

# Preface

This book fills a need for a practical guide to advanced headache management. Headache patients are complicated, often with medical and/or psychiatric comorbidities. I provide an in-depth analysis of options for refractory “difficult-to-treat” patients. Management of the routine in easier headache patient is also included. Most of this book was written in late 2014; there are a few older articles that did not require an update.

I wrote this for physicians and patients who have an interest in headache. The style is simple, so that patients find the material to be understandable. Physicians specializing in headache will find this material practical and cutting-edge. Patients with refractory, difficult headaches will learn about strategies for when “nothing has worked.”

Chapter 1 is a complete guide to migraine management. Non-medicine strategies are outlined, along with an extensive discussion of the medications. The chapter is infused with my philosophies on treating headache such as “comorbidities drive where we go with medications.” An extensive clinical pearls section gives many practical tips not found elsewhere.

I then focus on refractory topics, including a complete guide to outpatient management of refractory headache. Opioids, stimulants, the use of daily triptans, SPG and occipital blocks, Botox, and MAOI’s are among the topics analyzed. Chapter 3 provides a blueprint for treating children and adolescents. There is a discourse on approaches to the refractory adolescent who is not attending school. A dialogue on factitious disorder by proxy is included, with management suggestions. Cluster headache management of both routine and refractory patients is thoroughly addressed. A typical cluster case study is explored. Chapter 5 focuses on psychiatric comorbidities. Anxiety and attention deficit hyperactivity disorder (ADHD) in the headache patient are examined. There is an extensive discourse on the bipolar spectrum and personality disorders, and how they affect headache management. Three interactive case studies are presented. They follow one young patient with multiple comorbidities over a 10-year span. The miscellaneous section contains sections on new daily persistent headache (NDPH) as well as the immune system and headache. Handouts on exercise and supplements for headache patients are also included.

Legal note: This book is not meant to be prescriptive. These are the opinions of this author and are not meant to represent “standard” therapy. Risk/benefit and informed consent must be addressed between the patient and physician. All medications have possible adverse events and the patient should understand and accept those possible side effects.

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Advanced Headache Therapy

Outpatient Strategies

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2015, XIII, 208 p. 2 illus. in color., Softcover

ISBN: 978-3-319-13898-5