

# Learn more about Headaches

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## Websites

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[americanheadachesociety.org](http://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](http://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](http://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](http://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

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[Aurora.org/Services/Headaches/index.asp](http://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

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*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.

*The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health* by Carolyn Bernstein, MD, and Elaine McArdle, Simon & Schuster, 2009, ISBN 9781416547693, \$16. In this comprehensive and up-to-the-minute book, you will learn to prevent, curtail and reduce the frequency of migraines, and how to bounce back from them.

*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.

*The Women’s Guide to Managing Migraine: Understanding the Hormone Connection to Find Hope and Wellness* by Susan Hutchinson, Oxford University Press, ©2013, ISBN 978-01997-4480-0, \$19.95. This book gives female headache sufferers all the tools they need to work with their health care providers to properly diagnose types of headache and develop the best possible treatment plan.

*The Woman’s Migraine Toolkit: Managing Your Headaches from Puberty to Menopause* by Dawn A. Marcus and Philip A. Bain, 2011, DiaMedica Publications, ISBN 9780982321928, \$12.99. This book helps readers take charge of their migraines by learning what causes them, and effective treatments for every stage in a woman’s life.

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