

headache and wellness lake charles

Headache and Wellness Lake Charles: Finding Relief in Southwest Louisiana

Are you a resident of Lake Charles, Louisiana, constantly battling debilitating headaches? Do you feel like you've exhausted all options, searching endlessly for relief? You're not alone. Many people in the Lake Charles area struggle with chronic headaches, migraines, and tension headaches, impacting their quality of life. This comprehensive guide delves into the world of headache relief in Lake Charles, exploring various treatment options, wellness practices, and the importance of finding the right healthcare provider to help you reclaim your well-being. We'll cover everything from identifying headache triggers to exploring holistic approaches, empowering you to take control of your headache pain and rediscover a life free from throbbing discomfort.

Understanding Your Headaches: A Crucial First Step

Before jumping into solutions, it's crucial to understand the type of headache you're experiencing. Are they tension headaches, characterized by a tight band around your head? Or are they migraines, with their intense throbbing pain often accompanied by nausea and sensitivity to light and sound? Cluster headaches, while less common, are also characterized by severe, one-sided pain. Knowing the type of headache you're dealing with allows healthcare professionals to tailor a treatment plan specifically for your needs. Keep a headache diary, noting the frequency, intensity, duration, location, and any associated symptoms. This information is invaluable when discussing your symptoms with a doctor.

Finding Headache Relief in Lake Charles: A Multifaceted Approach

Lake Charles offers a diverse range of healthcare providers and wellness centers dedicated to headache relief. Your journey to finding the right solution may involve a combination of medical interventions and lifestyle adjustments. Let's explore some key options:

Neurologists and Headache Specialists:

These medical professionals are experts in diagnosing and treating various types of headaches. They can perform thorough examinations, order diagnostic tests (like MRIs or CT scans if necessary), and prescribe medications to manage your pain, including preventative medications to reduce headache frequency. Several reputable neurologists and headache specialists practice in and around Lake Charles. Researching their credentials and reading online reviews can help you find the best fit for your needs.

Primary Care Physicians (PCPs):

Your PCP is often the first point of contact for headache complaints. They can perform initial assessments, recommend over-the-counter pain relief, and refer you to specialists if needed. Building a strong relationship with your PCP is crucial for managing your overall health, including your headache condition.

Chiropractors:

Many people find relief from tension headaches through chiropractic care. Chiropractors focus on the alignment of the spine and can identify and address musculoskeletal issues that may contribute to headaches. Gentle spinal adjustments and other therapeutic techniques can alleviate muscle tension and improve overall well-being.

Acupuncture and Other Complementary Therapies:

Acupuncture, a traditional Chinese medicine technique involving the insertion of thin needles into specific points on the body, has shown promise in reducing headache frequency and intensity for some individuals. Other complementary therapies like massage therapy, yoga, and meditation can also provide relief by reducing stress and promoting relaxation. Lake Charles boasts several practitioners offering these holistic approaches.

Lifestyle Modifications: A Cornerstone of Headache Management

While medical interventions are often necessary, lifestyle changes play a critical role in preventing and managing headaches. Here are some key areas to focus on:

Hydration: Dehydration is a common headache trigger. Ensure you drink plenty of water throughout the day.

Nutrition: Maintaining a balanced diet can significantly impact headache frequency. Avoid processed foods, excessive caffeine, and alcohol, and consider incorporating foods rich in magnesium and B vitamins.

Sleep Hygiene: Aim for 7-8 hours of quality sleep per night. Establishing a regular sleep schedule and creating a relaxing bedtime routine can significantly improve sleep quality.

Stress Management: Stress is a major contributor to headaches. Practice stress-reducing techniques like meditation, deep breathing exercises, yoga, or spending time in nature.

Exercise: Regular physical activity can reduce stress, improve sleep, and boost overall well-being, potentially lessening headache frequency.

Finding the Right Healthcare Provider for Headache and Wellness in Lake Charles

Choosing the right healthcare professional is paramount to your success in managing headaches. When searching for a provider, consider the following:

Specialization: Look for neurologists specializing in headaches or physicians with extensive experience in headache management.

Patient Reviews: Read online reviews to get insights into other patients' experiences.

Insurance Coverage: Ensure the provider accepts your insurance plan.

