

# MIGRAINE



Localized



MIGRAINE



Does Affect Vision



Light Sensitivity



Heightened Sense of Smell



NO Relief from Pain Killers



Causes Nausea and Vomiting



## MIGRAINE TRIGGERS



Lack of Sleep



Stress and Anxiety



Caffeine



Skipped Meals



Physical Exercise

## HEADACHE TYPE



SINUS



CLUSTER



TENSION



MIGRAINE

# Migraine Headache Chart

**Annelies Wilder-Smith**

## **Migraine Headache Chart:**

**Migraines and Headaches** Anatomical Chart Company Staff,Ira Wilder Allen,2002-01-28 Developed in conjunction with the Diamond Headache Clinic the first comprehensive private headache clinic in the world this chart details what vascular tension and organic headaches are and the real differences among them The chart also discusses the pathways of a migraine and includes a comprehensive Headache Diagnostic Guide table *Migraines and Headaches Anatomical Chart* Anatomical Chart Company Staff,2002-01-28 Developed in conjunction with the Diamond Headache Clinic the first comprehensive private headache clinic in the world this chart details what vascular tension and organic headaches are and the real differences among them The chart also discusses the pathways of a migraine and includes a comprehensive Headache Diagnostic Guide table

## **Migraine Diary | Headache Tracker | Monitoring and Management of Symptoms,**

**Triggers and Pain Relief** Royal People Journals,2020-07-07 Record details of all aspects of your headache migraine such as dates length and severity of attack location of pain triggers and drugs taken Also included at the back of this journal is the current Headache Chart from the National Headache Foundation which details 30 types of headaches by Symptoms Precipitating Factors Treatment and Prevention Monthly diary By keeping this diary over a period of 2 or 3 months you may see a pattern to your migraine attacks The effect of different aspects of your lifestyle on your migraine may also become clear and you may identify your trigger factors so you can try to avoid or minimise them With any drug treatment you should keep a record of the medications you are taking This will give you an idea about the type of drug that works best for you Keeping a migraine headache diary A general guide to recording your migraine attacks Why keep a migraine headache diary Recording details of your migraine attacks can be useful in helping the doctor make a firm diagnosis helping you recognise trigger factors and warning signs assessing if your acute or preventive medication is working The records may include information on when the symptoms such as headache started how often they occur where the pain is the type of pain throbbing piercing etc if there are other symptoms such as being sick or having vision problems how long the attacks last what treatment you take how effective treatment is or isn't It is helpful to record as many aspects of daily life as possible such as what and when you eat think about missed or delayed meals medication you take for other conditions vitamins or any health products you take how much sleep you have exercise you take social and work activities other factors such as the weather women should record details of their menstrual cycle It is often useful to note if you did anything different prior to the attack such as missing a meal The 6-8 hours before the migraine attack are particularly important to record

**Clinical Practice of Neurological and Neurosurgical Nursing** Joanne V. Hickey,2011-12-21 The new Sixth Edition of this award winning classic prepares its users for delivering expert care in this most challenging nursing specialty It addresses neuroanatomy assessment diagnostic evaluation and management of the complete range of neurological disorders for which nurses provide patient care including trauma stroke tumors seizures headache aneurysms infections degenerative disorders and peripheral

neuropathies This edition has been thoroughly revised to reflect standards of care based on evidence based practice It now includes case studies community nursing sections throughout and increased coverage of normal pressure hydrocephalus inflammatory demyelinating polyneuropathy and Creutzfeld Jacob disease

**Brunner & Suddarth's Textbook of Medical-surgical Nursing** Suzanne C. O'Connell Smeltzer,Brenda G. Bare,Janice L. Hinkle,Kerry H. Cheever,2010

Preparing students for successful NCLEX results and strong futures as nurses in today s world Now in its 12th edition Brunner and Suddarth s Textbook of Medical Surgical Nursing is designed to assist nurses in preparing for their roles and responsibilities in the medical surgical setting and for success on the NCLEX In the latest edition the resource suite is complete with a robust set of premium and included ancillaries such as simulation support adaptive testing and a variety of digital resources helping prepare today s students for success This leading textbook focuses on physiological pathophysiological and psychosocial concepts as they relate to nursing care Brunner is known for its strong Nursing Process focus and its readability This edition retains these strengths and incorporates enhanced visual appeal and better portability for students Online Tutoring powered by Smarthinking Free online tutoring powered by Smarthinking gives students access to expert nursing and allied health science educators whose mission like yours is to achieve success Students can access live tutoring support critiques of written work and other valuable tools

*Companion to Clinical Neurology* William Pryse-Phillips,2009-06-03 This book is designed for the neurologist who in this day of unusually strict accountability needs to have at hand an authoritative guide to the diagnostic criteria for all conditions that he or she may be faced with in clinical practice While originally conceived as a compendium of diagnostic criteria the author has felt the need to expand the work to include definitions of practically all terms that are used in neurology today Historical elements are also provided including entries of important neurologists and neurosurgeons who have impacted the field The result is an effective representation of the tools of the trade for the neurologist in training and a concise and precise source for the practicing neurologist The second edition was published in 2003 Since then advances in the definition of many neurological conditions have been made all of which have been incorporated in the third edition There has also been a fine tuning of the definitions and diagnostic criteria of many other conditions The author has collated over 1300 articles since the last edition in order to update many of the entries As such the entries will have the most up to date definition of diseases symptoms diagnostic tests and pearls of wisdom The third edition remains an invaluable guide to the spectrum of neurological practice and with nearly 7 000 references this truly is the bible of neurological terms and conditions

