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Titolo	Understanding headaches and migraines [[electronic resource] /] / Mark Forshaw
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ISBN	1-280-26960-X 9786610269600 0-470-03023-2 0-470-09470-2
Descrizione fisica	1 online resource (104 p.)
Collana	Understanding illness and health
Disciplina	616.8 616.8/491 616.8491
Soggetti	Headache Migraine Consumer education Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Preface -- Headache or migraine, acute or chronic? -- Who has headaches and migraines? -- What do they feel like? -- The causes of headache and migraine -- What are the consequences? -- What treatments are available? -- Where can I get help and information?
Sommario/riassunto	Most of us have headaches at some time or other. But some people find that headaches are ruining their life. Dr Mark Forshaw is a chartered health psychologist. He shows you how your mind can influence bodily processes, making your headaches better or worse. Understanding Headaches and Migraines provides clear and practical information on all types of headache and migraine, and the sources of help and treatment available. Here you will find: * The symptoms and causes of the main types of headache. * A checklist to help you identify which type of headache you have. * Easy