Communication Style: Choose a provider with whom you feel comfortable communicating openly and honestly.

Conclusion

Living with chronic headaches in Lake Charles doesn't have to define your life. By understanding your headache type, exploring various treatment options, and embracing lifestyle modifications, you can significantly reduce pain and improve your overall well-being. Remember, finding the right healthcare provider and building a comprehensive management plan are crucial steps in your journey toward headache relief. Take proactive steps today to reclaim your health and happiness.

FAQs:

1. Are all headaches treated the same in Lake Charles? No, the treatment approach varies depending on the type of headache (migraine, tension, cluster) and its severity. A proper diagnosis is crucial for effective treatment.
1. How can I find a headache specialist in Lake Charles? You can search online directories, consult your primary care physician for referrals, or check the websites of local hospitals for physician listings.
1. Does insurance cover headache treatment in Lake Charles? Most insurance plans cover at least some aspects of headache treatment, but the extent of coverage can vary. It's essential to check with your specific insurance provider.
1. What are some preventative measures I can take to reduce headache frequency? Maintaining a healthy lifestyle through proper hydration, balanced nutrition, stress management, regular exercise, and sufficient sleep are crucial preventative measures.
1. Is acupuncture a viable option for headache relief in Lake Charles? Yes, many individuals find acupuncture helpful in managing headaches. However, its effectiveness varies, and it's essential to consult with a licensed acupuncturist to

determine its suitability for your specific situation.

headache and wellness lake charles: Wellness Counseling Paul F Granello, 2013-04-09

This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

headache and wellness lake charles: Living Mindfully Across the Lifespan J. Kim

Penberthy, J. Morgan Penberthy, 2020-11-22 Living Mindfully Across the Lifespan: An Intergenerational Guide provides user-friendly, empirically supported information about and answers to some of the most frequently encountered questions and dilemmas of human living, interactions, and emotions. With a mix of empirical data, humor, and personal insight, each chapter introduces the reader to a significant topic or question, including self-worth, anxiety, depression, relationships, personal development, loss, and death. Along with exercises that clients and therapists can use in daily practice, chapters feature personal stories and case studies, interwoven throughout with the authors' unique intergenerational perspectives. Compassionate, engaging writing is balanced with a straightforward presentation of research data and practical strategies to help address issues via psychological, behavioral, contemplative, and movement-oriented exercises. Readers will learn how to look deeply at themselves and society, and to apply what has been learned over decades of research and clinical experience to enrich their lives and the lives of others.

headache and wellness lake charles: The Woman's Guide to Managing Migraine Susan

Hutchinson, 2013-03-14 Headaches in women is truly a major health issue. Every year, over 22 million women in the United States suffer from migraine headaches. A concise and practical handbook that gives female headache sufferers all the tools they need to work with their healthcare providers to properly diagnose types of headache and develop the best possible treatment plans.

headache and wellness lake charles: A Clinical Guide to the Treatment of the Human Stress

Response George S. Jr. Everly, Jeffrey M. Lating, 2006-02-20 This updated edition covers a range of new topics, including stress and the immune system, post-traumatic stress and crisis intervention, Eye Movement Desensitization and Reprocessing (EMDR), Critical Incident Stress Debriefing (CISD), Crisis Management Briefings in response to mass disasters and terrorism, Critical Incident Stress Management (CISM), spirituality and religion as stress management tools, dietary factors and stress, and updated information on psychopharmacologic intervention in the human stress response. It is a comprehensive and accessible guide for students, practitioners, and researchers in the fields of psychology, psychiatry, medicine, nursing, social work, and public health.

headache and wellness lake charles: Crossing the Quality Chasm Institute of Medicine,

