

At Boston Headache Institute, our team is committed to not just treating headache and facial pain, but to the patient who is dealing with the pain.

We are an affiliate of Boston PainCare and accept most insurances.

**To make a referral or schedule an appointment, call:
781-895-7970**

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Headache
Institute
Live again.

85 First Avenue
Waltham, MA 02451

T:781-895-7970
F:781-290-0720

www.bostonheadacheinstitute.com



This information is provided for general information only and is not intended as medical advice. In the event of an emergency, patients should seek the nearest emergency room or call 911.



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**A National Leader
in Headache Management**

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At Boston Headache Institute, we are proud of our highly regarded comprehensive program which treats all types of headaches. Under the supervision of Egilius Spierings, MD, PhD, we offer a multi-disciplinary approach to treating headache/migraine pain. Dr. Spierings, a pioneer in the headache field, and the BHI team work together to treat each patient as an individual.

We treat a variety of headache pain including:

- Migraine
- Cluster Headaches
- Cervicogenic Headaches
- Occipital Headaches
- Chronic Daily Headache
- Medication Overuse Headache
- Post-Traumatic Headache
- Trigeminal Neuralgia
- Atypical Facial Pain

Many patients never see a headache specialist and spend their lives suffering. Some miss school or work, often unable to participate in daily activities and enjoy everyday life. At Boston Headache Institute, our specialists identify the cause of headaches, uncover triggers and offer a range of treatment options.





At Boston Headache Institute our treatments include:

Botox

Botox has recently emerged as an effective headache treatment for certain patients. As per FDA recommendations, it is administered every 12 weeks for pain relief, with relief increasing with each dose.

Medication

Medications are the most common treatment for headaches. There are a range of medications that offer relief, some are preventive and others reduce symptoms. Our team will prescribe the medication and dosage best suited to each patient depending upon the frequency and intensity of headache, other health factors, and past history with headache medications.

Nerve Blocks/Trigger Point Injections

At the Boston Headache Institute we also use nerve blocks and trigger point injections to treat certain headaches. These techniques freeze or anesthetize the nerve transmitting pain and reduce or eliminate pain following treatment. With our in-house surgery center, patients can be seen quickly and eliminate the hassle of spending hours in a hospital emergency room.

Educational Workshops

We believe an educated patient is one who understands their illness and is part of the treatment plan. Our educational workshops help headache patients manage their headaches, avoid triggers and explain how to live with and decrease headache symptoms. Understanding headache pain and the causes can often help the patient find the road to recovery.

Nutritional Counseling and Dietary Management

A patient's diet is often an important factor in treating headaches. Through our nutrition counseling program, patients learn to identify triggers, avoid foods that commonly cause headaches, and eat a healthy diet.

Support Groups

Our headache support groups enable patients to share their challenges, successes, and offer each other support during the treatment process.



Our Medical Team



Egilius L.H. Spierings, MD, PhD

Dr. Spierings, Medical Director of Boston Headache Institute, is a physician, former clinical professor, and founder of MedVadis Research, a clinical trial research center focused on headache, including migraine, and chronic pain. For more than 40 years, Dr. Spierings has been dedicated to understanding headache and treating headache patients effectively. Dr. Spierings is the former director of The Headache Research Foundation, an affiliate of Tufts University School of Medicine. In the late 1980s, Dr. Spierings worked on the first triptan, known as Imitrex®, that came on the market in 1991 to treat migraines.



Lee Silk, MD

Dr. Silk offers a comprehensive patient-centered approach to identifying and treating each patient and their headache. He completed his medical residencies in Internal Medicine at Mount Auburn Hospital and also in Anesthesia at Brigham and Women's Hospital. Dr. Silk is board-certified in both Anesthesiology and Pain Medicine.



Hannah Espie, AGPCNP-BC

Hannah joined Boston Headache Institute in August of 2017. She has been working with the headache team to provide patients with comprehensive care. Hannah has a degree in Sociology and a Master's of Science in Nursing from MGH Institute of Health Professions.

The Boston Headache Institute Difference

Boston Headache Institute offers one of the most comprehensive and unique headache programs in the nation. Our philosophy is simple... look at each person as an individual, understand their pain and treat them with the best options available.

Our interdisciplinary team of neurologists, pain management specialists, anesthesiologists, behavioral specialists, nutritionist, nurses, medical assistants and pharmacists work together to treat patients of all ages, including adolescents and young adults.

Patients receive an extensive customized neurological assessment which includes health history, migraine and headache disability assessment test, migraine diaries and psycho-social questionnaire.

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