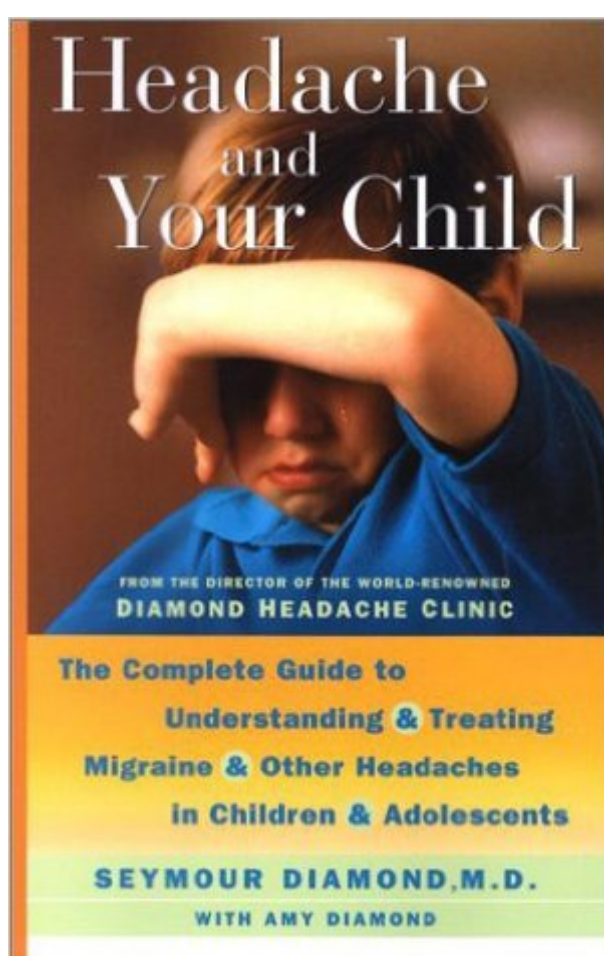


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# Headache And Your Child: The Complete Guide To Understanding And Treating Migraine And Other Headaches In Children And Adolescents



## Synopsis

**Making the Pain Go Away** If your child suffers from bad headaches, then you know all too well the panic and frustration they cause -- and not just for your child, who may be too young or unwell to articulate what he's feeling, but for everyone in the family. When over-the-counter medications don't work and your pediatrician doesn't have an answer, you can now turn to preeminent headache and migraine expert Dr. Seymour Diamond for help. In "Headache and Your Child," he gives parents information on the most up-to-date diagnostic tools and treatment options available for this increasingly common childhood illness. Dr. Diamond's extensive experience guides you from accurate identification through the best therapy for your child's specific problem, focusing particularly on migraines -- the most common acute headache in children and adolescents. He also discusses the whole gamut of possible headache causes, from stress through more serious conditions. With this book as a guide, you'll find: Help in identifying what type of headache your child experiences so you can quickly find the most effective, appropriate treatments Step-by-step exercises for controlling pain A diet that helps identify migraine triggers Alternatives to adult medications too strong for treating children Information about biofeedback, relaxation methods, and much more

## Book Information

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## Customer Reviews

Dr, Diamond has put together a book full good information relating to childhood headaches. It seems the book is targeted at other Doctors as much as it is for parents. Overall this book was

helpful in learning about my daughters migrains but the diary section at the end was a little hard to use. Through my research to help my daughters I found a book that works great and is simple for parent and child to use. The title is "The Headache Detective" by John Ricker. It's a headache workbook designed for children that is easy to follow. It is probably a little more helpful pinpointing what is causing your child's headache than Dr Diamond's book. Both books were helpfull

I literally just completed an inpatient treatment program provided by the Diamond Headache Clinic in Chicago. They were very helpful in reducing the severity of my 21+ year daily chronic headache/migraine. This clinic was founded by Dr. Seymour Diamond. My son also suffers from bad migraines. Most neurologists have been hesitant to treat him because of his age. The Diamond Headache Clinic work with children without hesitation. The doctors here and this book have a wealth of information. I am anxious to apply some of the things I learned there, such as biofeedback and low tyramine diet, with my son.

Headache and Your Child is "just what the doctor ordered." My child would double over in pain for no apparent reason. The doctors couldn't pinpoint any cause for the episodes. We had been searching for answers for over a year when we came back to the idea of possible migraines. In searching for information on abdominal migraines I kept coming across the name, Dr. Seymour Diamond. This book has helped us understand migraines and their causes as well as inform us about current treatment options that are available, everything from medication to biofeedback. Through the use of case studies, Dr. Diamond discusses up-to-date diagnostic tools and treatments. He reassures parents that while there are sometimes very serious underlying conditions, not every headache is an indicator of a brain tumor. I highly recommend this as a "must have" book for the parent of any child that suffers from headaches, not just migraines. It can help in identifying the type of headache your child experiences and offer suggestions of appropriate treatments. If your child has already been diagnosed with migraines, it is still a wonderful reference book.

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