Committee on Quality of Health Care in America, 2001-07-19 Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. Crossing the Quality Chasm makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems, Crossing the Quality Chasm also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

headache and wellness lake charles: *School, Family, and Community Partnerships* Joyce L. Epstein, Mavis G. Sanders, Steven B. Sheldon, Beth S. Simon, Karen Clark Salinas, Natalie Rodriguez Jansorn, Frances L. Van Voorhis, Cecelia S. Martin, Brenda G. Thomas, Marsha D. Greenfeld, Darcy J. Hutchins, Kenyatta J. Williams, 2018-07-19 Strengthen programs of family and community engagement to promote equity and increase student success! When schools, families, and communities collaborate and share responsibility for students' education, more students succeed in school. Based on 30 years of research and fieldwork, the fourth edition of the bestseller *School, Family, and Community Partnerships: Your Handbook for Action*, presents tools and guidelines to help develop more effective and more equitable programs of family and community engagement. Written by a team of well-known experts, it provides a theory and framework of six types of involvement for action; up-to-date research on school, family, and community collaboration; and new materials for professional development and on-going technical assistance. Readers also will find: Examples of best practices on the six types of involvement from preschools, and elementary, middle, and high schools Checklists, templates, and evaluations to plan goal-linked partnership programs and assess progress CD-ROM with slides and notes for two presentations: A new awareness session to orient colleagues on the major components of a research-based partnership program, and a full One-Day Team Training Workshop to prepare school teams to develop their partnership programs. As a foundational text, this handbook demonstrates a proven approach to implement and sustain inclusive, goal-linked programs of partnership. It shows how a good partnership program is an essential component of good school organization and school improvement for student success. This book will help every district and all schools strengthen and continually improve their programs of family and community engagement.

headache and wellness lake charles: *Hope and Suffering* Gretchen Krueger, 2020-03-03 Gretchen Krueger's poignant narrative explores how doctors, families, and the public interpreted the experience of childhood cancer from the 1930s through the 1970s. Pairing the transformation of childhood cancer from killer to curable disease with the personal experiences of young patients and their families, Krueger illuminates the twin realities of hope and suffering. In this social history, each decade follows a family whose experience touches on key themes: possible causes, means and timing of detection, the search for curative treatment, the merit of alternative treatments, the decisions to pursue or halt therapy, the side effects of treatment, death and dying—and cure. Recounting the complex and sometimes contentious interactions among the families of children with cancer, medical researchers, physicians, advocacy organizations, the media, and policy makers, Krueger reveals that personal odyssey and clinical challenge are the simultaneous realities of childhood cancer. This engaging study will be of interest to historians, medical practitioners and researchers, and people whose lives have been altered by cancer.

headache and wellness lake charles: *Diseases of the Sinuses* Christopher C. Chang, Gary

A. Incaudo, M. Eric Gershwin, 2014-06-06 *Diseases of the Sinuses: A Comprehensive Textbook of Diagnosis and Treatment*, 2nd Edition, offers the definitive source of information about the basic science of the sinuses and the clinical approach to sinusitis. Since the widely praised publication of the first edition, understanding of sinus disease has changed dramatically, mainly as a result of recent developments and new discoveries in the field of immunology. This updated and expanded edition is divided into sections addressing, separately, the pathogenesis, clinical presentation, medical and surgical management of acute and chronic rhinosinusitis. Special entities such as autoimmune-related sinusitis, allergy and sinusitis, and aspirin-exacerbated respiratory disease are discussed in separate chapters. The role of immunodeficiency is also addressed. The management section has been fully updated to incorporate new medical modalities and surgical procedures. Developed by a distinguished group of international experts who share their expertise and insights from years of collective experience in treating sinus diseases, the book will appeal to anyone who has an interest in sinus disease, including both physicians and allied health professionals. Internists, pediatricians, allergists, otolaryngologists and infectious disease specialists will find the book to be an invaluable, comprehensive reference. Physician assistants and nurse practitioners who work with specialists who treat sinus disease will also benefit from the book.

headache and wellness lake charles: Mind/Body Integration S. Ancoli, Erik Peper, M. Quinn, 2012-12-06 Biofeedback training is a research methodology and training procedure through which people can learn voluntary control over their internal physiological systems. It is a merger of multiple disciplines with interest deriving from many sources—from basic understanding of psychophysiology to a desire for enhanced self-awareness. The goals of biofeedback are to develop an increased awareness of relevant internal physiological functions, to establish control over these functions, to generalize control from an experimental or clinical setting to everyday life, and to focus attention on mind/body integration. Biofeedback is explored in many different settings. In the university, biofeedback equipment and applications can be found in the departments of experimental and clinical psychology, counseling, physiology, biology, education, and the theater arts, as well as in the health service (student infirmary). Outside the university, biofeedback may be found in different departments of hospitals (such as physical medicine), private clinics, education and self-awareness groups, psychotherapy practices, and elsewhere. Its growth is still expanding, and excitement is still rising as a result of biofeedback's demonstration that autonomic functions can be brought under voluntary control and that the long-standing artificial separation between mind, body, and consciousness can be disproven.

