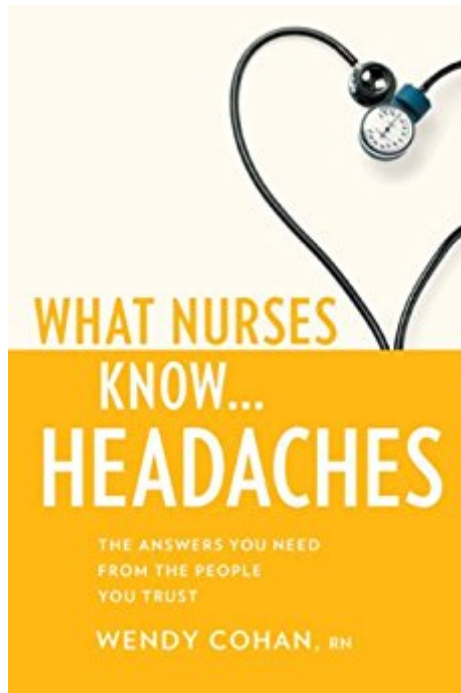




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What Nurses Know...Headaches



Synopsis

Headaches are one of the most common medical complaints. Nearly everyone gets one at some point in their lives and over 45 million Americans suffer with chronic headaches each year. Headache disorders are a major contributing factor to disability and lost-work time world-wide. Altogether, diagnosis and treatment of headaches make up 20% of all visits to neurologists. What Nurses Know...Headaches is written by a nurse who has experienced having headaches all of her life. There are risk factors that are not changeable like genetics, for example. But others, such as stress, diet, or the overuse of medications, are much more easily changed through education. Other preventive strategies include following specialized diets and using mind-body techniques such as deep relaxation, visualization, and biofeedback to help people put an end to their headaches. What Nurses Know...Headache includes: Headache basics Discusses over a dozen headache types based the upon American Headache Society classifications Headache care, including coping measures, support strategies, and future treatments on the horizon A list of proven headache prevention diets

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Customer Reviews

"Knowledge is power" is one of Wendy Cohan's favorite concepts, and in writing *What Nurses Know . . . Headaches: The Answers You Need From the People You Trust*, she is proving to readers just how important knowledge is on a practical level. Everyone has experienced headaches, but few of us know the reasons for them, how to distinguish benign tension headaches from those more sinister or even potentially deadly. Aside from popping an aspirin or other OTC pain medication, how many of us know alternate ways to alleviate what can be crippling, though usually temporary pain? Cohan teaches how to recognize and treat common types of headaches and warns us when to seek professional medical assistance. She teaches us the difference between primary and secondary headaches, and why it is crucial to know the difference. That alone is worth the price of the book. If you have a secondary headache, you need to treat the underlying condition or disease in addition to the headache pain. Knowing the difference can change or save lives. She discusses pharmaceutical, surgical and alternate ways of treating headaches, which risk factors are genetic and which are within our control to modify or avoid. If you or someone you love lives with chronic headache pain, or develops debilitating headaches, this book will give you insight into the possible causes, treatment and potential cures for pain. In this extensively researched and annotated book, you will be taught the vocabulary you need to communicate with medical professionals, when, where and how to seek appropriate help if self-treatment doesn't alleviate the pain. There is even a headache diary that will help you track the onset, duration, and intensity of the pain and possible causative factors (hydration, food and activity triggers, e.g.) - all crucial evidence to help you or your doctor ascertain the type of and appropriate treatment for the pain. Cohen not only lays out each major category of headache, she also clearly describes the symptoms, diagnosis, and treatments for them. She discusses current and cutting-edge treatments, provides additional resources and points you to ways to methods of coping with and support resources for chronic headache pain. As a lifelong headache sufferer herself, Cohen has sought out the best information and assistance she can and you can rely upon her recommendations. It is clear throughout the book that she can emphasize with the horrific pain that even a temporary, muscular or food-triggered headache can cause, and that she wants to empower each of us to overcome or cope with either transient or chronic pain so we can live our lives more fully. Throughout the book, there are sidebars on "What Nurses Know" that provide particularly useful insights. For example, did you know there is a website where you can take a headache test to determine just how much your headaches are impacting

your life? Most of us forget the pain, once it is resolved and are not fully aware of the significance and affect that pain has on us and our families. There are numerous types of headaches and we should be aware of what causes them, which ones we can avoid, minimize or endure and which threaten our very lives. Without a proper context and understanding of our pain, we could be setting ourselves or our loved ones up for disaster. Why worry,? Just read Cohen's book, develop a basic understanding of what is or could be happening the next time a headache strikes and be prepared to cope with or check out the pain. I have learned so much from this book that will benefit me, my family and friends, that I consider it a wise and practical investment. For not much more than a bottle of OTC pain killers, I am now armed with information that will last far longer than any pills and make our lives much safer and pain-free.

Wendy Cohen's book is a very thorough compilation of good information, resources, ideas, and options for getting to the bottom of your headache conundrums. I found it helpful to understand what the medical establishment's current knowledge is about classifications and effective treatments of the various headache types, how they can manifest differently due to gender and age, and also have information integrated from alternative approaches. This book helped me organize my history, rule out options, and plan for a discussion with my doctor on adjusting my treatment plan to move forward toward solutions. While I haven't completed unraveling the mysteries of my headaches, I feel like this book has given me a more informed stance to work from. It has validated my efforts over these past many years and given me hope that I WILL narrow in to the most effective options for managing these unfortunate afflictions.

As a practicing nurse for over 18 years, author Wendy Cohan uses her training, professional observations and personal experience to describe symptoms, diagnosis, and pharmaceutical, surgical and alternative treatments for headaches. The book is for readers that suffer from tension, migraine, chronic and other types of debilitating headache pain. Emphasis is placed on discovering headache triggers, prevention, minimizing pain, treatment of headaches, and when to seek professional help. A glossary, resource list, an extensive bibliography organized by chapter topic, and index is included. The "weekly headache diary", provided in the appendix as a template in which to record contributing factors, pain scale, symptoms, medication taken, and etc., to isolate triggers.

Now this is a book I have needed most of my life! Wendy Cohan knows her "stuff". From describing

types of headaches, to causes, finding help, and mostly giving hope, this book ROCKS! The section on alternative and complementary therapies is just another example of Ms. Cohan's knowledge on cutting-edge treatments. For me, diet plays a huge role in my headaches. In the past, many of my doctors did not even consider food as a trigger. I will keep this book on my desk and recommend it to friends and family and anyone facing problem headaches.

In her newest book, Wendy Cohan presents an impressive, comprehensive and well-organized study of the headache. She has thoroughly researched the latest available data and offers reliable solutions and resources. She writes in a clear personable style that balances valuable information with her own and others' direct experience. By looking carefully at the whole person, Wendy helps us understand how everything relates."

Having struggled with headaches for many years, I found this to be an terrific resource for information on both the diagnosis and treatment of headaches. Kudos to Ms. Cohan for pulling together a wealth of headache information into one informative, easy-to-read book. Knowledge is power!

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