

botox training for migraines

****Botox Training for Migraines: A Guide for Healthcare Professionals****

botox training for migraines has become increasingly important as more healthcare providers seek effective treatments for patients suffering from chronic migraine headaches. Over the past decade, Botox has emerged as a groundbreaking therapy for preventing migraines, offering relief to millions who experience debilitating pain. For medical professionals interested in expanding their skill set and providing this advanced treatment, specialized Botox training tailored to migraine therapy is essential.

In this article, we'll explore the ins and outs of Botox training for migraines, why it's necessary, and what healthcare providers can expect when pursuing certification. Whether you're a neurologist, pain specialist, or nurse practitioner, understanding the nuances of this treatment can help improve patient outcomes and open new doors in your practice.

Why Botox for Migraines?

When most people think of Botox, cosmetic applications like wrinkle reduction usually come to mind. However, Botox's role in the medical field is far more diverse. In 2010, the FDA approved Botox for the treatment of chronic migraines, defined as headaches occurring 15 or more days per month for over three months. The treatment involves injecting small doses of botulinum toxin into specific head and neck muscles, which can reduce the frequency and severity of migraine attacks.

Botox works by blocking the release of certain neurotransmitters that send pain signals to the brain. For chronic migraine sufferers, this can mean fewer headaches and an improved quality of life. Despite its proven benefits, administering Botox for migraines requires precise knowledge and technique, hence the need for dedicated training programs.

What Does Botox Training for Migraines Entail?

Understanding Migraine Pathophysiology

Before diving into injection techniques, comprehensive training programs emphasize the importance of understanding migraine pathophysiology. Knowing how migraines develop and the biological mechanisms behind them helps practitioners appreciate why Botox works and how to tailor treatment plans effectively.

Injection Sites and Techniques

One of the core components of Botox training for migraines is mastering the specific injection sites. Unlike cosmetic Botox, which focuses on facial muscles, migraine treatment involves multiple sites across the forehead, temples, back of the head, neck, and shoulders. Trainees learn:

- How to identify precise muscle groups involved in migraine pain
- Correct injection depth and dosage per site
- How to minimize discomfort and potential side effects

This section typically includes hands-on workshops where participants practice on models or cadavers to develop confidence and accuracy.

Patient Assessment and Selection

Not every patient with headaches qualifies for Botox therapy. Training courses teach providers how to differentiate chronic migraines from other headache types, assess medical history, and identify contraindications. Proper patient selection is crucial to maximize treatment effectiveness and avoid unnecessary procedures.

Managing Side Effects and Complications

While Botox is generally safe, it can cause side effects like muscle weakness, bruising, or neck pain. Effective training prepares practitioners to recognize and manage these issues promptly. Providers also learn about post-treatment care instructions and how to counsel patients on what to expect.

Benefits of Specialized Botox Training for Migraines

Pursuing Botox training specific to migraines offers numerous advantages for healthcare professionals:

- **Enhanced Clinical Skills:** Precise injection techniques and patient management improve treatment success rates.
- **Expanded Practice Services:** Adding migraine treatment attracts new patients seeking relief from chronic headaches.
- **Increased Patient Satisfaction:** Properly trained providers can deliver safer, more effective care, leading to better outcomes.
- **Professional Credibility:** Certification demonstrates commitment to advanced therapeutic options, boosting reputation.

Furthermore, many training programs provide continuing medical education (CME) credits, helping clinicians fulfill licensure requirements while upgrading their expertise.

Who Should Consider Botox Training for Migraines?

Botox therapy for migraines is typically administered by neurologists, pain management specialists, and some primary care physicians. However, nurse practitioners, physician assistants, and dentists with appropriate medical credentials may also pursue training. The key is having a solid foundation in anatomy and patient care.

For medical professionals interested in pain management or neurological conditions, Botox training offers a valuable skill set that complements existing knowledge. It can be especially beneficial in multidisciplinary clinics specializing in headache disorders, where collaborative care improves patient outcomes.

Choosing the Right Botox Training Program

Accreditation and Certification

Not all training programs are created equal. When selecting a course, look for those accredited by reputable medical boards or professional organizations. Certification upon completion adds an extra layer of credibility and may be required by insurers for reimbursement.

Curriculum and Hands-On Experience

A comprehensive curriculum should cover migraine anatomy, injection protocols, patient evaluation, and complication management. Practical sessions where trainees perform injections under supervision are invaluable for building confidence.

