

Additional Headache Resources

Where can I find reliable online information about migraine and other headaches?

Some of the best sites for getting reliable and up-to-date information on migraine and other headaches are managed by national headache foundations:

- American Council for Headache Education at <http://www.achenet.org>
- American Headache Society at <http://www.ahsnet.org/resources/patient.php>
- National Headache Foundation at <http://www.headaches.org>

These sites provide information on testing, diaries, diets, and treatment, as well as specialized topics like migraines in kids, pregnant women, and people with fibromyalgia.

The following sites provide specific information about the safety of medications during pregnancy and breastfeeding:

- The Hospital for Sick Children of the University of Toronto at <http://www.motherisk.com>
- King's College London at <http://www.safefetus.com/>
- Thomas W. Hale, RPh, PhD, Professor of Pediatrics at Texas Tech University at <http://neonatal.ttuhsf.edu/lact/>