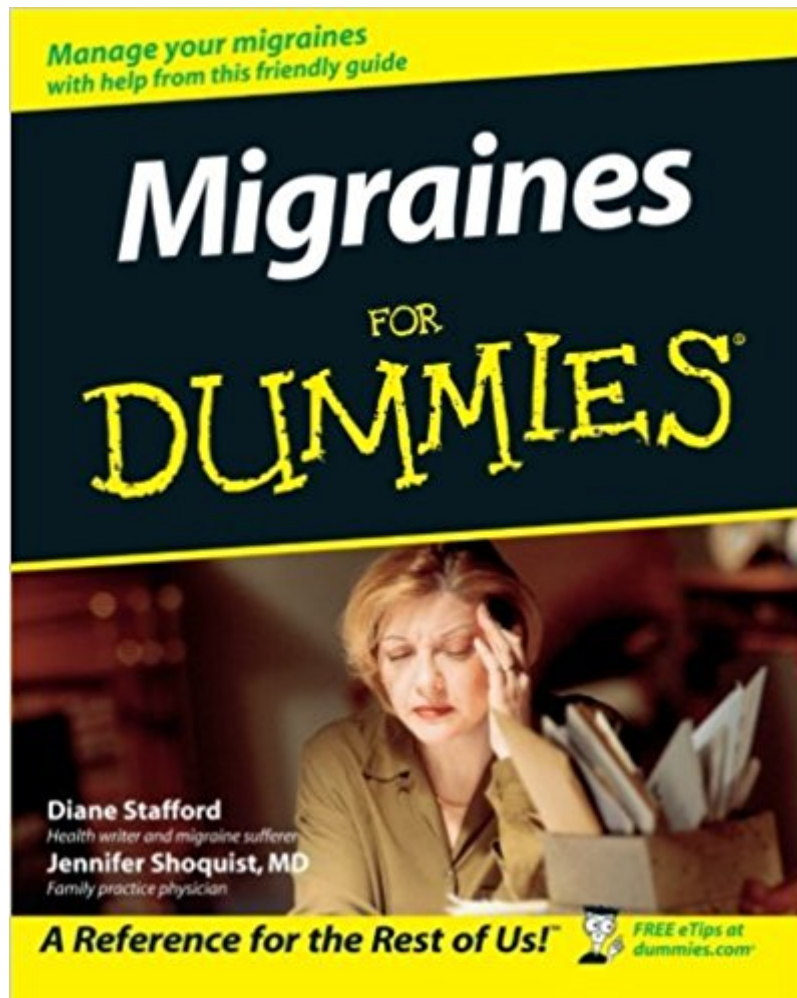




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# Migraines For Dummies



## Synopsis

If you get migraines you know how laughable it is to hear them described as “headaches.” As one poet put it, “the migraine is a beast from Hell, a bone-crushing, brain-twisting, heart-rending, apocalyptic scourge” — an insult to all that’s holy. And that’s putting it mildly. People have been trying to tame the migraine beast for thousands of years. Some early healers bored holes into their patients’ skulls, the Greeks inhaled the smoke of burning coffee beans, while in ancient Egypt, doctors tied herb-stuffed clay crocodiles to migraine sufferer’s heads. Fortunately, we live in more enlightened times and there are now medically sound approaches that are relatively simple and inexpensive — and they don’t leave scars or involve extreme fashion statements. Your complete guide to taking charge of your migraines and getting your life back, *Migraines For Dummies* offers a focused, fleshed-out program that works in the real world. This friendly guide fills you in on what you need to know to:

- Understand migraines and why you get them
- Relieve symptoms
- Pinpoint pain triggers
- Sort through the various medications
- Evaluate alternative remedies
- Make simple migraine-busting lifestyle changes
- Stop migraines from disrupting your family and work lives
- Find a good doctor to help you manage the beast

The authors look at the whole spectrum of the problem — from dealing with the number-one issue of pain relief, to handling the peripheral problems like absences from work, skepticism from friends, and impact on family. They also explore a range of critical related issues, including:

- Different types of migraines, including abdominal, ocular, hemiplegic, ophthalmoplegic, and women’s hormonal migraines
- Triggers, such as environmental allergens, stress, dietary triggers, and even exercises that can cause migraines
- Over-the-counter medications, vitamins and herbal supplements
- Biofeedback, meditation, massage, acupuncture, and other alternative remedies
- The pros and cons of prescription remedies, including ergotamine derivatives, antidepressants, nonsteroidal anti-inflammatory drugs, botox and more

You’ve tried Aunt Edna’s camphor-soaked head cloths. Now explore a sensible, medically sound approach, and get on the road to full-fledged pain relief with *Migraines For Dummies*.