Instructor Expertise

Experienced instructors with a background in neurology or pain management can provide deeper insights and answer complex questions. Reviews and testimonials from past participants can help gauge the quality of

instruction.

Flexible Learning Options

Many programs now offer blended learning formats, combining online modules with in-person workshops. This flexibility allows busy professionals to balance training with clinical responsibilities.

Tips for Practitioners Starting Botox Treatments for Migraines

- ****Start with Thorough Assessments:**** Document headache frequency, intensity, and triggers meticulously before initiating treatment.
- ****Educate Your Patients:**** Set realistic expectations about when they might see improvement and possible side effects.
- ****Follow Protocols Closely:**** Adhering to recommended injection patterns ensures maximum efficacy and safety.
- ****Monitor and Adjust:**** Keep track of patient response and be prepared to modify treatment plans as needed.
- ****Stay Updated:**** Migraine treatment protocols evolve, so continuous learning through conferences and journals is important.

The Future of Botox in Migraine Management

As research advances, the role of Botox in migraine treatment continues to expand. New formulations, injection techniques, and combination therapies are under investigation, promising even better patient outcomes. Additionally, ongoing education and training will remain pivotal in ensuring healthcare providers deliver cutting-edge care.

For those entering this field, investing time in Botox training for migraines is not only a way to enhance clinical practice but also a step toward becoming part of a rapidly evolving landscape in headache management.

Exploring Botox training for migraines opens exciting opportunities for medical professionals eager to make a tangible difference in the lives of chronic migraine sufferers. With the right knowledge and hands-on experience, providers can confidently offer a treatment that has transformed headache care worldwide.

Frequently Asked Questions

What is Botox training for migraines?

Botox training for migraines involves specialized education and hands-on practice for healthcare professionals to learn how to properly administer Botox injections as a treatment for chronic migraine headaches.

Who is eligible to undergo Botox training for migraines?

Typically, licensed healthcare providers such as neurologists, pain specialists, dermatologists, and other qualified medical practitioners are eligible to undergo Botox training for migraines.

How long does Botox training for migraines usually take?

The duration of Botox training for migraines can vary, but most programs range from one day to a few days, including both theoretical instruction and practical injection techniques.

What topics are covered in Botox training for migraines?

Training usually covers migraine pathophysiology, patient selection criteria, injection sites and techniques, dosage guidelines, possible side effects, and post-treatment care.

Is Botox training for migraines accredited or certified?

Many Botox training programs for migraines offer certification upon completion and may be accredited by professional medical organizations to ensure standardized and safe practices.

Can Botox training for migraines be done online?

Some theoretical components of Botox training for migraines can be completed online, but hands-on practical training is essential and typically requires in-person attendance to ensure proper injection techniques.

What are the benefits of completing Botox training for migraines?

Completing Botox training enables healthcare providers to offer an effective,

FDA-approved treatment option for patients suffering from chronic migraines, improving patient outcomes and expanding the provider's scope of practice.

Additional Resources

Botox Training for Migraines: A Professional Overview of Techniques and Therapeutic Potential

botox training for migraines has emerged as a critical area of focus for healthcare professionals seeking to expand their therapeutic toolkit in managing chronic migraine conditions. As migraine prevalence continues to impact millions worldwide, the adoption of botulinum toxin type A injections, commonly known as Botox, represents a promising intervention. This article explores the multifaceted aspects of Botox training for migraines, examining clinical protocols, training methodologies, regulatory considerations, and its role within contemporary headache management paradigms.

The Evolution of Botox as a Migraine Treatment

Initially celebrated for its cosmetic applications, Botox transitioned into the medical sphere as a treatment for various neuromuscular disorders. The FDA's 2010 approval of Botox for chronic migraine prophylaxis marked a significant advancement. Chronic migraine, defined as experiencing headaches on 15 or more days per month with migraine features on at least 8 of those days, affects approximately 1-2% of the global population. Traditional pharmacotherapies often fall short due to variable efficacy and side effect profiles, positioning Botox as a viable alternative.

Botox functions by inhibiting the release of neurotransmitters involved in pain pathways, thereby reducing the frequency and intensity of migraine attacks. The precise administration involves multiple injections across specific head and neck muscle groups, demanding a high level of skill and anatomical knowledge from practitioners—hence the critical need for specialized training.

