



" 10 Simple Solutions to Migraines is truly a remarkable book that stands apart from the plethora of self-help books on headaches."

Roger Cady, MD, medical director of Headache Care Center of Primary Care Network

"An informed patient is an empowered patient. The practical information contained in *10 Simple Solutions to Migraines* will enable you to be an active partner in your healthcare."

Suzanne Simons, executive director of the National Headache Foundation

This collection of straightforward tips cuts through the hype about migraine headaches to offer readers the simple, scientific truth about how best to get migraines under control.

Author Dr. Dawn Marcus is a neurologist and associate professor in the Department of Anesthesiology at the University of Pittsburgh Medical Center.

Come meet the author at one of her local book signings:

- Saturday, September 23rd from 12:00-3:00 P.M. at [Borders Express, 1500 W Chestnut, Washington, PA 15301](#) (724-222-8031).
- Saturday, October 21st from 11:00 A.M.-1:00 P.M. at [Barnes & Noble, 926 Freeport Rd., Pittsburgh, PA 15238](#) (412-781-2321).