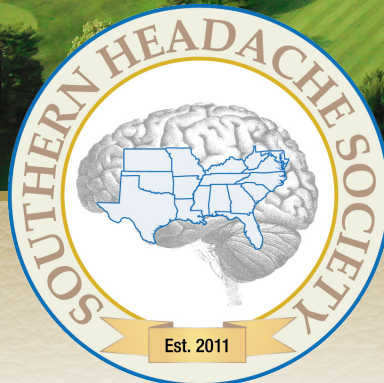


# 12<sup>TH</sup> ANNUAL SCIENTIFIC MEETING

**FRI–SUN, SEPTEMBER 9–11, 2022**

OMNI GROVE PARK INN AND RESORT | ASHEVILLE, NC

Jointly provided by:



## DESCRIPTION

Drawing from both scientific and clinical research, Southern Headaches Society's 12th Annual Scientific Meeting is excited to focus on Arresting Migraine Progression: Tools for Clinical Practice.

We will address some of the risk factors associated with migraine progression: Addressing Obesity, Migraine and Sleep, and Optimizing Acute Migraine Treatment. Other topics include Nutraceuticals and the Microbiome, Headache Procedures, Pediatric Headaches and Post-Traumatic Stress as well as tools to give our patients to help manage their migraines.

The curriculum is intended for all clinicians who treat headaches. This event will be in person at the beautiful Omni Grove Park Inn and Resort in Asheville, NC.

## AUDIENCE

Our target audience includes Physicians (MD, DO), Advance Practice Providers (APPs), and Nurses.

## OBJECTIVES

**At the conclusion of this continuing education event, providers and clinicians will be able to:**

- Identify modifiable risk factors associated with progression from episodic migraine to chronic migraine
- Identify specific conditions (Gastrointestinal, Vestibular Migraine, Post-Traumatic Stress) that may influence progression and develop a management plan
- Develop a treatment plan for arresting migraine progression based on addressing the modifiable risk factors
- Incorporate clinic-based behavioral tools to address unmet patient needs
- Improve response to interventional techniques by learning and adapting injection protocol for headache and facial pain
- Develop a plan to engage and incorporate increased patient activity to improve health outcomes

JOINTLY PROVIDED BY



## VENUE & LODGING

**Omni Grove Park Inn and Resort**  
**290 Macon Avenue, Asheville, NC 28804**

### Special Rates

**\$299.00 per night** from Thursday, September 8, through Sunday, September 11, 2022.

### Reservations

Please call the Central Reservations Office at **800-438-5800** to make reservations or [reserve your stay online](#). The event is listed as the "Southern Headache Society 2022 Annual Scientific Meeting." One night's deposit at the time of booking is required to confirm all reservations. **Reservations must be made by Tuesday, August 9, 2022.** Reservations received after this date, or after the room block is filled, are subject to prevailing rates and availability.

### Cancellation

The Grove Park Inn's cancellation policy is 7 days prior to arrival date. Deposit will be forfeited if reservations are canceled less than 7 days prior to arrival.

### Pet Rooms

Accessible and Pet rooms have limited availability; please submit these requests as early as possible. There is an additional charge of **\$200.00 for reserving a pet friendly room.**

### Early Departure

There is a One Night's Room & Tax Early Departure Fee for rooms checking out prior to the scheduled departure date.

### Daily Resort Charge

**\$15 per night.** The resort charge includes toll-free and local calling, in-room high-speed internet access, entrance to the Sports Complex, in-room coffee and tea, a self-guided history tour of the Grove Park Inn, and an on-property shuttle.

### Parking

Current overnight parking charges for in-house guests are as follows (subject to change): **\$20.00 per day for outside self-parking or garage parking**, and **\$30.00 per day for valet parking**. Separate parking charges will apply for day guests.