## Book Information

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## Customer Reviews

Relieve symptoms and pinpoint your pain triggers Take charge of your headaches and get your life back! You can get rid of the pain! This no-nonsense guide debunks migraine myths and gets you on the road to full-fledged pain relief. You'll discover how to find a good doctor, sort through the various medicines, make positive changes in your lifestyle, and prevent your headaches from disrupting your work and family life. Praise for *Migraines For Dummies* "Migraines For Dummies is a practical guide full of useful information for the migraine sufferer, presented in an easy-to-read and entertaining format." —Jennifer L. Wright, MD "Migraines For Dummies provides insightful, practical, and helpful tips for dealing with the mother of all headaches: the migraine. This highly comprehensive book arms readers with the facts they need to make the transition from pain-challenged to migraine-empowered, in as simple a leap as possible." —E. Fred Aguilar, MD

Diane Stafford has been a health writer for 20 years. Jennifer Shoquist, MD, is a family practice physician. This author team also wrote the popular *Potty Training For Dummies*.

The most informative book I've used for my journey through the migraine mine fields.

If you just had the first headache of your life and wonder whether or not it is a migraine maybe this book is for you, but even then you would be better off going searching on the web for information. For anybody who suffers from migraines (I have had them for 25 years by now), this book offers little help. In fact, it is a complete waste of your headache-free time. It touches on different subjects in the most superficial way and adopts a "happy-go-lucky" tone whatever the subject. Migraines are not fun or funny so the tone of the book is completely inappropriate, e.g. "the big Kahuna Migraine

itches a tent in your head to stay for a while" or "For a moment, forget about medium- to hard-driving terminator prescription drugs and all those totally groovy over-the-counter meds." Some of the recommendations don't even make sense or the authors contradict themselves: you do not want to watch TV with a migraine, or have soft music playing or flowers that smell in your room! Medications and their side-effects are treated rather lightly, in an inappropriately "funny" way - as if you are supposed to get a laugh out of the "positive" side effect of Botox of smoothing out your wrinkles, or that you might lose weight while taking Topamax. If your migraines are so bad that you have to resort to these medications, the chirpy sense of humor of the authors eludes you, especially given the serious side effects of the latter medication. Maybe somewhere in those 300 pages is buried some helpful information, but by the time you get to page 300 you will feel like a dummy because of the tone of the book and not because you are having a migraine. My recommendation is, search the web for the sites of the various headache associations to find helpful information presented in a way much less insulting to your intelligence and to find a good neurologist with expertise in the treatment of headaches.

Good book for beginners but I already knew all this information. And the copy right date is 2002. Old info but useful to the migraine novice.

I agree with the review that reads, "Save yourself the headache . . ." This book is far too general. If you read the brochures in your doctor's office and some informative information on the web, you already know more than you'll find here. If you want a good, thorough book on migraines, consider "Headache Help: A Complete Guide to Understanding Headaches and the Medications That Relieve Them," which you can buy from .com

This "dummy" book really caught me by surprise, because I was expecting mediocre and got excellent instead. It covered so many relevant issues about migraines, that it should be helpful to anyone who suffers from mild to severe migraines, and also to those close to that person. Buy this book with confidence.

Buy the book. Don't underplay the importance of considering that the many additives in the food supply may be among the triggers. Especially watch out for soy lecithin. It's in almost everything--even gum. BUY the book.

I bought this book on the recommendation of my Neurologist. I was surprised at how much information was offered in a simple to understand format. It is a good reference for someone who suffers from Migraines like I do.

Good guide for people with this problem. Recommended for anyone. It has even natural remedies for the symptoms yet very useful.

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