

## Coping with Headaches and Migraine - Alison Frith

### Did you know?

- Headaches and migraine affect more than 10 million people in the UK.
- 190,000 migraine attacks occur every day and are a leading cause of absenteeism at work and school.
- Migraine headaches are classed among the world's most disabling disorders by the World Health Organization.
- Even doctors are under-informed about the little-known cluster headache - aptly named the "suicide headache" because of its intensity.

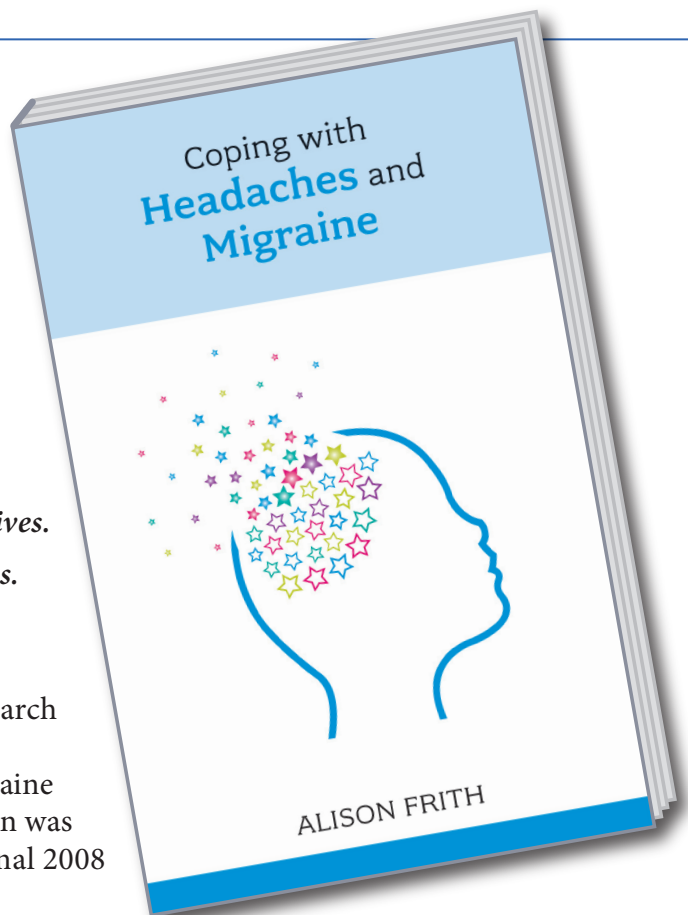
Symptoms including pain, nausea, vomiting and visual changes may be so uncomfortable as to bring life to a halt. But there's no need to live in fear of headaches and migraine, as this comprehensive book explains.

### Topics include:

- *Migraine and other types of headache, including cluster, tension, daily and medication-overuse headaches.*
- *Causes and triggers.*
- *Medical help and drugs; when to see your doctor.*
- *Specialist care and migraine clinics.*
- *How exercise and changes to diet and lifestyle can help.*
- *Headaches in women at different stages of their lives.*
- *Non-drug strategies and complementary remedies.*

### About the Author:

Alison Frith MSc BSc (Hons) RGN MICR is Clinical Research Sister at the City of London Migraine Clinic. She is co-editor of ABC of Headache and has migraine herself which gives her a special perspective. Alison was awarded the accolade of Best Healthcare Professional 2008 by the charity Migraine Action.



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Also available from: The City of London Migraine Clinic - [www.migraineclinic.org.uk](http://www.migraineclinic.org.uk)  
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## Reviews:

★★★★*Excellent... the author is well qualified to write on [headaches] as both a sufferer and a researcher...good tips on strategies to beat your headaches and useful contact details if you want to seek further information or help.*

*Women's Fitness Magazine*

Alison Frith is well placed to share her expertise... It has been a privilege to work with her... I have no doubt that you will find this book an invaluable source of information to help you understand and gain better control of your headaches.

*Dr Anne MacGregor, Director of Clinical Research, City of London Migraine Clinic*

*...extremely well written and definitely the best book on migraines that I have ever come across.*

*Mrs Diane Llewellyn, Migraineur, Wales*

Migraine is a complex condition to understand, painful and debilitating to live with and many people with migraine are on a life long journey to ensure it doesn't dominate their lives. Alison's book is the perfect read for that journey. Its clear, concise style and easy to read format, makes the expert advice so easy to follow-a 'must read' for anyone who wants to better understand how to live with migraine.

*Lee Tomkins, Director of Migraine Action*

*Nice easy format for patients to read and answers a lot of the little questions that they sometimes can feel silly asking or forget to ask.*

*Julie Edwards, Clinical Nurse Specialist for Headaches,  
Sandwell and West Birmingham NHS Trust*

*...a concise, clear, well-written book...*

*Dr David Kernick, Exeter Headache Clinic and Clinical Champion for Headache,  
Royal College of General Practitioners*