



# 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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