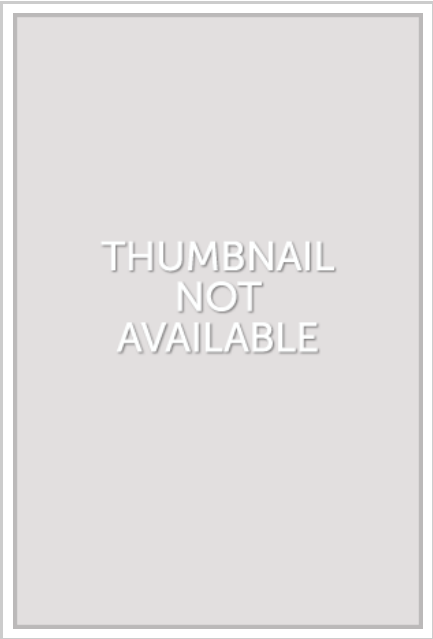


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Migraines: More Than a Headache (Paperback)

By Dr Elizabeth LeRoux

Dundurn Group, Canada, 2016. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book. A complete guide to how to treat and prevent migraines. Though often viewed as a women s ailment, migraines affect nearly 15 percent of the world s population. In addition to the effect migraines have on the sufferers quality of life, they also carry an economic cost, felt especially in the form of lost work time. But by recognizing the problem and taking necessary action, migraine sufferers today can take back control of their lives. This comprehensive, easy-to-read guide to migraine management answers all the most pressing questions of sufferers and those concerned for their health. Clinical neurologist Dr. Elizabeth Leroux explains what can predispose a person to experiencing migraines, what can trigger them, their phases, and the three recommended lines of treatment: lifestyle changes, crisis management, and preventative therapy. Emphasizing the need for good doctor-patient communication in a field where misunderstanding and frustration is too-often the norm, this book is as much a tool for health care professionals as it is for migraine sufferers and their families.

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Reviews

This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Simply no terms to clarify. It is actually loaded with knowledge and wisdom I am just delighted to let you know that this is the very best publication i have got read through during my individual lifestyle and could be he very best pdf for actually.

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