



The Woman's Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness

Susan Hutchinson

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Headache in women is truly a major health issue. Every year, over 22 million women in the United States suffer from migraine headache, often debilitating attacks that can leave the sufferer bedridden and that, in many cases, can undermine both one's career and even one's marriage.

The Woman's Guide to Managing Migraine is a concise and practical handbook that gives female headache sufferers all the tools they need to work with their healthcare providers to properly diagnose types of headache and develop the best possible treatment plans. A headache specialist, family practice physician, and fellow migraine sufferer, Dr. Susan Hutchinson introduces the reader to seven women with different lives--ranging from a nineteen-year-old college student, to a twenty-nine-year-old attorney, to a fifty-five-year-old mother of three grown children--different women with the common thread of suffering from disabling monthly migraines. As these women's lives unfold throughout the book, the reader gains insight into their own headache experience. Readers will learn about hormonal therapy, preventive strategies, and treatment options, ranging from the most promising new drugs to the most effective complementary and alternative therapies. Dr. Hutchinson answers common questions, such as how to plan for pregnancy and how to manage family and work life while coping with ongoing migraine attacks. She shows you how to carefully maintain your body and brain to minimize disruptions that can trigger a migraine, how to keep a migraine diary, how to find a headache-focused provider in your area, and how to make the most out of a visit to your doctor. The book includes a "headache quiz" that will determine if you are having true migraines.

The time in a woman's life when migraine is most common--her twenties through her early fifties--represents her peak earning-power and child-raising years. *The Woman's Guide to Managing Migraine* will empower women to take charge of their treatment and find the path to living well.

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Billy Reynolds:

The actual book The Woman's Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness has a lot info on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. This articles author makes some research prior to write this book. This specific book very easy to read you will get the point easily after reading this book.

Rudy Nixon:

Are you kind of busy person, only have 10 or 15 minute in your time to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you have problem with the book in comparison with can satisfy your short period of time to read it because pretty much everything time you only find book that need more time to be study. The Woman's Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness can be your answer given it can be read by you who have those short time problems.

George Foulds:

The book untitled The Woman's Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness contain a lot of information on that. The writer explains the girl idea with easy approach. The language is very straightforward all the people, so do not really worry, you can easy to read the idea. The book was compiled by famous author. The author brings you in the new age of literary works. You can easily read this book because you can please read on your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and order it. Have a nice read.

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