

## **BOOK SUMMARY**

# **Navigating Toward Better Headache Care**

It is with great excitement that I bring you another book on Headaches and Migraines called *Navigating Toward Better Headache Care*. It is the 4th book in a series that discusses topics relevant to today's world of the increasing number of people impacted by headaches. One billion migraineurs suffer globally. Emerging drug/non-drug treatments are also included. Key points are:

### **Opioids**

- how overuse can affect your brain, or lead to abuse, or risk of overdose
- how chronic use causes increased pain and alters the efficacy of other treatments

### **Breakthrough: A new class of medicines**

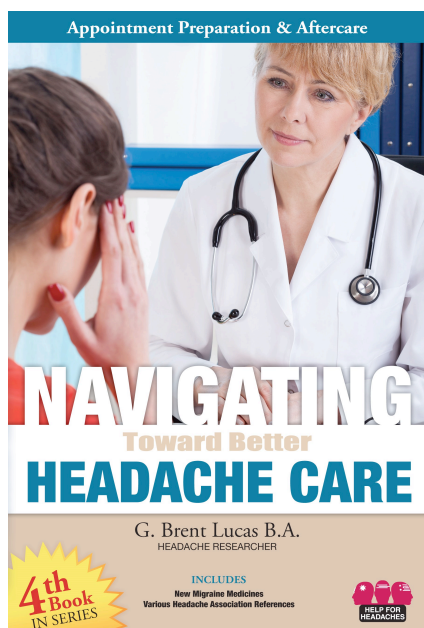
- scientists have uncovered a class of medicines that experts argue could "revolutionize" our understanding/treatment of migraine headaches
- currently a few of these medicines are set to emerge, and details are mentioned in the "Newer Treatments and Emerging Treatments", chapter

### **Progression (of your headache)**

- examines how incorrect treatments, overuse of opioids, and lifestyle can actually make your headaches much worse (called progression)

### **What you can do while waiting for a specialist appointment**

- patients wait 2 years or more to see a Headache Neurologist
- professionals advise patients as to what can be done while waiting



### **Chronic or Long-Term Opioid Use Can:**

- a) Affect certain areas of the brain
- b) Cause: side effects, sleep disturbances
- c) Lead to: Medication Overuse Headache, dependence, abuse, risk of overdose, addiction, withdrawal symptoms
- d) Result in: increased pain, reduced efficacy of acute medications such as triptans

Additionally, other topics in this book include:

- Over 30 headache types (with drug and non-drug suggestions)
- Difficult-to-treat headache types
- Proven non-drug treatments
- How to prepare for your specialist appointment
- Spotlight on Seasonal Migraine Triggers, and the influence of weather
- Women's Issues

Topics of interest further highlight the influences, description and management of:

- Stress and Headache; Depression/Anxiety and Headache; Sleep Disturbances and Headache
- A Headache Neurologist weighs-in on the association between Sinuses, Allergies and Migraine.
- The placebo effect is described as we know that millions of migraineurs are affected by this phenomenon

Detailed information, including order details can be found on our homepage, or directly at <http://www.headache-help.org/book-navigating-toward-better-headache-care>. The Table of Contents can also be found at this page address.

The book is well researched and is intended for both migraine sufferers with a limited knowledge of this area; as well as for more advanced patients who simply want to be at the forefront of new, emerging research.

*Brent Lucas is the author of this book which is the 4th headache book in a series. It is a national voluntary project with medical critiques from headache specialists across the country. Brent's goal in writing this publication was to deliver advice to patients (from professionals), provide patients with expert advice as to the risks of overusing opioids, help patients avoid long wait lists, showcase emerging medicines, better prepare patients for their appointment with an expert, and to hopefully reduce patient demand that Headache Neurologists are currently experiencing.*

**You can also purchase this book by mailing a cheque (\$19.75) - payable to Help for Headaches, to the address below.** If you are a librarian consider adding this book to your collection.

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Charity # - 89001 7353 RR0001

This is a national voluntary project with medical critiques from 5 of the countries top experts on headache diagnosis, management and treatment (both medicinally and with non-drug treatment suggestions).