

"10 Simple Solutions to Migraines is truly a remarkable book that stands apart from the plethora of self-help books on headaches..."

—Roger K. Cady, MD, medical director of the Headache Care Center in the Primary Care Network



When you suffer from migraine it can feel like your symptoms are in control of your life. Neurologist Dawn Marcus sees the effect of this debilitating condition everyday and she knows that getting straightforward, timely, and reliable information is essential to getting relief. It's why she wrote **10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Regain Your Life** (May 2006; New Harbinger Publications).

While there's no quick-fix for migraines, there are techniques that can dramatically reduce their frequency and severity. Dr. Marcus offers the most reliable of these in her book. Here's just some of what you'll get from **10 Simple Solutions to Migraines**:

- The ability to differentiate migraines from other types of headaches;
- A primer on the two herbal remedies that have been shown to offer real relief;
- The lowdown on which over-the-counter medicines work and which don't;
- A complete overview of the most commonly prescribed medications;
- Everything you need to get the right diagnosis as soon as possible;
- An understanding of how women and men differ when it comes to migraines and their treatment;
- Step-by-step guidance for keeping a headache diary, which is essential for identifying triggers (even if you think you already know what they are);
- Hope and real help for when nothing's working;
- Recommendations for online and print resources that offer the most reliable, up-to-date information.

Dawn Marcus, MD, is associate professor in the Departments of Anesthesiology and Neurology at the University of Pittsburgh School of Medicine. She is a neurologist with the Pain Evaluation and Treatment Institute's Interdisciplinary Headache Clinic. She is an active member of the American Pain Society and the American Association for the Study of Headache. Dr. Marcus has received research grants to investigate headaches in pregnant women and the mechanisms of recurring headaches.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life
by Dawn A. Marcus, MD, Published in May 2006 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$14.95, trade paper, ISBN: 1-57224-441-0
5.25 x 7.5, 143 pages

Did you know?

Not all migraines involve severe pain.

All of the drugs that prevent migraines were originally developed to treat other conditions.

Food cravings can be a warning sign of a migraine.

Migraine is more likely to run on the mother's side of the family than on the father's.

Acetaminophen, the most frequently used over-the-counter migraine treatment is probably the least effective in treating acute migraine symptoms.

The average migraine sufferer loses twenty workdays each year due to migraine from work absence and reduced productivity.

Caffeine enhances the painkilling effect of many medications.

Blood pressure drugs, antidepressants, and seizure prevention drugs are the most effective migraine prevention medications.

Twenty years ago sedatives were the most common treatment for migraines.

Both healthy foods and junk foods can trigger migraine.

Regularly practicing relaxation techniques often results in significant symptom improvement.

Suggested Interview Questions for Dawn Marcus, MD

1. In *10 Simple Solutions to Migraines* you talk about the importance of differentiating migraines from the variety of other types of headaches. First, can you give us an overview of the different types of headaches and then explain what sets migraines apart?
2. What does the latest research tell us about the causes of migraine?
3. How do migraine symptoms and patterns differ in men and women?
4. You also talk about the importance of recognizing the warning signs of a migraine. What are some of the most common of these?
5. While you point out that migraine is not caused by stress you also say that stress is the most common trigger. How and why does stress initiate migraine?
6. A section of *10 Simple Solutions to Migraines* is entitled "How Can Painkillers Cause Pain?" Can you answer that for us?
7. The most effective medications for preventing migraines were developed to treat other conditions. First, what types of medications are these and what does their usefulness tell us about the causes and effects of migraines?
8. Can you give us an overview of the most commonly used over-the-counter drugs to treat migraine and what the research tells us about their effectiveness?
9. Why do you recommend keeping a headache diary?
10. What are a few things that every migraine sufferer should know about migraine prevention?
11. You point out that only twenty years ago the most common treatment for migraine was sedatives. Can you speculate on the direction of migraine treatment and how you think it will differ twenty years from today?
12. You have a chapter in your book on communicating effectively with your doctor. Can you give us a few tips to keep communication open and effective?

"...(This) new book will help migraine sufferers get a better handle on their migraine attacks; it also provides a thoughtful, step-by-step approach to cooperative management by patients and their headache care providers."

—Steven Silberstein, MD, president of the American headache Society

"An informed patient is an empowered patient. The practical information contained in *10 Simple Solutions to Migraines* will enable you to be an active partner in your healthcare."

—Suzanne E. Simons, executive director of the National Headache Foundation

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life
by Dawn A. Marcus, MD, Published in May 2006 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$14.95, trade paper, ISBN: 1-57224-441-0
5.25 x 7.5, 143 pages