

# Headache Help



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出版者:Houghton Mifflin (Trade)

出版时间:2000-7-14

装帧:Paperback

isbn:9780618044368

A revolution has occurred in the headache field in the last ten years. Yet many people who suffer from headaches never consult a doctor, believing that no help is available, while others become frustrated and give up the search for relief. Fully revised and updated, this valuable book can save you time and trouble and help you stop the pain. It describes the full range of treatment options for migraines, cluster headaches, and tension headaches. It includes easy-to-understand information on the actions and side effects of hundreds of over-the-counter and prescription medications that prevent or abort headaches or dull the pain of a headache in progress. Special highlights: Details on the medications that have revolutionized migraine treatment Discussion of how hormones affect migraines Quick-reference guides to the medications that are most likely to work for your particular condition Helpful suggestions on how to describe your headache to your physician Hard-to-come-by information on headaches in children, teens, women, and people over fifty Alternative treatments, including herbs and acupuncture Self-help strategies such as relaxation techniques and biofeedback A national index of headache clinics and organizations

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评论

给准备用药物治疗头痛的人看的书。

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