DIRECTIONS

## OVERFLOW LODGING

**Element Asheville Downtown**  
**62 College Place, Asheville, NC 28801**

**Phone:** 828-575-5881

RESERVE  
ONLINE





12<sup>TH</sup> ANNUAL SCIENTIFIC MEETING  
FRI–SUN, SEPTEMBER 9–11, 2022  
OMNI GROVE PARK INN AND RESORT | ASHEVILLE, NC

DAY 1	DAY 2	DAY 3
Friday, September 9, 2022	Saturday, September 10, 2022	Sunday, September 11, 2022
<b>REGISTRATION</b> 11:00 am–12:00 pm (lunch provided)	<b>REGISTRATION</b> 6:45 am–8:20 am (light breakfast provided)	<b>REGISTRATION</b> 7:00 am–8:15 am (light breakfast provided)
<b>PROGRAM</b> 12:00 pm–5:15 pm	<b>PROGRAM</b> 7:00 am–5:20 pm (lunch provided)	<b>PROGRAM</b> 8:15 am–1:00 pm

## FRIDAY, SEPTEMBER 9, 2022

- 8:00–12:00** SHS Board Meeting **Laurel F/G**
- 11:00–12:00** Registration / Check-in
- 11:45–12:50** Lunch Service
- 12:00–12:50** Industry Supported Presentation: Impel Neuropharma (50 minutes, no CME given)
- 12:50–1:30** Break / Exhibitors
- 1:30–1:40** Welcome / Overview  
– Susan Beird, DNP, CPNP, PMHS (moderator)  
– Chris Oakley, MD (moderator)
- 1:40–1:50** SHS Lifetime Achievement Award to Anne Calhoun, MD
- 1:50–2:20** Addressing Hormonal Influences in Migraine Across a Woman's Life  
– Carrie Dougherty, MD, FAHS
- 2:20–3:00** Addressing Obesity  
– Dale Bond, PhD
- 3:00–3:15** Break
- 3:15–3:55** Post-Traumatic Stress: Assessing and Addressing  
– Peter Tuerk, PhD
- 3:55–4:35** Sleep / Insomnia  
– Coleen Carney, PhD, CPsych
- 4:35–5:15** Q&A / Panel Discussion  
– Carrie Dougherty, MD, FAHS  
– Dale Bond, PhD  
– Peter Tuerk, PhD  
– Coleen Carney, PhD, CPsych
- 5:15** Adjourn

### FACULTY BIOGRAPHIES

[Click here to read about our presenters at this year's annual meeting.](#)

## SATURDAY, SEPTEMBER 10, 2022

- 6:45–8:20** Registration / Check-in / Breakfast Service
- 7:00–7:50** Industry Supported Presentation: Teva Pharmaceuticals (50 minutes, no CME given)
- 7:50–8:20** Break / Exhibitors / Coffee Service
- 8:20–8:30** Welcome / Introductions  
— Don Penzien, PhD (*moderator*)  
— Michael Ready, MD, FAHS (*moderator*)
- 8:30–9:10** CBT for Pain  
— Frank Andrasik, PhD
- 9:10–9:50** Integrative: Nutraceuticals and the Gut Microbiome  
— Trupti Gokani, MD
- 9:50–10:30** Expressive Writing: A Tool for Stress Management  
— James Pennebaker, PhD
- 10:30–11:00** Break
- 11:00–11:40** Hypnosis for Pain  
— Bruce Eimer, PhD
- 11:40–12:00** Q&A / Panel Discussion  
— Frank Andrasik, PhD  
— Trupti Gokani, MD  
— James Pennebaker, PhD  
— Bruce Eimer, PhD
- 12:00–1:20** Lunch Service
- 12:30–1:20** Industry Supported Presentation: Biohaven (50 minutes, no CME given)
- 1:20–1:45** SHS Business Meeting / Exhibitors / Beverage Service **Heritage Ballroom A/B**
- 1:45–1:50** Afternoon Introductions  
— Rebecca Erwin Wells, MD, MPH (*moderator*)  
— Deborah Friedman, MD, MPH (*moderator*)
- 1:50–2:30** Beyond PREEMPT: Advanced Botox and Headache Procedures  
— Chaouki Khoury, MD, MS, FAAN, FAHS
- 2:30–3:10** Vestibular Migraine  
— Mark Knoblauch, PhD
- 3:10–3:50** Pediatric Headaches: What I Want My Colleagues to Know  
— Lauren Doyle Strauss, DO  
— Chris Oakley, MD
- 3:50–4:10** Break / Exhibitors / Beverage Service / Snacks
- 4:10–4:50** Evolution & Migraine, Evolutionary Medicine, and Evolution & Psychiatry  
— Larry Robbins, MD

(continued on following page)

- 4:50–5:20** Q&A / Panel Discussion  
— Chaouki Khoury, MD, MS, FAAN, FAHS  
— Mark Knoblauch, PhD  
— Lauren Doyle Strauss, DO  
— Chris Oakley, MD  
— Larry Robbins, MD

