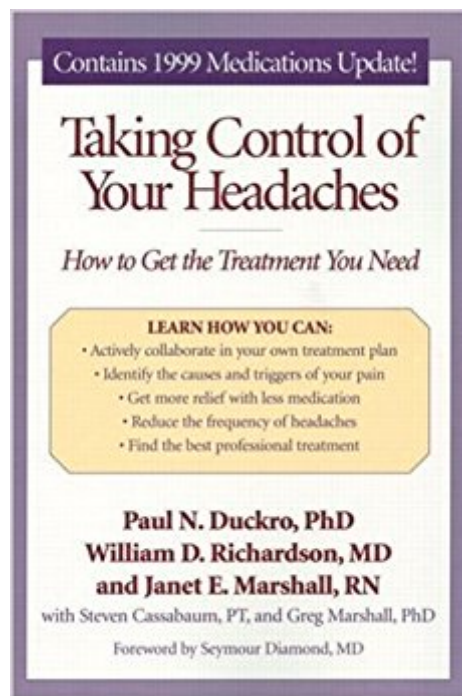


The book was found

Taking Control Of Your Headaches: How To Get The Treatment You Need



Synopsis

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.

Book Information

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Customer Reviews

Active consumers, and I stress the word `active', of this text will become wiser, more involved, and empowered so they truly can help take control of their headaches. In fact, this book will be of value to anyone experiencing any type of chronic health condition, for it is chock-full of prescriptions for a more healthy and balanced life. --This text refers to an out of print or unavailable edition of this title.

"If you are looking for a self-help book written for chronic headache sufferers in simple language without long scientific terms, you should see this book. It has many case studies, descriptions of headache types and suggestions for altering life styles and self-help techniques. It stresses the importance of a multimodal approach and the cautious use of medicine. Its strong points are the

suggestions for relieving internal and external muscular tension while monitoring one's own body."

--Alan Rapoport, MD, Diplomate of the American Board of Psychiatry and Neurology, co-author of *Conquering Headache*"The approach to headache management first pioneered at the St. Louis University Health Sciences Center has been in successful use for over two decades. The St. Louis Headache Program is now internationally recognized by headache specialists for its ability to resolve difficult headache presentations. In this volume, Dr. Paul Duckro and colleagues provide a highly readable and practical guide of the St. Louis formula of biopsychosocial changes which must occur in order to provide sufferers with a meaningful and lasting control. The manual is ideal for both headache sufferers and clinicians working within multidisciplinary headache and pain management settings."

--Donald A. Bakal, Ph.D., Professor, University of Calgary"A clear comprehensive book on chronic headache for the patient is needed. *Taking Control of Your Headache* by Paul Duckro, fills that requirement. It is directed to the sufferer with frequent severe headaches and written by an experienced member of an established center. As the author states, sound, comprehensive and practical advice is offered. It presents useful information on an accepted standard for therapy and how to find help. I will readily recommend this book to my patients and their relatives, since it answers important questions and needs of the chronic headache sufferer."

--Arthur H. Elkind, MD, Clinical Assistant Professor of Medicine, New York Medical College, Valhalla, New York"There are about as many tips for tackling headaches as there are people who suffer from them. Some methods work in isolation sometimes. Most do not. Combining remedies without an overall game plan is often not much better. This book is a most welcome addition because it is one of the first to provide a straightforward, understandable overarching rationale that clearly points out the benefits of a comprehensive treatment approach. It then shows in convincing fashion how medical, behavioral, and physical therapies can be applied in a manner that complements one another and maximizes the chances for success. The parts are so complementary that this is truly the case where the sum will be greater than the individual parts."

This book emphasizes education, the importance of developing an active collaboration with treating professionals, and the need to integrate all therapies and therapists. Further, it stresses the goal of improved coping rather than curing. All of these are most critical to people who are plagued by unremitting headaches. By masterfully interweaving real world examples and having readers complete key self-tests, complex topics are easily grasped. Difficult, sensitive subjects are dealt with in a particularly helpful way."

Active consumers--and I stress the word 'active'--of this text will become wiser, more involved, and empowered so they truly can help take control of their headaches. In fact, this book will be of value to anyone experiencing any type of chronic health condition, for it is chock-full of prescriptions

for a more healthy and balanced life." --Frank Andrasik, Ph.D., Professor and Director, Center for Behavioral Medicine, University of West Florida, Pensacola, Florida"Patients with refractory headache and practitioners alike unquestionably will find this book to be a most valuable resource."--Headache (Headache 1999-03-31)"A highly readable text for use with patients in a variety of clinical settings."--Journal of Pain and Symptom Management (Journal of Pain and Symptom Management 1999-03-31)"A much-needed, no-nonsense approach."--Headache Quarterly (Headache Quarterly 1999-03-31)

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