headache and wellness lake charles: The Circle Dave Eggers, 2013-10-08 INTERNATIONAL BESTSELLER • A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives—a “compulsively readable parable for the 21st century” (Vanity Fair). When Mae Holland is hired to work for the Circle, the world’s most powerful internet company, she feels she’s been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users’ personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company’s modernity and activity. There are parties that last through the night, there are famous musicians playing on the lawn, there are athletic activities and clubs and brunches, and even an aquarium of rare fish retrieved from the Marianas Trench by the CEO. Mae can’t believe her luck, her great fortune to work for the most influential company in the world—even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public. What begins as the captivating story of one woman’s ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

headache and wellness lake charles: High Level Wellness Donald B. Ardell, 1979

headache and wellness lake charles: Chiropractic Text Book R. W. Stephenson ,

2015-12-07 This book is written for use in the class room. It may, however, be studied just as easily by the field practitioner, and is not too technical in most of its parts to be readily grasped by the layman. It has grown, rather than having been written; it is the expansion of the notes which were tested in the class room for six years, and the writer believes that, with the constant arrangement and betterment to suit the requirements of the students of Chiropractic, this has created a real textbook, rendering easily understood a subject that students have always said was difficult.

headache and wellness lake charles: Intervention Research Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, Dianne Morrison-Beedy, PhD, RN, WHNP, FNAP, FAANP, FAAN, 2012-04-23 2012 First Place AJN Book of the Year Award Winner in Nursing Research! This is a resource for success and should be a part of any researcher's library.--Doody's Medical Reviews This book is a practical, user-friendly guide for health care researchers across multiple disciplines who are involved in intervention research. It provides all of the essential elements needed for understanding how to design, conduct, analyze, and fund intervention studies that are replicable and can withstand the scrutiny of the Institutional Review Board and peer review. Developed from an annual continuing education workshop on intervention studies conducted by Dr. Melnyk, this text is the most comprehensive body of information available on this topic. Contributors address the design of interventions that are ethically considerate and sensitive to culture, race/ethnicity, and gender, minimizing threats to external and internal validity, measurement, and budgeting. The guide explores such implementation issues as subject recruitment and retention, data management, and specialized settings, cost analysis, and explaining intervention effects. The text also guides readers in writing grant applications that fund , and addresses how to move intervention study findings into the real world. A unique addition to the book is the availability of digital examples of progress reports, final reports, and research grant applications that have received funding from the National Institutes of Health and other relevant organizations. This text is a valuable resource for all health care professionals conducting research and for doctoral students in health care studies. Key Features: Presents the essential tools for designing, conducting, analyzing, and funding intervention studies Designed for use by health care professionals conducting intervention research Provides comprehensive, accessible guidelines for doctoral students across all health care disciplines Instructs readers on writing grant applications that fund Includes digital examples of funded research grants, progress reports, and final reports

headache and wellness lake charles: Exhaustion Anna K. Schaffner, 2016-06-21 Today our fatigue feels chronic; our anxieties, amplified. Proliferating technologies command our attention. Many people complain of burnout, and economic instability and the threat of ecological catastrophe fill us with dread. We look to the past, imagining life to have once been simpler and slower, but extreme mental and physical stress is not a modern syndrome. Beginning in classical antiquity, this book demonstrates how exhaustion has always been with us and helps us evaluate more critically the narratives we tell ourselves about the phenomenon. Medical, cultural, literary, and biographical sources have cast exhaustion as a biochemical imbalance, a somatic ailment, a viral disease, and a spiritual failing. It has been linked to loss, the alignment of the planets, a perverse desire for death, and social and economic disruption. Pathologized, demonized, sexualized, and even weaponized, exhaustion unites the mind with the body and society in such a way that we attach larger questions of agency, willpower, and well-being to its symptoms. Mapping these political, ideological, and creative currents across centuries of human development, Exhaustion finds in our struggle to overcome weariness a more significant effort to master ourselves.

