

Management of Headache and Headache Medications

Lawrence D. Robbins, M.D.

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and
Headache Medications

Foreword by Jerome Goldstein, M.D.



Springer—Verlag

New York Berlin Heidelberg London Paris
Tokyo Hong Kong Barcelona Budapest

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Library of Congress Cataloging-in-Publication Data
Robbins, Lawrence D.

Management of headache and headache medications / Lawrence D.
Robbins.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-1-4684-0197-4 e-ISBN-13: 978-1-4684-0195-0

DOI: 10.1007/978-1-4684-0195-0

[DNLM: 1. Headache—drug therapy. 2. Headache—prevention &
control. WL 342 R634m 1993]

RB128.R63 1993

616.8'491—dc20

DNLM/DLC

for Library of Congress

93-19226

Printed on acid-free paper.

© 1994 Springer-Verlag New York Inc.

Softcover reprint of the hardcover 1st edition 1994

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Production managed by Dmitry L. Loseff; Manufacturing supervised by Vincent Scelta.
Typeset by Best-set Typesetter Ltd., Hong Kong.

9 8 7 6 5 4 3 2

ISBN-13: 978-1-4684-0197-4

e-ISBN-13: 978-1-4684-0195-0

Dedicated to Headache Sufferers
and Their Families

Thanks to Sharon, Mom, and Dad

Foreword

The art of treating headache patients is a complex one, and there are a myriad of medication possibilities. Dr. Robbins has managed to present a clear and practical approach to headache medicines. He brings us through standard first line therapies into more complex “end of the line” medication treatments.

This book presents a cohesive, single-authored approach that is unique. Illustrative case histories and “Quick Reference Guides” are extremely useful, and Dr. Robbins has inserted thousands of practical tips on headache management, advice that is impossible to find in other sources.

Preventive and abortive medication for migraine, tension, and cluster headache are completely discussed. Hormonal aspects, such as treatment of menstrual and menopausal headache, are presented at length. There is an extensive section on children’s headaches, and a separate discussion on headache in adolescents. These sections present a very clear and effective approach to headache management in children and adolescents. Dr. Robbins effectively tackles such important subjects as post-traumatic headache, lumbar puncture headache, indomethacin responsive syndromes, and occipital neuralgia.

Dr. Lawrence Robbins is one of our top authorities on the management of headache medications. He has contributed greatly through his research and writing on various headache topics. This book will be invaluable for those involved in the treatment of patients with headache.

Jerome Goldstein, M.D.
Assistant Clinical Professor of Neurology,
University of California, San Francisco.
Director, San Francisco Headache Clinic,
San Francisco.

Preface

There exists a confusing array of headache medications. Each headache sufferer is unique and requires a different medication regimen. There is a delicate art to managing these medications. This book presents a logical approach to successfully managing headache patients.

We need to view headache as a medical condition that may be affected by stress or psychological factors. Treating headache as a psychological condition has been unsuccessful and generally drives patients to seek help elsewhere. The patients do need to be educated about their condition, and taught nonmedical approaches such as diet and relaxation. I discuss these measures in Chapter 1. For most headache patients, the success or failure of treatment lies in the efficacy of the medication regimen.

The majority of this book describes treatment for migraine, chronic daily (tension), and cluster headache. I have included extensive sections on hormonal aspects of headache, headache in children and adolescents, and “special” headache situations, such as headache in the elderly. Case histories are presented, along with “Quick Reference Guides” prior to major sections.

For the physician, treating headache patients primarily involves changing and managing a complicated array of medications, being willing to switch medicines, and having the patience to stick with the headache sufferer. Our goal is to improve the quality of life for those afflicted with headache. This goal can be accomplished in almost all headache patients.

Lawrence Robbins, M.D.

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