**5:20** Adjourn

**5:30–6:30** Wine and Cheese Reception / Exhibitors **Heritage Ballroom B**

## SUNDAY, SEPTEMBER 11, 2022

**7:00–8:15** Registration / Check-in / Breakfast Service

**8:15–8:30** Introductions / Welcome Back  
— Carrie Dougherty, MD, FAHS (*moderator*)  
— Sara Sacco, MD (*moderator*)

**8:30–9:10** Engage: Encouraging Active Patient Collaboration  
— Don Penzien, PhD

**9:10–9:50** **Keynote Presentation**  
Getting Patients to Move: Why? (*pre-recorded presentation*)  
— John Ratey, MD

**9:50–10:30** Getting Patients to Move: How?  
— Jeff Galloway

**10:30–11:00** Break / Exhibitors

**11:00–11:40** Acute Treatment Optimization  
— Deborah Friedman, MD, MPH

**11:40–12:20** What to Try When Nothing is Working  
— Larry Robbins, MD  
— Michael Ready, MD, FAHS

**12:20–1:00** Q&A / Panel Discussion  
— Don Penzien, PhD  
— John Ratey, MD  
— Jeff Galloway  
— Deborah Friedman, MD, MPH  
— Larry Robbins, MD  
— Michael Ready, MD, FAHS

**1:00** Adjourn

**FACULTY BIOGRAPHIES**

*Click here to read about our presenters  
at this year's annual meeting.*

## CREDIT OFFERINGS

### Continuing Medical Education

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of MAHEC and Southern Headache Society. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

**Credit Designation:** MAHEC designates this live activity for a maximum of **13.75** AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Disclosure Statement:** MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

**Physician Assistants:** AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits<sup>™</sup> from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of **13.75** hours of Category 1 credit for completing this program.

**Nurse Practitioners:** This activity is designated for **13.75** AMA PRA Category 1 Credits<sup>™</sup>.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **1.4** CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **13.75** contact hours.

## MEDICAL COURSE DIRECTOR

### Michael Ready, MD, FAHS

Director, Headache Clinic  
Baylor Scott & White Memorial Hospital, Temple, TX

## PLANNING COMMITTEE

### Brian Plato, DO, FAHS

President, Southern Headache Society, Louisville, KY

### Sara Sacco, MD

Education Chair, Southern Headache Society,  
Charlotte, NC

## REGISTRATION POLICIES

### Early registration deadline: September 2, 2022

The aforementioned fees include administrative costs, educational materials, breakfast, and lunch. If your registration is received after the above deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

REGISTER ONLINE

### HAVE A QUESTION?



### Special Services

828-407-2412

### Program Planner

Dina Gillespie  
828-771-4216 | [dina.gillespie@mahec.net](mailto:dina.gillespie@mahec.net)

### Registration Phone

828-257-4475

### Email

[registration@mahec.net](mailto:registration@mahec.net)

### Registration Fax

828-257-4768

### Mail

MAHEC Registration  
121 Hendersonville Road  
Asheville, NC 28803

**Online Registration**  
[www.mahec.net/cpd](http://www.mahec.net/cpd)



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mahec.education



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## REGISTRATION FORM

By registering below, you are granting permission for your contact information to potentially be shared with Southern Headache Society.

Updated contact information Event #68685

Name \_\_\_\_\_

Credentials \_\_\_\_\_

PIN # \_\_\_\_\_ (4 digits of your choosing that you will use each time you register)

Occupation \_\_\_\_\_

Email Address \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove me from the MAHEC mailing list

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Work County \_\_\_\_\_

Dietary Preference (if applicable)

Vegetarian  Gluten-free  Vegan

## PAYMENT SELECTION

### SHS Members: Physicians (MD/DO)

\$329.00  \$344.00 if paying after 9/2/2022

### SHS Members: PhD, PA, RNP, and Others

\$229.00  \$244.00 if paying after 9/2/2022

### Non-SHS Members

\$499.00  \$514.00 if paying after 9/2/2022

Discount Code: \_\_\_\_\_

Applies to residents, event faculty, SHS board members, and leveled supporters/exhibitors.

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed  Credit card information below

Visa  MasterCard  Discover Card  AmEx

Account # \_\_\_\_\_

Expiration Month/Year \_\_\_\_\_ / \_\_\_\_\_

Verification Code \_\_\_\_\_ (3 or 4-digit number)

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

Send completed registration to: MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768