



Migraine Treatment



Non-Pharmacological

Treatment Options

- Headache diary
 - Identify patterns/triggers
- Increasing hydration
- Regular sleep
- Regular exercise
- Cognitive behavioral therapy
- Biofeedback
- Wearable devices

Avoid

- Medication Overuse Headache (MOH)
 - Caused by taking over the counter analgesic medications ≥ 3 times/week
 - Try to limit use of these medications to $< 2-3$ times/week

Supplements

- Supplements that have been shown to reduce migraines
 - Magnesium
 - Riboflavin
 - Melatonin
 - CoQ10
 - Butterbur no longer recommended

The Management Of Headache

M Tight



The Management Of Headache:

The Management Of Headache Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **The Management Of Headache**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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