



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

**FRIDAY–SUNDAY  
SEPTEMBER 26–28, 2025**

OMNI GROVE PARK INN & SPA  
ASHEVILLE, NC

## ABOUT OUR FACULTY

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**Alison Alford, MD, FAHS, FAAN**, hails from Pennsylvania where she grew up with an older sister and brother. She attended University of Miami for her Bachelor of Psychobiology. She then traveled closer to home to attend medical school in Philadelphia at Jefferson Medical College. When she graduated, she matched to her residency and fellowship at Virginia Commonwealth University. Dr. Alford serves on a number of boards and committees including the Southern Headache Society, American Headache Society, and the American Academy of Neurology. She knows what her patients live with, having lived with migraines since she was in medical school. She first became passionate about helping children with migraines during her rotations in medical school and it grew while in practice in the Richmond area. Also, as a former athlete, she is enthusiastic about helping children recover from sports concussions. Dr. Alford opened the Pediatric Headache Center of Richmond in 2016 to provide world-class care for headache and concussion patients by having all the best resources under one roof. Since that time, she has served over 5,000 patients, providing quality care and improving the lives of patients suffering from migraines.

**Rebecca Burch, MD**, is a fellowship-trained, board certified Headache Medicine specialist at the University of Vermont Medical Center where she also serves as fellowship director. She completed a fellowship in Headache Medicine at Harvard Medical School, Brigham and Women's/Faulkner Hospitals prior to joining the faculty and later serving as fellowship director. She has served on the Board of Directors of the American Headache Society and the Headache Cooperative of New England. Dr. Burch also serves as an Associate Editor for the journal *Neurology*, handling general neurology papers including headache, pain, and traumatic brain injury. Her research interests include headache epidemiology, preventive treatment of migraine, and women's health.

**Carrie Dougherty, MD, FAHS**, is associate professor of neurology and program director of the headache medicine fellowship at MedStar Georgetown University Hospital in Washington, DC. She received her medical degree from Indiana University School of Medicine, followed by an internship at NorthShore University HealthSystem in Evanston, IL. Dr. Dougherty completed her neurology residency at Georgetown University Medical Center in Washington, DC, followed by a fellowship in headache medicine at Thomas Jefferson University in Philadelphia, PA. She is board certified in neurology with subspecialty certification in headache medicine. Dr. Dougherty is the current president of Southern Headache Society and has been a member since 2016. She is a Fellow of the American Headache Society and serves as Co-Chair for the Headache Fellowship Director's committee, the Women's Leadership Development Committee, and the Scottsdale Headache Symposium. She has served as mentor for the AHS Emerging Leaders Program and on the board of the Alliance for Headache Disorders Advocacy. Dr. Dougherty has participated in Headache on the Hill since 2016. She is committed to improving the lives of patients through her clinical work as well as education and advocacy.

**Alan Finkel, MD**, received his medical degree from SUNY at Buffalo and completed residency in Neurology and Pain/Headache Fellowship at the UNC–Chapel Hill. He is board certified in Neurology, Pain Medicine, and Headache Medicine. Dr. Finkel founded the non-profit Carolina Headache Foundation and is a contractor for the Defense and Veteran Brain Injury Center/Department of Defense at the Intrepid Spirit TBI Center at Fort Bragg, NC, where he



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treats and studies military post traumatic headache. His interests include medical education, traumatic brain injury/concussion, and healthcare policy and practice.

**Marshall Freeman, MD, FAHS, FAAN**, is Director of the Headache Wellness Center. He is board certified in Headache Medicine, Neurology, Neuromuscular Medicine, and Electrodiagnostic Medicine. He is a Fellow of the American Headache Society (FAHS), Fellow of the American Association of Neuromuscular and Electrodiagnostic Medicine (FAANEM), and Fellow of the American Academy of Neurology (FAAN). Dr. Freeman received his undergraduate education at the University of Michigan in Ann Arbor and his Doctorate of Medicine from Wayne State University in Detroit. He trained in the Adult Neurology Program at the Neurological Institute of Columbia University in New York City. He received additional fellowship training in Electrodiagnostic Medicine and Neuromuscular Diseases from the Eleanor and Lou Gehrig ALS Center at Columbia University. Dr. Freeman has authored and co-authored numerous articles and textbook chapters on headache medicine and neuromuscular diseases. He lectures throughout the United States as a headache expert. He also serves as Chief Medical Officer of Headache Wellness Center Research (HWCRC) and as principal investigator on multiple headache studies. Dr. Freeman is an active member of the American Headache Society (AHS), International Headache Society (IHS), American Academy of Neurology (AAN), and the North Carolina Neurological Society (NCNS).