Understanding Botox Training for Migraines

Botox training for migraines is distinct from cosmetic Botox courses in both scope and techniques. While cosmetic training focuses on aesthetic outcomes, migraine training emphasizes therapeutic efficacy and patient safety. Comprehensive programs typically integrate didactic instruction, hands-on workshops, and clinical observation to ensure proficiency.

Core Components of Training Programs

- **Anatomical Mastery:** Detailed study of craniofacial anatomy, including nerves, muscles, and vascular structures relevant to migraine pathophysiology.
- **Injection Techniques:** Precise protocols for the administration of Botox into 31 standardized sites across seven muscle areas, as outlined in the PREEMPT (Phase III REsearch Evaluating Migraine Prophylaxis Therapy) clinical trials.
- **Patient Selection and Assessment:** Criteria for identifying suitable candidates, managing expectations, and evaluating treatment outcomes.
- **Safety and Complication Management:** Recognition and mitigation of adverse effects such as ptosis, muscle weakness, and localized pain.

Training Modalities and Certification

Programs vary in format, ranging from in-person workshops to online modules supplemented with virtual reality simulations. Certification often requires documented case experience under supervision and theoretical examinations. Providers may seek certification through professional bodies such as the American Academy of Neurology or specialized headache societies, which endorse standardized curricula aligned with clinical guidelines.

Clinical Effectiveness and Evidence Base

Clinical trials have consistently demonstrated the efficacy of Botox in reducing migraine days by approximately 50% in chronic sufferers after repeated treatment cycles. The PREEMPT studies remain the cornerstone, involving over 1,300 patients and establishing injection site protocols, dosing regimens, and safety profiles.

Comparatively, Botox offers advantages over daily oral prophylactics, such as topiramate or beta-blockers, by minimizing systemic side effects and improving adherence. However, it is primarily recommended for patients with chronic, not episodic, migraines, and insurance coverage may affect accessibility.

Advantages of Botox Training for Migraine Providers

- **Enhanced Clinical Competence:** Training equips providers with specialized knowledge to deliver evidence-based migraine care.
- **Expanded Therapeutic Options:** Incorporating Botox injections allows for personalized treatment plans that may improve patient outcomes.
- **Professional Development:** Certification can elevate a provider's credentials and marketability within neurology and pain management specialties.

Challenges and Considerations

Despite its benefits, Botox training for migraines poses certain challenges. The cost and time commitment for comprehensive training can be a barrier, especially for practitioners in smaller or resource-limited settings. Additionally, patient variability necessitates continual learning and adaptation of injection techniques. Monitoring long-term efficacy and managing patient expectations are ongoing responsibilities.

Integration Into Comprehensive Migraine Management

Botox injections do not operate in isolation but as part of an integrated approach encompassing lifestyle modification, pharmacotherapy, behavioral interventions, and sometimes complementary therapies. Training programs increasingly emphasize multidisciplinary collaboration, encouraging providers to coordinate care with neurologists, pain specialists, physical therapists, and mental health professionals.

Emerging Trends in Training and Research

Recent advancements have introduced innovative training tools such as 3D anatomical models and augmented reality to enhance precision. Research continues into optimizing injection patterns, dosing intervals, and identifying biomarkers predictive of treatment response. Furthermore, expanding indications for Botox in other headache disorders, such as cluster headaches, are under investigation, potentially broadening the scope of training curricula.

Conclusion

The development of Botox training for migraines reflects a broader commitment within medicine to refine therapeutic interventions through specialized education. By equipping healthcare providers with targeted knowledge and practical skills, these training programs foster safer, more effective migraine management strategies. As the evidence base evolves and technology advances, ongoing training will remain essential to harnessing Botox's full potential in alleviating the burden of chronic migraine.

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botox training for migraines: *The End of Migraines: 150 Ways to Stop Your Pain* Alexander Mauskop, 2021-01-04 The End of Migraines: 150 Ways to Stop Your Pain is a comprehensive resource based on Dr. Mauskop's extensive experience in treating thousands of patients with migraine. In addition to scientific evidence, clinical observations, and practical suggestions, The End of Migraines describes and evaluates the immense amount of information available about every imaginable option that has been shown to impact the occurrence and treatment of migraines. The 150 approaches to ending migraine pain include non-pharmacologic treatments such as avoidance of triggers, diet, physical and behavioral measures, neuro-modulation, and various supplements. It also describes and ranks a wide range of acute and preventive prescription drugs, from the traditional to all of the latest innovations and treatments. The book is written in a clear, concise, and accessible style. Dr. Mauskop's warm, reassuring voice enables the reader to feel that they are sitting with him, hearing his advice first-hand. Above all, readers of The End of Migraines: 150 Ways to Stop Your Pain will, perhaps for the first time, feel that they are not alone, because there is hope. The book is directed not only to those suffering from migraines but also to neurologists and other health care providers who treat migraine patients.

