



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

The Management Of Headache

Mark W. Green, Philip R. Muskin



The Management Of Headache:

Management of Headache and Headache Medications Lawrence D. Robbins, 2012-12-06 The art of treating headache patients is a complex one and there are a myriad of medication possibilities Dr Robbins has managed to present a clear and practical approach to headache medicines He brings us through standard first line therapies into more complex end of the line medication treatments This book presents a cohesive single authored approach that is unique Illustrative case histories and Quick Reference Guides are extremely useful and Dr Robbins has inserted thousands of practical tips on headache management advice that is impossible to find in other sources Preventive and abortive medication for migraine tension and cluster headache are completely discussed Hormonal aspects such as treatment of menstrual and menopausal headache are presented at length There is an extensive section on children's headaches and a separate discussion on headache in adolescents These sections present a very clear and effective approach to headache management in children and adolescents Dr Robbins effectively tackles such important subjects as post traumatic headache lumbar puncture headache indomethacin responsive syndromes and occipital neuralgia Dr Lawrence Robbins is one of our top authorities on the management of headache medications He has contributed greatly through his research and writing on various headache topics This book will be invaluable for those involved in the treatment of patients with headache Jerome Goldstein M D Assistant Clinical Professor of Neurology University of California San Francisco Director San Francisco Headache Clinic San Francisco

Modern Day Management of Headache K Ravishankar, Randolph Warren Evans, Shuu-Jiun Wang, 2017-12-31 This book is a comprehensive guide to the management of headaches Divided into five sections chapters are presented in a question and answer format The book begins with an overview of headaches explaining classification diagnostic testing and pathophysiology The following sections cover primary headaches migraine tension related and secondary headaches post trauma vascular related infections The final sections discuss headaches in specific patient groups such as children the elderly women and in pregnancy and complementary and alternative therapies Key points Comprehensive guide to management of headaches Covers both primary and secondary headaches and specific patient groups Includes section on complementary and alternative therapies Highly experienced internationally recognised editor and author team

Pharmacological Management of Headaches Dimos D. Mitsikostas, Koen Paemeleire, 2015-08-26 In this book headache experts summarize all the currently available therapies for primary headaches and most importantly describe the tricks that can ensure the success of headache pharmacotherapy Prevention and acute treatment of migraine and cluster headache receive particular attention and individual chapters are devoted to the treatment of primary headaches in special groups i.e. children pregnant women and the elderly Further chapters focus on selected secondary headache disorders and cranial neuralgias for which pharmacotherapy is available The book is designed to meet the daily practice needs of general physicians general neurologists neurologists in training and medical students Headache remains a leading reason for people to seek medical

consultation and migraine and other primary headache disorders are classified by the WHO as among the most disabling medical conditions in the general population often affecting individuals during their most productive years Unfortunately under treatment and mismanagement are the fate of many headache patients and this book provides a sound basis for optimizing treatment *Management of Headache and Headache Medications* Lawrence D. Robbins,2013-04-17 With full revisions and updates plus new chapters on herbs and vitamins triptans headache during breast feeding menstrual migraine opiate abuse cervicogenic causes of headache and exercise and sexual headache this book presents a full and in depth range of information for primary care physicians and neurologists **Case-Based Diagnosis and Management of Headache Disorders** Aksel Siva,Christian Lampl,2014-08-26 This book provides the practicing physician with a practical approach to the diagnosis evaluation and management of headache disorders based on lessons learned from real life headache patients Internationally well known headache experts present cases from their own practice and discuss the evaluation and management of each case step by step The clearly structured chapters cover initial evaluation and diagnostic work up imaging differential diagnosis interpretation of findings of further work up treatment options and response and key points A wide spectrum of headache types is covered including both primary and secondary headache disorders The reader will learn how to diagnose and manage different headache disorders directly from the clinical experience of experts Case Based Diagnosis and Management of Headache Disorders will be of value for neurologists and a wide range of physicians from those in other specialties to primary care givers Common Pitfalls in the Evaluation and Management of Headache Elizabeth W. Loder,Rebecca C. Burch,Paul B. Rizzoli,2014-04-10 Discussing real world cases this practical guide highlights areas of diagnostic uncertainty and shows common pitfalls in headache diagnosis and treatment **The Management of Headache** Frank Clifford Rose,1988 **Peripheral Interventional Management in Headache** Aynur Özge,Derya Uludüz,Ömer Karadaş,Hayrunnisa Bolay,2019-05-10 This book discusses interventional treatment options on intractable drug resistant headache patients and extended headache attacks and extensively reviews the reasons behind treatment failure in intractable headaches offering potential solutions based on clinical black holes of headache outpatient practice The most appropriate interventions for certain types of headache such as chronic migraine and medication overuse headaches are discussed among others The book provides practical advice on properly administering the interventional treatments either as a bridge treatments or prophylaxis options The expected complications of the treatments and strategies to minimize them are also discussed Approaches in special patient populations such as pediatric or pregnancy cases and other non standard cases are also extensively discussed **The Neuropsychiatry of Headache** Mark W. Green,Philip R. Muskin,2013-03-07 Explores the psychiatric conditions that accompany many forms of headache and how to co manage the physical and mental aspects **Handbook of Headache** Paolo Martelletti,Timothy J. Steiner,2011-08-14 Headache disorders are among the most common disorders of the nervous system They are pandemic and in many cases they are recurrent and can accompany

the patient for the whole life These disorders impose a substantial burden on headache sufferers on their families and on society the individual impact is measured by the frequency and severity of attacks while the societal burden is measured in terms of loss of activity at work and school as well as of costs for the health system As a matter of facts headaches are ranked in the top ten and maybe the top five causes of disability worldwide they are therefore extraordinarily common Population based studies have mostly focused on migraine which even if it is the most frequently studied headache disorder is not the most common Other types of headache such as the more prevalent TTH and sub types of the more disabling chronic daily headache have so far received less attention and need to be better investigated This book will provide a useful tool to a wide medical population who is required specific skills to diagnose and manage these frequent and often disabling disorders Furthermore it could also represents a compendium for medical students who are usually introduced to this topic through multidisciplinary university programmes

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