What Nurses Know...Headaches

Written by a nurse who has experienced having headaches all of her life.

There are risk factors that are not changeable like genetics, for example. But others, such as stress, diet, or the overuse of medications, are much more easily changed through education. Other preventive strategies include following specialized diets and using mind-body techniques such as deep relaxation, visualization, and biofeedback to help people put an end to their headaches.