



# **The Womans 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 ones career and even ones marriage. The Womans 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 womens 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 womans life when migraine is most common--her twenties through her early fifties--represents her peak earning-power and child-raising years. The Womans Guide to Managing Migraine will empower women to take charge of their treatment and find the path to living well.

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#### **Judith Lucas:**

The Womans Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness can be one of your nice books that are good idea. All of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to set every word into joy arrangement in writing The Womans Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness although doesn't forget the main point, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information could drawn you into brand new stage of crucial pondering.

#### **Wilma Shay:**

Your reading 6th sense will not betray you actually, why because this The Womans Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness book written by well-known writer who knows well how to make book that could be understand by anyone who all read the book. Written within good manner for you, leaking every ideas and creating skill only for eliminate your current hunger then you still hesitation The Womans Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness as good book not simply by the cover but also by content. This is one book that can break don't assess book by its handle, so do you still needing one more sixth sense to pick this kind of!? Oh come on your reading sixth sense already told you so why you have to listening to an additional sixth sense.

#### **Thelma Olivares:**

Is it you actually who having spare time subsequently spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This The Womans Guide to Managing Migraine: Understanding the Hormone Connection to find Hope and Wellness can be the answer, oh how comes? The new book you know. You are and so out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

#### **Jose Gower:**

As a student exactly feel bored to be able to reading. If their teacher requested them to go to the library in order to make summary for some reserve, they are complained. Just tiny students that has reading's soul or real their pastime. They just do what the teacher want, like asked to the library. They go to presently there but nothing reading really. Any students feel that reading through is not important, boring and can't see colorful photos on there. Yeah, it is for being complicated. Book is very important for you. As we know that on this time, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore this The Womans Guide to Managing Migraine: Understanding the Hormone Connection to find

Hope and Wellness can make you truly feel more interested to read.

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