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strategies, has helped thousands of sufferers manage their symptoms effectively and regain control of their lives. As Dr. Cowan explains, each patient presents unique sets of triggers and pain patterns and requires a customized treatment approach. The Keeler method helps migraine sufferers identify their own headache triggers and then create an individualized formula for dramatically decreasing the frequency and severity of these attacks. It also illustrates how to design a foolproof, reliable rescue plan when necessary, and offers surprising information, such as:

- Why elimination diets and foods to avoid lists may not work
- Why frequently prescribed medications can actually make a headache worse
- Why many headache treatments stop working over Time

With a step-by-step program and expert advice throughout, The Keeler Migraine Method will be the most comprehensive guide to migraine management in the bookstore.

botox training for migraines: *Migraines For Dummies* Diane Stafford, Jennifer Shoquist, 2011-04-20 If you get migraines you know how laughable it is to hear them described as “headaches.” As one poet put it, “the migraine is a beast from Hell, a bone-crushing, brain-twisting, heart-rending, apocalyptic scourge—an insult to all that’s holy.” And that’s putting it mildly. People have been trying to tame the migraine beast for thousands of years. Some early healers bored holes into their patients’ skulls, the Greeks inhaled the smoke of burning coffee beans, while in ancient Egypt, doctors tied herb-stuffed clay crocodiles to migraine sufferer’s heads. Fortunately, we live in more enlightened times and there are now medically sound approaches that are relatively simple and inexpensive—and they don’t leave scars or involve extreme fashion statements. Your complete guide to taking charge of your migraines and getting your life back, *Migraines For Dummies* offers a focused, fleshed-out program that works in the real world. This friendly guide fills you in on what you need to know to:

- Understand migraines and why you get them
- Relieve symptoms
- Pinpoint pain triggers
- Sort through the various medications
- Evaluate alternative remedies
- Make simple migraine-busting lifestyle changes
- Stop migraines from disrupting your family and work lives
- Find a good doctor to help you manage the beast

The authors look at the whole spectrum of the problem—from dealing with the number-one issue of pain relief, to handling the peripheral problems like absences from work, skepticism from friends, and impact on family. They also explore a range of critical related issues, including:

- Different types of migraines, including abdominal, ocular, hemiplegic, ophthalmoplegic, and women’s hormonal migraines
- Triggers, such as environmental allergens, stress, dietary triggers, and even exercises that can cause migraines
- Over-the-counter medications, vitamins and herbal supplements
- Biofeedback, meditation, massage, acupuncture, and other alternative remedies
- The pros and cons of prescription remedies, including ergotamine derivatives, antidepressants, nonsteroidal anti-inflammatory drugs, botox and more

You’ve tried Aunt Edna’s camphor-soaked head cloths. Now explore a sensible, medically sound approach, and get on the road to full-fledged pain relief with *Migraines For Dummies*.

botox training for migraines: *Multidisciplinary Management of Migraine* César Fernández-de-las-Peñas, Leon Chaitow, Jean Schoenen, 2012-01-26 The first textbook that focused on the multidisciplinary treatment of migraine including pharmacological and non-pharmacological approaches. This comprehensive text discusses epidemiology, pathophysiology, diagnosis, and management of patients with migraine headache integrating clinical experience and expertise with current evidence-based best practices. The authors are worldwide experts recognized in migraine and headache with experience in academic, research, and practice settings. This book reviews the options for medical management of patients with migraine by way of:

- pharmacological interventions;
- musculoskeletal interventions including muscle and joint-centered interventions, manual therapy, and dry needling;
- and complementary and alternative medicine techniques including naturopathy, acupuncture, and placebo.

With a multimodal and multidisciplinary approach, this comprehensive resource provides a variety of therapeutic tools for students and practitioners to provide excellent care and medical management of patients with migraine headache.

botox training for migraines: *Migraine and Other Headaches* William Boyd Young, Stephen D. Silberstein, 2004-03 *Migraine and Other Headaches* is the essential guide for headache sufferers, providing the information needed to obtain effective medical care and long-term relief. Different

types of headaches are thoroughly explained in easy to understand language, beginning with migraine, the most common severe headache, which occurs in approximately 12 percent of the U.S. population. The authors discuss the different types of migraine: migraine without aura (previously called common migraine), migraine with aura, and basilar migraine. Emphasis is placed on the necessity of early treatment, the importance of understanding the difference between a headache cause and a headache trigger, and how to avoid common triggers. Rebound headache, caused by the overuse of acute medication, is a topic of special significance and is discussed in detail.

