Learn more about

Headaches

Websites

americanheadachesociety.org  The American Headache Society is dedicated to the study of headache and face pain. Click on “Enter Site for Patients and Public,” then “Information for Patients.”

nlm.nih.gov/medlineplus/headache.html  The MedlinePlus Headache topic page provides a plain-language description of headaches with a wealth of other resources. Scroll down to find links to nationally known organizations under many headache subtopics. (MedlinePlus is a service of the National Library of Medicine.)

headaches.org  The National Headache Foundation is a nonprofit organization working to educate people concerning headache causes and treatments. To access headache management tools to help you and your doctor, click on “Resources” at the top and choose “Tools for Sufferers.” Then click on “Management Tools.” Under the Resources menu you can also choose “Headache Topic Sheets” (available in English and Spanish).

kidshealth.org/parent/general/aches/headache.html  KidsHealth explains how headaches can affect kids as well as adults. This site helps you understand the causes of headaches in kids and when to see a doctor.

Local Resources

Aurora.org/Services/Headaches/index.asp  Aurora Health Care’s Headache Center helps you proactively address your headaches. The “Tools to cope” section features relaxation exercises, acupressure/ finger acupuncture techniques and a headache calendar, while other sections provide additional information. Click on “Find a Doctor” to find doctors who specialize in pain management.

For assistance in finding a headache specialist in your area, please call Aurora Health Care at 888-863-5502 and choose menu option 2, the physician referral service. An operator will then help you.

Books

100 Questions & Answers About Migraine by Katherine A. Henry, Jones and Bartlett, 2009, ISBN 9780763764128, $19.95. This book is an invaluable resource for understanding and coping with the medical, psychological, and emotional turmoil of this painful condition.


Migraine Brains and Bodies: a Comprehensive Guide to Solving the Mystery of Your Migraines by C.M. Schifflett, Round Earth Publications, 2011, ISBN 9780977870202, $18.25. The author defines the roots and symptoms of migraines, as well as the interactions between the source of pain and the rest of the body.


Books on this topic are available for checkout from the Aurora Libraries and may also be available at your public library.