**Migraines For Dummies** Diane Stafford,Jennifer Shoquist,2003-01-31 If you get migraines you know how laughable it is to hear them described as headaches As one poet put it the migraine is a beast from Hell a bone crushing brain twisting heart rending apocalyptic scourge an insult to all that s holy And that s putting it mildly People have been trying to tame the migraine beast for thousands of years Some early healers bored holes into their patients skulls the Greeks inhaled the smoke of burning coffee beans while in ancient Egypt

doctors tied herb stuffed clay crocodiles to migraine sufferer s heads Fortunately we live in more enlightened times and there are now medically sound approaches that are relatively simple and inexpensive and they don t leave scars or involve extreme fashion statements Your complete guide to taking charge of your migraines and getting your life back *Migraines For Dummies* offers a focused fleshed out program that works in the real world This friendly guide fills you in on what you need to know to Understand migraines and why you get them Relieve symptoms Pinpoint pain triggers Sort through the various medications Evaluate alternative remedies Make simple migraine busting lifestyle changes Stop migraines from disrupting your family and work lives Find a good doctor to help you manage the beast The authors look at the whole spectrum of the problem from dealing with the number one issue of pain relief to handling the peripheral problems like absences from work skepticism from friends and impact on family They also explore a range of critical related issues including Different types of migraines including abdominal ocular hemiplegic ophthamoplegic and women s hormonal migraines Triggers such as environmental allergens stress dietary triggers and even exercises that can cause migraines Over the counter medications vitamins and herbal supplements Biofeedback meditation massage acupuncture and other alternative remedies The pros and cons of prescription remedies including ergotamine derivatives antidepressants nonsteroidal anti inflammatory drugs botox and more You ve tried Aunt Edna s camphor soaked head cloths Now explore a sensible medically sound approach and get on the road to full fledged pain relief with *Migraines For Dummies*

**On Call Principles and Protocols E-Book** Shane A. Marshall,John Ruedy,2016-11-09 Ideal for any on call professional resident or medical student this best selling reference covers the common problems you ll encounter while on call in the hospital *On Call Principles and Protocols* 6th Edition by Drs Shane A Marshall and John Ruedy fits perfectly in your pocket ready to provide key information in time sensitive challenging situations You ll gain speed skill and knowledge with every call from diagnosing a difficult or life threatening situation to prescribing the right medication Highlights medications doses and critical information in a second color for fast reference Features a logical highly templated format so you can locate critical information quickly Covers essential topics such as Approach to Diagnosis and Management of On Call Problems Documentation Assessment and Management of Volume Status and HIV HBV HCV Influenza and the House Officer Delivers consistent easy to follow coverage of the most common on call problems and approaches including what to do from the initial phone call Elevator Thoughts how to immediately identify major threats to life what to do at the bedside and how to avoid common mistakes for every call Provides updated content and references as well as a revised drug formulary keeping you on the cutting edge of current evidence based information NEW Expert ConsultTM eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures videos and references from the book on a variety of devices **Migraine Journal** A. C. E. Logbooks,2021-11-13 There are more than 200 types of headaches Some are harmless and some can be life threatening About half of the adult population will suffer from headaches in a given year Treatment of a headache depends

on the underlying cause and commonly involves over the counter or for more severe cases prescribed pain medication A headache is one of the most commonly experienced of all physical discomforts Why suffer through these debilitating pains any longer If you are suffering from frequent headaches and start taking a journal of your headaches it will give you a record for your doctor to help investigate the causes and any treatment plan going forward This Migraine Journal has the following sections General Information about your headache including Day Date Onset Time Time Ended Duration Pain Location Diagrams Sinus Cluster TMJ Tension Migraine and Neck Severity Indicator scored from 1 5 Suspected Trigger Prompts and Relief Measures taken Weather Stress Hydration and Energy level placements Sleep Food and Water intake Medications taken and side effects notes This Migraine tracker is a great gift for people who often have headaches or chronic migraines or yourself as a self help guide to find the source of your pain

**Health Knowledge; a Thorough and Concise Knowledge of the Prevention, Causes, and Treatments of Disease** John Leader Corish,1919 **The Bottom Line Book of Freebies** ,2000 This book tells you where and how to get free things and services **Headache Diary** Lime Journals,2019-11-05 Keep track of daily weekly or monthly chronic migraine headache and make it easy to explain to your neurologist the pain levels triggers and symptoms The 100 page simple headache diary has space for to chart migraine headache weather pain levels triggers symptoms pain relief medication remedies and additional space to track specific patterns in details **Journal of the American Medical Association** American Medical Association,1903 Includes proceedings of the Association papers read at the annual sessions and list of current medical literature **Medical-surgical Nursing** Donna D. Ignatavicius,M. Linda Workman,2006 This innovative medical surgical resource features a unique collaborative approach that helps readers understand the multidisciplinary nature of medical surgical care by presenting all medical surgical nursing and other interventions through the framework of the nursing process In addition to comprehensive med surg coverage this book incorporates cutting edge content in areas such as emergency and mass casualty nursing and genetics Also features extensive NCLEX examination preparation materials including Get Ready for the NCLEX Examination features **Annual of the Universal Medical Sciences** ,1889 **International Medical and Surgical Survey** ,1922

**Diseases of the Nervous System** ,1954 **The Clinical Practice of Neurological and Neurosurgical Nursing** Joanne V. Hickey,1992 **Medical News and Abstract** ,1900 **The Boston Medical and Surgical Journal** ,1895

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