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botox training for migraines: Discussing Migraine With Your Patients Dawn A. Marcus, Duren Michael Ready, 2016-10-14 This engaging and highly practical title is designed to support healthcare professionals in providing the best possible care for their patients with migraine. Developed by two leading authorities in the field who bring wit and warmth to their writing, the book combines the valuable wisdom of their clinical expertise with cutting edge scientific synthesis and helpful clinical pearls. Replete with a plethora of instructional aids and clinical tools (such as patient handouts, questionnaires, checklists, video clips, and quick-reference boxes), *Discussing Migraine with Your Patients: A Common Sense Guide for Clinicians* reviews migraine treatment in an evidence-based manner -- according to the empirical data and FDA and consensus-based guidelines. Discussion topics include acute and preventive pharmacotherapy, medical interventions and devices, behavioral and psychological nonpharmacologic therapies, education, trigger management, healthy lifestyle practices, stress management, nutraceuticals, and alternative medicine offerings. In addition, this easy-to-read title covers genetics and pathophysiology, symptoms and comorbidities, and a range of essential clinical skills that are useful in achieving the best possible outcomes with patients. In invaluable addition to the literature, this title will serve as the ultimate go-to resource for primary care clinicians and trainees. Headache specialists, too, will find value in this work.

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botox training for migraines: Elevate and Illuminate the Art of Botulinum Toxin in Aesthetic

Dermatology Dr Uzma Rajar, 2024-01-24 Dr. Uzma Rajar stands as a luminary in the realm of dermatology, adorned with a tapestry of accomplishments that stretch far and wide. With a spirited journey that commenced at Liaquat Medical College, she earned her MBBS in 2001, a prelude to the symphony of her academic pursuits. The crescendo led her to the prestigious halls of the University Of Wales College Of Medicine, where she gleaned not only a Diploma but also the coveted mantle of a Master's degree in Dermatology, adorning her in 2005 with expertise that gleamed. Yet, Dr. Rajar's thirst for knowledge knew no bounds. Her quest for scholarly horizons propelled her towards the zenith of MPhil in 2015 and a crowning achievement of a PhD in 2023. The corridors of Isra University became her academic haven in 2005, where she embarked as an Assistant Professor of Dermatology. A saga of dedication and brilliance saw her ascend to the regal throne of a Professor in 2022, an ascent that mirrored her commitment to her craft. Within the hallowed walls of Isra University, Dr. Rajar has carved her legacy. A trailblazer in the realm of dermatology, her impact echoes through her pedagogical endeavors and her relentless pursuit of groundbreaking research. The parchment of her contributions is inscribed with over 20 meticulously crafted articles, each finding its home in esteemed peer-reviewed journals. Yet, her brilliance finds voice not only in print but also as an orator par excellence. Over 50 podiums across national and international conferences have borne witness to her erudition. But Dr. Rajar's influence stretches beyond the podium, as she adorns the role of a guide and mentor. Workshops and seminars stand as her canvas, where she splashes the hues of her knowledge, nurturing the minds of both novices and veterans.

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botox training for migraines: Migraine Robert A. Davidoff, 2002-02-14 Migraine: Manifestations, Pathophysiology, and Management, Second Edition, is a much expanded, updated monograph that focuses in detail on migraine's diverse variations, its pathophysiology, and its treatment. Authored by a clinician/scientist who himself suffers from migraine, the book's premise is that the clinical significance of migraine and its treatment are intelligible only if the physician understands the anatomical, physiological, and pharmacological factors underlying both head pain and the other manifestations of migraine. The book provides clear clinical descriptions of the myriad of specific migraine syndromes, and discusses the rationale for, and elements of, a sensitive, inclusive patient history. Also covered are important but sometimes ignored topics such as environmental triggering of migraine and myofascial syndromes. The Second Edition also bridges the gap between basic science and clinical practice by explaining those substantive advances made in understanding fundamental mechanisms of head pain and aura. Recent knowledge about genetics, hormonal changes, cerebral circulation, nitric oxide, peptides, central sensitization of trigeminal neurons, and the role of periaqueductal gray matter buttress the discussion of basic mechanisms. On the treatment side, the Second Edition reflects the impressive advances in pharmacological approaches to migraine. There is a greatly expanded section on the triptans and their mechanisms of action, and rationales and practical information about the use of all other viable anti-migraine and prophylactic drugs. Psychobiological aspects of stress and stress management, elimination of environmental stimuli, the educational facets of management, and aspects of the patient/physician interaction so crucial in the treatment of migraine are all discussed. Special problems associated with the care of women, children, the elderly, patients with intractable headaches, and emergency

