

# Headache Treatment: Hitting a Home Run with Patients

**Saturday, October 14, 2023**

Chicago Sports Museum and Live Streamed  
Water Tower Place | Chicago, IL



For more information, visit  
[greatlakesheadache.org](https://greatlakesheadache.org)

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## Overview

This educational activity will review and analyze the most current developments in clinical practice and relevant research. Experts from across the Great Lakes region will present their analysis of the most recent evidence on the treatment and management of headache disorders, describing developing science, medications and interventions.

## Target Audience

This symposium is for general practitioners, internists, pediatricians, neurologists, anesthesiologists, dentists, physical therapists, psychologists, psychiatrists, nurse practitioners, physician assistants, nurses, and other health professionals who treat or study headache.

## Learning Objectives

After completing this educational activity, participants will be able to do the following:

- Explain the current understanding of basic pathophysiology and natural history of headache disorders
- Summarize common and uncommon presentations of primary and secondary headache disorders.
- Critically appraise data on the safety and efficacy of targeted therapies for headache.
- Utilize mindfulness and integrative therapeutic strategies for the treatment of headache disorders.
- Describe interventional strategies used in the treatment of headache

## Course Directors and Planning Committee

**Kathryn Gage Grenfell, PA-C**

**Trupti Gokani, MD**

Neurahealth Headache Clinic  
Chicago, IL

**Shivang Joshi, MD, MPH, RPh**

Community Neuroscience Services  
Westborough, MA

**MaryAnn Mays, MD, FAAN**

Cleveland Clinic  
Cleveland, OH

**Deborah Reed, MD**

University Hospitals Cleveland Medical Center  
and Case Western School of Medicine  
Cleveland, OH

**Carrie (Beth) E. Robertson, MD, FAHS**

Mayo Clinic  
Rochester, MN

**Karen Steffey, CNP**

American Migraine Center/NOMS  
Lyndhurst, OH

## Faculty

**Sait Ashina, MD**

Beth Israel Deaconess  
Medical Center Brookline, MA

**Rima Dafer, MD, MPH** Rush

University Chicago, IL

**Merle Diamond, MD**

Diamond Headache Clinic  
Chicago, IL

**Alex Feoktistov, MD**

Synergy Integrative  
Headache Center  
Chicago, IL

**Kerry Knievel, DO**

Barrow Neurological Institute  
Phoenix, AZ

**Jeffrey Royce, MD**

Swedish American Neuro &  
Headache Center  
Rockford, IL

**Brad Torphy, MD**

Chicago Headache Center  
and Research Institute  
Chicago, IL



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## Proposed Agenda

7:30 a.m. Continental Breakfast / Exhibits /  
Registration

8:00 a.m. **Welcome and Introduction**  
Deborah Reed and Shivang Joshi

### MORNING SESSION I: MIND-BODY CONNECTION - GET YOUR HEAD IN THE GAME

MODERATOR: DEBORAH REED

8:10 a.m. **Mindfulness Demonstration**  
Trupti Gokani

8:30 a.m. **Gut Brain Connection, 3 Brain Model**  
Trupti Gokani

9:10 a.m. **Integrative Medicine: The Evidence &  
Effectiveness in Primary Headache**  
MaryAnn Mays

9:40 a.m. **Autonomic and Mast Cell Dysfunction  
in Migraine**  
Deborah Reed

10:10 a.m. Q&A Session - Faculty

10:15 a.m. Break / Exhibits

### MORNING SESSION II: DISCOVERY - NEUROANATOMY AND BEYOND - THE PREGAME WARMUP

MODERATOR: SHIVANG JOSHI

10:35 a.m. **Keynote Address Introduction**  
Shivang Joshi

10:40 a.m. **Tension Type and Cervicogenic Headache**  
Sait Ashina

11:40 a.m. Q&A Session - Faculty

12:00 p.m. Lunch / Exhibits

### AFTERNOON SESSION I: THERAPEUTICS - HOW, WHEN, AND WHY - ROUNDING THE BASES

MODERATOR: BETH ROBERTSON

1:00 p.m. **Acute Treatment of Migraine**  
Kerry Knievel

1:30 p.m. **Interventions and Non-invasive  
Neuromodulation in Primary Headaches**  
Alex Feoktistov

