One Day at a Time: When Headaches Become Chronic
October 8, 2013

Websites:

Chronic Daily Headaches
Mayo Foundation for Medical Education and Research, 2012
http://mayoclinic.org/15hpow

Headache: hope through research
National Institute of Neurological Disorders and Stroke, 2013

Headaches and Complementary Health Approaches
National Center for Complementary and Alternative Medicine (NCCAM), 2012
http://bit.ly/1e40bjK

Headaches: treatment depends on your diagnosis and symptoms
Mayo Foundation for Medical Education and Research, 2012
http://mayoclinic.org/17NJmrU

Talking to Your Headache Doctor
National Headache Foundation, 2013
http://bit.ly/1cnDIAk

Books:

American Medical Association Complete Guide To Prevention and Wellness: what you need to know about preventing illness, staying healthy, and living longer.
Dana Consumer Health Collection
CHC QT 180 A512 2008

The Migraine Brain: your breakthrough guide to fewer headaches, better health.
Dana Consumer Health Collection
CHC WL 344 B531 2009

Understanding Migraine and Other Headaches. Stewart J. Tepper, M.D. Jackson, [MS]: University Press of Mississippi, 2004

Want to borrow a book?

Consumer Health Borrowers’ cards are available to any resident of Vermont, 18 years of age or older, at no charge.

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