

# Getting Rid of a Migraine



Take a nap



Find a quiet, dark place to rest with your eyes closed



Drink water



Have a caffeinated beverage



Take medication



Ice or place a cool cloth on your forehead

# Control Of Migraine

**Jicheng Xie**



## **Control Of Migraine:**

**Behavioral and Psychopharmacologic Pain Management** Michael H. Ebert, Robert D. Kerns, 2010-11-25 Pain is the most common symptom bringing a patient to a physician's attention. Physicians training in pain medicine may originate from different disciplines and approach the field with varying backgrounds and experience. This book captures the theory and evidence-based practice of behavioral, psychotherapeutic, and psychopharmacological treatments in modern pain medicine. The book's contributors span the fields of psychiatry, psychology, anesthesia, neurology, physical medicine, and rehabilitation and nursing. Thus, the structure and content of the book convey the interdisciplinary approach that is the current standard for the successful practice of pain management. The book is designed to be used as a text for training fellowships in pain medicine as well as graduate courses in psychology, nursing, and other health professions.

**Purinergic Signaling in Health and Disease** Eric Boué-Grabot, David Blum, Stefania Ceruti, 2020-03-13 *10 Simple Solutions to Migraines* Dawn Marcus, 2006-05-03 A neurologist specializing in headache treatment outlines ten simple techniques to help relieve and prevent migraines, including drug therapy, lifestyle enhancements, and complementary therapies including supplements, diet, and exercise.

**Control of Migraine** John B. Brainard, 1977 *Headache in Clinical Practice* Stephen D. Silberstein, 2018-05-08 The authors of the first edition worked together again to revise data for the second edition of this popular volume. Based at three of the world's leading centers for the study and treatment of headache, these experts share their insights on every aspect of this common and irritating condition. In particular, the sections on migraine, cluster headache, and vascular disease have been updated. Based on the classification system developed by the International Headache Society, *Headache in Clinical Practice* provides those interested in headache with an up-to-date compendium of current opinion from epidemiology, pathophysiology, and investigation through options for intervention and management.

[Archives of Neurology and Psychiatry](#), 1923

**Biofeedback and Self-control**, 1976

[Stroke E-Book](#) James C. Grotta, Gregory W. Albers, Joseph P. Broderick, Scott E. Kasner, Eng H. Lo, Ralph L. Sacco, Lawrence K. S. Wong, Arthur L. Day, 2021-02-06 Authored by the world's foremost stroke experts, this classic text brings you fully up to date with current research findings and management approaches for cerebrovascular disease. *Stroke: Pathophysiology, Diagnosis, and Management*, 7th Edition, covers every aspect of this fast-moving field and is an ideal resource for stroke specialists, general neurologists, and other medical professionals with an interest in stroke. You'll find expert clinical guidance, comprehensive pathophysiology coverage, data from recent trials, advances in diagnostic tests, full-color CT images, pathology slides, and much more for a complete picture of today's stroke medicine. Helps you recognize the clinical manifestations of stroke, use the latest laboratory and imaging studies to arrive at a diagnosis, and generate an effective medical and surgical treatment plan. Keeps you abreast of the overwhelming volume of studies and guidelines in this dynamic field, providing clear summaries and practical evaluations of all relevant data. Contains updates throughout, including the latest clinical trials, thrombectomy, DAWN, DEFUSE, genetics research.

prevention research new therapies and the new guidelines from the ASA Includes new slides for lectures covering basic science case studies and interventional treatment overviews Features a Key Points summary at the beginning of each chapter so you can quickly find important information Provides abundant full color CT images and pathology slides that help you make efficient and accurate diagnoses

*50 Ways to Control Migraines* Ceabert J. Griffith, 2002-08-20 An estimated 30 million American adults and 1 million children suffer from migraine headaches Now 50 Ways to Control Migraines offers you welcome relief with 50 concrete strategies for understanding preventing and managing the pain of this chronic disease Handy and comprehensive this volume covers everything from environmental psychological hormonal and dietary factors to treatment options both traditional and alternative

*Mechanism and Management of Headache* James Waldo Lance, Peter J. Goadsby, 2005 Features a chapter organization based on the HIS classification of headache making information easy to find Delivers balanced coverage of the most recent scientific discoveries as well as tried and true clinical observations

**Handbook of Chronic Pain Management** John R. Satterthwaite, Joseph W. Tollison, C. Glenn Trent, 1989 Current Bibliography of Epidemiology, **Weekly Medical Review**, 1884 *Oxford Textbook of Headache Syndromes* Michel Ferrari, Andrew Charles, David Dodick, Fumihiko Sakai, Joost Haan, 2020-04-01 Headache syndromes rank amongst the most common presenting symptoms in general practice and neurology affecting up to 15% of the adult population Part of the Oxford Textbooks in Clinical Neurology series the Oxford Textbook of Headache Syndromes provides clinicians with a definitive resource for diagnosing and managing patients with primary and secondary forms of headaches either as isolated complaints or as part of a more complex syndrome Split into 7 key sections with 59 chapters this comprehensive work discusses the scientific basis and practical management of headache syndromes in a logical format Each chapter is written by international experts in neurology who share their research and extensive experience by providing a wealth of practical advice for use in clinical situations In addition all content is up to date and chapters incorporate discussions on the latest International Classification of Headache Disorders 3rd edition when relevant

**Uric acid as a factor in the causation of disease** Alexander Haig, 1896 **Self-management of Chronic Disease** Kenneth A. Holroyd, Thomas L. Creer, 1986

*Principles of Pharmacology* David E. Golan, 2008 This primary textbook for a first course in pharmacology offers an integrated systems based and mechanism based approach to understanding drug therapy Each chapter focuses on a target organ system begins with a clinical case and incorporates cell biology biochemistry physiology and pathophysiology to explain how and why different drug classes are effective for diseases in that organ system Over 400 two color illustrations show molecular cellular biochemical and pathophysiologic processes underlying diseases and depict targets of drug therapy Each Second Edition chapter includes a drug summary table presenting mechanism clinical applications adverse effects contraindications and therapeutic considerations New chapters explain how drugs produce adverse effects and describe the life cycle of drug development The fully searchable online text and an image bank are available on thePoint

*Cephalalgia*

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