headache and wellness lake charles: M Is for Mama Abbie Halberstadt, 2022-02-01 Mama of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average

mama. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. M is for Mama offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it.

headache and wellness lake charles: Pituitary Adenylate Cyclase-Activating Polypeptide Hubert Vaudry, Akira Arimura, 2003 Pituitary Adenylate Cyclase-Activating Polypeptide is the first volume to be written on the neuropeptide PACAP. It covers all domains of PACAP from molecular and cellular aspects to physiological activities and promises for new therapeutic strategies. Pituitary Adenylate Cyclase-Activating Polypeptide is the twentieth volume published in the Endocrine Updates book series under the Series Editorship of Shlomo Melmed, MD.

headache and wellness lake charles: The Cambridge History of Medicine Roy Porter, 2006-06-05 Against the backdrop of unprecedented concern for the future of health care, 'The Cambridge History of Medicine' surveys the rise of medicine in the West from classical times to the present. Covering both the social and scientific history of medicine, this volume traces the chronology of key developments and events.

headache and wellness lake charles: Enhancing Cognitive Fitness in Adults PAULA HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease or another form of dementia. The direct costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

headache and wellness lake charles: Fundamentals of Nursing (Book Only) Sue Carter DeLaune, Patricia Kelly Ladner, 2010-02-18

headache and wellness lake charles: The Uninhabitable Earth David Wallace-Wells, 2019-02-19 #1 NEW YORK TIMES BESTSELLER • "The Uninhabitable Earth hits you like a comet, with an overflow of insanely lyrical prose about our pending Armageddon."—Andrew Solomon, author of *The Noonday Demon* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New Yorker • The New York Times Book Review • Time • NPR • The Economist • The Paris Review • Toronto Star • GQ • The Times Literary Supplement • The New York Public Library • Kirkus Reviews It is worse, much worse, than you think. If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible—food shortages, refugee emergencies, climate wars and economic devastation. An "epoch-defining book" (The Guardian) and "this generation's Silent Spring" (The Washington Post), *The Uninhabitable Earth* is both a travelogue of the near future and a meditation on how that future will look to those living through it—the ways that warming promises to transform global politics, the meaning of technology and nature in the modern world, the sustainability of capitalism and the trajectory of

human progress. The Uninhabitable Earth is also an impassioned call to action. For just as the world was brought to the brink of catastrophe within the span of a lifetime, the responsibility to avoid it now belongs to a single generation—today's. **LONGLISTED FOR THE PEN/E.O. WILSON LITERARY SCIENCE WRITING AWARD** "The Uninhabitable Earth is the most terrifying book I have ever read. Its subject is climate change, and its method is scientific, but its mode is Old Testament. The book is a meticulously documented, white-knuckled tour through the cascading catastrophes that will soon engulf our warming planet."—Farhad Manjoo, *The New York Times* "Riveting. . . . Some readers will find Mr. Wallace-Wells's outline of possible futures alarmist. He is indeed alarmed. You should be, too."—*The Economist* "Potent and evocative. . . . Wallace-Wells has resolved to offer something other than the standard narrative of climate change. . . . He avoids the 'eerily banal language of climatology' in favor of lush, rolling prose."—Jennifer Szalai, *The New York Times* "The book has potential to be this generation's *Silent Spring*."—*The Washington Post* "The Uninhabitable Earth, which has become a best seller, taps into the underlying emotion of the day: fear. . . . I encourage people to read this book."—Alan Weisman, *The New York Review of Books*

headache and wellness lake charles: Headache in Children and Adolescents Ishaq Abu-Arafeh, Aynur Özge, 2016-08-16 This book assists appropriate headache assessment and decision-making in pediatrics. It covers many aspects and causes of headache disorders in children and adolescents using case studies to illustrate important points in history, examination, diagnosis, choice of management approach, therapy selection, and communication of the most helpful advice to the child and parents. Case studies have been taken from real clinical practice and presented in a consistent style. They are discussed by the authors to highlight important points in history, important positive and negative points in examination, the diagnosis, and full analysis and justification of treatment options. *Headache in Children and Adolescents: A Case-Based Approach* is an ideal reference for primary care physicians, paediatricians, neurologists and paediatric neurologists in their daily practice, in their consulting rooms and wards.

