



# The Migraine Solution: A Complete Guide to Diagnosis, Treatment, and Pain Management

*Paul Rizzoli, Elizabeth Loder, Liz Neporent*

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A straightforward, engaging, up-to-date guide to migraine and its treatment.

For millions of Americans, migraine headaches are a debilitating part of every day. As top neurologists specializing in headache pain at Brigham and Women's Hospital and The Faulkner Hospital in Boston, Elizabeth Loder, MD, MPH, and Paul Rizzoli, MD, are at the forefront of new research related to migraine management and treatment. In THE MIGRAINE SOLUTION, they'll provide clear, current, reliable information to meet the unmet needs of the headache patient, while also clarifying some of the 'myths' of headache management. Along with Liz Neporent, seasoned health journalist and lifetime migraine sufferer, they will provide readers with all of the guidance they need to alleviate their migraines for good, including:

- Understanding migraine triggers
- Self-evaluation questionnaires and symptom-trackers
- Cheat sheets, wallet cards, and migraine logs
- Over-the-counter vs. prescription drug treatment
- Herbal/vitamin treatment and complementary/alternative medicine
- Lifestyle treatments including diet, exercise, sleep, and meditation
- Emergency pain management
- Special circumstances: women and children
- Essential Harvard resources and FAQs

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