MIGRAINES: MORE THAN JUST A HEADACHE

Learn helpful ways to find relief and properly treat your symptoms

Monday, January 13
6:30 p.m.

Homewood at Spring House Estates
150 Victoria Ave., Everett, PA

Migraines are painful headaches often accompanied by intense throbbing, nausea, vomiting, and sensitivity to light. Approximately 28 million Americans suffer from migraines.

Douglas Stern, DO, will discuss the symptoms, signs and types of migraines that may occur. Learn about the warning signs leading up to these painful headaches. Discuss treatments and pain relief. Learn simple lifestyle changes and medications that can ease the pain.

Douglas Stern, DO, joined UPMC Bedford’s Emergency Department in November of 2010. Dr. Stern is a graduate of the Pennsylvania State University. He earned his medical degree from Philadelphia College of Osteopathic Medicine, and is board-certified in emergency medicine by the American Osteopathic Board.

Refreshments will be served. Reservations are required. To register for this session, call 814-623-3520.

UPMC Bedford Memorial