headache and wellness lake charles: Handbook of Clinical Obstetrics E. Albert Reece, MD, PhD, MBA, John C. Hobbins, 2008-04-15 The second edition of this quick reference handbook for obstetricians and gynecologists and primary care physicians is designed to complement the parent textbook *Clinical Obstetrics: The Fetus & Mother* The third edition of *Clinical Obstetrics: The Fetus & Mother* is unique in that it gives in-depth attention to the two patients – fetus and mother, with special coverage of each patient. *Clinical Obstetrics* thoroughly reviews the biology, pathology, and clinical management of disorders affecting both the fetus and the mother. *Clinical Obstetrics: The Fetus & Mother - Handbook* provides the practising physician with succinct, clinically focused information in an easily retrievable format that facilitates diagnosis, evaluation, and treatment. When you need fast answers to specific questions, you can turn with confidence to this streamlined, updated reference.

headache and wellness lake charles: Mental Representation in Health and Illness J.A. Skelton, Robert T. Croyle, 2012-12-06 How do individuals conceive illness and symptoms? Do their conceptions conflict with the physician's views of their illness, and what happens if they do? This book thoroughly explores the field of disease representation, describes and discusses lay illness models in a variety of social, historical and cultural contexts.

headache and wellness lake charles: Strengthen Your Back DK, 2013-10-21 *Strengthen Your Back* covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with *Strengthen Your Back*!

headache and wellness lake charles: Refractory Migraine Elliot A. Schulman, FACP, MD, Morris Levin, MD, Alvin E. Lake, III., PhD, Elizabeth Loder, MPH, MD, 2010-08-05 A must-have book for any health professional who treats patients with headache disorders, *Refractory Migraine* is

written by international experts from the world's top headache centers. It describes how they approach the treatment of migraine patients who continue to suffer despite appropriate medical treatment. First, it highlights current ideas about the definition and characterization of refractory migraine, and reviews underlying causes and contributing factors. Then, individual chapters cover every important aspect of migraine treatment with the focus entirely on refractory forms of the disorder. Its many features include detailed algorithms for outpatient and inpatient withdrawal from overused medications, innovative drug therapy and nonpharmacological treatments, a list of questions to ask before deciding to try hormonal therapies, and detailed descriptions of how to recognize and interact with patients who have challenging personality disorders or concomitant psychiatric problems. We're confident you'll often turn to this book for advice about challenges in migraine management. When you do, the bulleted lists and boxes that highlight and condense the main messages of each chapter put the information you need at your fingertips. If you treat patients with migraine, you will recognize many of the challenging situations and topics covered in this book - and you will be encouraged by the innovative and resourceful therapeutic strategies suggested by seasoned headache doctors with a wealth of clinical experience. Readable, comprehensive and up to date, this book gives you access to ingenious treatment approaches developed and refined in specialty headache clinics that regularly - and successfully - treat patients with refractory headache problems. When you meet the next migraine patient who says I've tried it all, and nothing works, you will know where to go for practical advice about what to do next.

headache and wellness lake charles: Changing Children's Lives with Hypnosis Ran D. Anbar, 2021-11-15 Offers examples of using hypnosis with children to address physical and mental challenges. Changing Children's Lives with Hypnosis is a timely collection of patients' healing experiences, the story of how these events changed one physician's approach to medicine, and the takeaway information parents and practitioners should consider as they deal with medical and psychological challenges in their children's and patients' lives. Every year millions of pediatric patients could benefit from hypnosis therapy to deal with and alleviate physical and psychological symptoms big and small. The benefits of hypnosis-facilitated therapy range from complete cures to small improvements. They extend beyond the physical and into the psychological and spiritual, building confidence, positivity and resilience. They include the empowerment of children with chronic health issues to feel more in control of their own minds, bodies and circumstances. They sometimes lead to the reduction or even elimination of medications. Hypnosis is painless, non-invasive, and cost-effective. It doesn't preclude any other treatment, and drawbacks are virtually nonexistent. In a world where the doctor's primary role has become more and more one of a technician—pinpoint a problem, prescribe a solution, and move to the next patient—hypnosis brings connection and art back into the process. It relies on a relationship between practitioner and patient, encourages creativity and expression, and allows patients to take ownership of their experience with the support and encouragement of their doctors. Children deserve the opportunity to receive gentle, thoughtful, empowering, and effective treatment in whatever form it's available. Hypnosis therapy offers all of those things, and it's time for patients, parents, and medical practitioners to embrace it—even to demand it. Through meaningful stories and expert explanation, this book takes readers through the process of hypnosis for children and its myriad benefits for overall wellness.

