

## Lewis Headache Center



### IMPACT OF PHILANTHROPY



**14,200+**  
clinic visits



**1,600+**  
new patients



**8**  
clinical research  
studies

Led by Kerry Knievel, DO, the Lewis Headache Center provides comprehensive and compassionate care for patients with headache disorders. Its multidisciplinary team of experts offers the latest treatments and therapies, in addition to a Wellness Program consisting of physical therapy, yoga, mindfulness, psychology, dietary consultations, and social work. The Center is also dedicated to advancing headache research and increasing access to headache specialists through outreach and education.

## Your support fuels innovative headache research.

Headache neurologist Jennifer Robblee, MD, is utilizing MRI imaging to analyze changes happening in the brain during status migrainosus, a relentless headache that does not respond to traditional treatment. She has enrolled 11 patients in the study, each completing two MRIs. Gaining a better understanding of brain activity in status migrainosus can ultimately lead to novel therapies for this patient population.

Dr. Robblee also submitted an addendum to this study to enroll five patients with refractory migraine and status migrainosus. This would allow her to obtain the pilot data needed for her grant on refractory migraine that was submitted to the National Institutes of Health in February 2024.

## You contribute to increased education and outreach.

The Center held its annual Patient Headache Symposium in May 2024, educating patients on tension headache, neck pain and migraine, sleep and headache, and strategies for reducing anxiety. Simultaneously, it held a Provider Headache Symposium, which featured presentations, case studies, and hands-on Botox and nerve block injection training.

The Center also had a great turnout for the annual Miles for Migraine Run/Walk/Relax event, with many headache providers and their families participating. The team raised more than \$1,700 to support increased headache awareness and education.

Olivia Kingsford, DO, completed her headache fellowship in June 2024 and will remain at Barrow as a full-time headache neurologist. In addition

to clinical care, Dr. Kingsford engaged in several headache quality improvement and research projects. This included creating a tool to educate emergency department physicians on providing patients with comprehensive migraine care.

## You make a difference in the lives of patients and families.

“I came to Dr. Knievel with a history of severe headache and cerebral spinal fluid (CSF) leaks. She was extremely knowledgeable about CSF leaks, and I finally felt like I was being treated by someone who understood my pain and had viable solutions. Shortly after, I received a blood patch that healed my CSF leak. Then, I received further treatment for my headache. Each treatment improved my condition and put me back in control of my life. I could not be more grateful.”

Ellen Ravenel

## On The Horizon

**Research Program:** As the Center continues expanding its research program, the team plans to recruit a translational research scientist to help design and execute headache-specific clinical trials.

**Wellness Program:** The Wellness Program team is creating a manual to help patients navigate the different types of headache disorders, treatment options, lifestyle modifications, and mindfulness strategies.

**Empowered Relief Class:** The Center is holding a free, skills-focused class on pain relief for patients in October. The Empowered Relief Class focuses on reducing pain intensity, pain-related distress, and improving sleep.