department patients are thoroughly reviewed. In sum, this scholarly, well-referenced book offers in one volume a comprehensive scientific and clinical discussion of migraine headache.

botox training for migraines: Understanding Your Migraines Morris Levin, Thomas N. Ward, 2017 Understanding Your Migraines is a comprehensive and authoritative resource for people who suffer from migraine headaches, as well as for their families and their caretakers. Drs. Levin and Ward bring their vast experience studying and treating migraine to this book in a clear, practical and easily understandable volume which covers all of the aspects of migraine that plague individuals and their families. Numerous examples of real people with migraine help illustrate the options available for finding relief for this highly disabling worldwide health problem.

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botox training for migraines: Migraine and Headache Alexander Mauskop, 2013-01-10 Migraine and Headache, Second Edition provides concise guidelines for the point-of-care diagnosis and management of all headache conditions, complete with clinically-relevant cases to help clinicians provide effective care to their headache patients.

botox training for migraines: 100 Questions & Answers About Migraine Katherine A. Henry, Henry, Anthony P. Bossis, 2008-12-18 EMPOWER YOURSELF ! Migraine affects 12% of adults in our country. Nearly one in five women and one in twenty men suffer from this disabling disease, making migraine one of the major health issues of our time. Further, migraine affects individuals in the prime of their lives when they are most intensely involved with their families and careers. 100 Questions & Answers About Migraine, Second Edition offers you authoritative, practical answers to your questions about the causes of migraine, its treatment, sources of support, and much more. Clear and easy to read, 100 Questions & Answers About Migraine, Second Edition has been updated to include recent research findings and provides practical tips on working with your doctor to find

the best treatment for your headaches. Written by a neurologist with extensive experience treating patients with migraine and a clinical psychologist who is a pain management expert, along with contributions from actual headache patients, this book is an invaluable resource for understanding and coping with the medical, psychological, and emotional turmoil of this painful condition.

botox training for migraines: *Headache and Migraine: New Insights for the Healthcare Professional: 2013 Edition*, 2013-07-22 Headache and Migraine: New Insights for the Healthcare Professional: 2013 Edition is a ScholarlyEditions™ book that delivers timely, authoritative, and comprehensive information about Diagnosis and Screening. The editors have built Headache and Migraine: New Insights for the Healthcare Professional: 2013 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Diagnosis and Screening in this book to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Headache and Migraine: New Insights for the Healthcare Professional: 2013 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

botox training for migraines: Not Tonight Joanna Kempner, 2014-10-09 “[An] insightful and eloquent account of our evolving understandings of migraine, from a condition of weak-nerved women, to a ‘real’...disease” (Elizabeth Mitchell Armstrong Princeton University). Pain. Vomiting. Hours and days spent lying in the dark. Migraine is an extraordinarily common, disabling, and painful disorder that affects over 36 million Americans and costs the US economy at least \$32 billion per year. Nevertheless, it is a frequently dismissed, ignored, and delegitimized condition. In Not Tonight, sociologist Joanna Kempner argues that this general dismissal of migraine can be traced back to the gendered social values embedded in the way we talk about, understand, and care for people in pain. The symptoms that accompany headache disorders—like head pain, visual auras, and sensitivity to sound—lack objective markers of distress that can confirm their existence. Therefore, doctors must rely on the perceived moral character of their patients to gauge how serious their complaints are. Kempner shows how this subjective dimension of diagnosis has shaped the history of migraine. In the nineteenth-century, migraine was seen as a disorder of upper-class intellectual men and hysterical women. In the 1940s, the concept of “migraine personality” developed, in which women with migraine were described as uptight neurotics who withheld sex. Even today, we see depictions of people with highly sensitive “migraine brains.” Not Tonight casts new light on how cultural beliefs about gender, pain, and the distinction between mind and body influence not only whose suffering we legitimate, but which remedies are marketed, how medicine is practiced, and how knowledge about disease is produced.

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