



What Nurses Know...Headaches

Wendy Cohan

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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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Leroy Ange:

Typically the book What Nurses Know...Headaches will bring one to the new experience of reading a new book. The author style to explain the idea is very unique. If you try to find new book to read, this book very suited to you. The book What Nurses Know...Headaches is much recommended to you to learn. You can also get the e-book from the official web site, so you can easier to read the book.

Reuben Beaubien:

In this era globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The actual book that recommended to you is What Nurses Know...Headaches this book consist a lot of the information of the condition of this world now. This specific book was represented how do the world has grown up. The dialect styles that writer use to explain it is easy to understand. The actual writer made some analysis when he makes this book. Honestly, that is why this book acceptable all of you.

Jesse Mansell:

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