headache and wellness lake charles: Promise Me Richard Paul Evans, 2010-10-05 The #1 bestselling author of *The Christmas Box* and *A Christmas Memory* presents a breathtaking story of the transcendent power of love. Beth Cardall has a secret. For eighteen years, she has had no choice but to keep it to herself, but on Christmas Eve 2008, all that is about to change. For Beth, 1989 was a year marked by tragedy. Her life was falling apart: her six-year-old daughter, Charlotte, was suffering from an unidentifiable illness; her marriage transformed from a seemingly happy and loving relationship to one full of betrayal and pain; her job at the dry cleaners was increasingly at risk; and she had lost any ability to trust, to hope, or to believe in herself. Then, on Christmas Day, as she rushed through a blizzard to the nearest 7-Eleven, Beth encountered Matthew, a strikingly

handsome, mysterious stranger, who would single-handedly change the course of her life. Who is this man, and how does he seem to know so much about her? He pursues her relentlessly, and only after she's fallen deeply in love with him does she learn his incredible secret, changing the world as she knows it, as well as her own destiny.

headache and wellness lake charles: Chartbook on Trends in the Health of Americans, 2002

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awareness of the adverse effects of what we have constructed-or the positive benefits of well designed built environments. This book provides a far-reaching follow-up to the pathbreaking *Urban Sprawl and Public Health*, published in 2004. That book sparked a range of inquiries into the connections between constructed environments, particularly cities and suburbs, and the health of residents, especially humans. Since then, numerous studies have extended and refined the book's research and reporting. *Making Healthy Places* offers a fresh and comprehensive look at this vital subject today. There is no other book with the depth, breadth, vision, and accessibility that this book offers. In addition to being of particular interest to undergraduate and graduate students in public health and urban planning, it will be essential reading for public health officials, planners, architects, landscape architects, environmentalists, and all those who care about the design of their communities. Like a well-trained doctor, *Making Healthy Places* presents a diagnosis of--and offers treatment for--problems related to the built environment. Drawing on the latest scientific evidence, with contributions from experts in a range of fields, it imparts a wealth of practical information, with an emphasis on demonstrated and promising solutions to commonly occurring problems.

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Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. *Integrative and Functional Medical Nutrition Therapy: Principles and Practices* will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

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Pamela M. Kato, Traci Mann, 2007-07-27 The field of health psychology has grown dramatically in the last decade, with exciting new developments in the study of how psychological and psychosocial processes contribute to risk for and disease sequelae for a variety of medical problems. In addition, the quality and effectiveness of many of our treatments, and health promotion and disease prevention efforts, have been significantly enhanced by the contributions of health psychologists (Taylor, 1995). Unfortunately, however, much of the theorizing in health psychology and the empirical research that derives from it continue to reflect the mainstream bias of psychology and medicine, both of which have a primary focus on white, heterosexual, middle-class American men. This bias pervades our thinking despite the demographic heterogeneity of American society (U. S. Bureau of the Census, 1992) and the substantial body of epidemiologic evidence that indicates significant group differences in health status, burden of morbidity and mortality, life expectancy, quality of life, and the risk and protective factors that contribute to these differences in health outcomes (National Center for Health Statistics, 1994; Myers, Kagawa-Singer, Kumanyika, Lex, & McKidder, 1995). There is also substantial evidence that many of the health promotion and disease prevention efforts that have proven effective with more affluent, educated whites, on whom they were developed, may not yield comparable results when used with populations that differ by ethnicity, social class, gender, or sexual orientation (Cochran & Mays, 1991; Castro, Coe, Gutierrez, & Saenz, this volume; Chesney & Nealey, this volume).

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