2:00 p.m. **Pharmaceutical Treatment: The CGRP  
Era Basics and Beyond - What Happens  
to Nonresponders and the Outpatient**  
Brad Torphy

2:30 p.m. **Difficult to Treat Migraine Patients:  
Case Studies**  
Merle Diamond

3:00 p.m. Break / Exhibits

### AFTERNOON SESSION II: SECONDARY HEADACHES - SIDELINED

MODERATOR: DEBORAH REED

3:15 p.m. **Post Traumatic Headache/Concussion.**  
Jeffrey Royce

3:45 p.m. **Stroke and Migraine**  
Rima Dafer

4:15 p.m. Q&A Session - Faculty

4:30 p.m. Meeting Concludes / Chicago Sports  
Museum Tour and Reception

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## General Information

### Location

Chicago Sports Museum at Water Tower Place  
835 Michigan Avenue, Chicago, IL 60611

### Fees

**In-Person Fee includes:** Syllabus, Continental breakfast, refreshment breaks, and lunch

**Virtual Fee includes:** Access to webinar and syllabus

	<i>In Person</i>	<i>Virtual</i>
Physician	\$149	\$129
Non Physician	\$85	\$85
Resident/Fellow*	\$85	\$50

\*Letter from program director is required.

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone an activity at our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded. Be advised that Cleveland Clinic is not responsible for related costs including airline tickets, hotel costs, or any similar fee penalties incurred as a result of any trip cancellations or changes.

### Registration and Cancellation

Preregistrations are accepted online until 5:00 pm (EDT), October 11 for in-person and October 13 for virtual. In case of cancellation, a full refund will be made if cancelled by September 14, 2023. After September 14, 2023, a \$50 cancellation fee will be deducted from your refund. Written notification of your cancellation is required in order to process your refund.

NO REFUNDS WILL BE ISSUED AFTER SEPTEMBER 29, 2023. For questions about registration, call 216.448.0777 or email [cmeregistration@ccf.org](mailto:cmeregistration@ccf.org)

### Faculty Disclosure Statement

The Cleveland Clinic Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Integrity and Independence requiring mitigation of all faculty conflicts of interest. Faculty declaring a relevant financial relationship will be identified in the activity syllabus.

### Accreditation

In support of improving patient care, this activity has been planned and implemented by Cleveland Clinic Center for Continuing Education and the Great Lakes Regional Headache Society. Cleveland Clinic Center for Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

- **American Medical Association (AMA)** Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 7 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.
- **American Nurses Credentialing Center (ANCC)** Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 7 ANCC contact hours.
- **American Academy of PAs (AAPA)** Cleveland Clinic Center for Continuing Education has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 7 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

### Hotel Accommodations

Hotel reservations are separate from the course registration and are the responsibility of the participant. A block of rooms have been reserved at the **Hyatt Centric Chicago Magnificent Mile**, 633 N. St. Clair Street, Chicago, IL 60611 for a rate of \$269 plus tax/night. Please call reservations at 877.803.7534 and indicate it is for the Great Lakes Regional Headache Society.

**The cut-off date for the special rate is Friday, September 15, 2023.**

### Parking

Water Tower Place offers a secure 4 level underground parking garage that can be accessed from 175 E Chestnut Street.

### Information

For further information about this activity, contact Shana Spade at Phone: 800.223.2273 x49380 or Email: [spades@ccf.org](mailto:spades@ccf.org)

### Americans with Disabilities Act

The Cleveland Clinic Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify us at least two weeks prior to the activity.

### Health & Safety

All applicable Centers for Disease Control (CDC), state, and local safety protocols will be enforced for this event. Additional attendance requirements may be implemented to ensure attendee health and safety.