**Deborah Friedman, MD, MPH, FAAN, FAHS**, is Neurologist specializing in Headache Medicine and Neuro-Ophthalmology and the Principal of Yellow Rose Headache and Neuro-Ophthalmology in Dallas, TX. She was the founding director of the Headache and Facial Pain Program and Cerebrospinal Fluid Dynamics Program at the University of Texas Southwestern Medical Center. She is board certified in Neurology and Headache Medicine and is a Fellow of the American Academy of Neurology (AAN), the American Headache Society (AHS), the American Neurological Association (ANA), and the North American Neuro-Ophthalmology Society (NANOS). Dr. Friedman served on the Board of Directors of AHS, is the Treasurer of SHS, was a Past-President of NANOS, and was a member of the steering committee for the Idiopathic Intracranial Hypertension Treatment Trial. She has published over 130 articles in peer-reviewed journals and 28 book chapters. Her key interests are intracranial pressure disorders, cluster headache, and migraine.

**Shivang Joshi, MD, MPH, RPh, FAHS**, received his Bachelor of Pharmacy at St. John's University College of Pharmacy and Allied Health Professions in New York, NY. He received his MD and MPH at St. George's University School of Medicine and completed his Neurology Residency at the Beth Israel Medical Center, New York, NY. Dr. Joshi then joined the Brigham and Women's Hospital, John R. Graham Headache Center in Boston, MA, for a Fellowship in Headache Medicine, where he was also an Instructor of Neuroscience at the Harvard Medical School. He is board certified in Neurology and Headache Medicine. Dr. Joshi is a recipient of the American Headache Society's 2012 "Frontiers in Headache Research" Scholarship Award for Cluster Headache Research. Some of his clinical interests include the trigeminal autonomic cephalalgias such as cluster headaches and migraine with aura in women. He is also a member of several professional medical societies including the American Academy of Neurology and the American Headache Society (AHS). He is also one of the founding members of the Great Lake Regional Society and Executive Board member of the Association of Migraine Disorders. Dr. Joshi is the current Chair of the Pharmacology and Therapeutics Section of AHS. He is the former Chair and Founder of the Trigeminal Autonomic Cephalalgia Section. Dr. Joshi is actively involved with mentorship and education with his academic societies, currently serving on the Emerging Leaders Committee. He is in clinical practice, accepting new patients, and serves as the Director of Headache Medicine at Community Neuroscience Services in Westborough, MA.



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**Kevin Kahn, MD**, obtained his undergraduate degree in 1988 from the University of Pennsylvania with a major in psychology and minor in philosophy. After graduating from the Medical University of South Carolina in 1992, he completed an internship at St. Joseph's Hospital in Chicago, IL, and residency training at Rush Presbyterian St. Luke's Medical Center in 1996. He then completed fellowship training in Headache and Pain Medicine at the University of North Carolina School of Medicine, Department of Neurology, in 1998. He served there as Neurology Residency Training Director while conducting research in chronic pain mechanisms and treating patients in the University Headache Clinic. Since 2009, he has served as the medical director for the Carolina Headache Institute where he continues to treat patients with headache disorders and participate in headache research.

**Peter Kalogerinis, DMSc, PA-C, AQH**, is a native of Fayetteville, NC. He received a BS in Biology from East Carolina University where he was involved in cancer research in the former Georgakilas DNA damage lab. After completing his degree, he attended Methodist University for his Master of Medical Science and became a Physician Assistant. In 2019, he completed his Doctor of Medical Science degree with honors at the University of Lynchburg and was a member of the inaugural class. He also holds a certification in Headache Medicine from The National Headache Foundation and is only one of eight providers to have this distinction in North Carolina. In addition to being a board certified Physician Assistant, he is also trained and certified in advanced ultrasound techniques and interventional procedures to include Botox and other toxin therapies for Migraine and Cervical Dystonia.

**Chaouki K. Khoury, MD, MS, FAAN, FAHS**, is a dually trained adult and child neurologist working at the South-Eastern Center for Headaches. He is an adjunct clinical professor at Morehouse School of Medicine and adjunct professor at Emory School of Medicine. Dr. Khoury graduated magna cum laude from the American University of Beirut with a BS in Biology in 1996. He then received his medical degree and MS in Neuroscience from the American University of Beirut and was ranked second in his graduating class. He completed neurology residency at the University of Oklahoma Health Sciences Center in 2005, followed by fellowship in Child Neurology at Texas Children's Hospital/Baylor College of Medicine in Houston, TX, in 2007. Dr. Khoury initially joined the faculty at the University of Oklahoma Health Sciences Center as Assistant Professor, was later promoted to Associate Professor, and then served as the residency program director. Afterward, he moved to Baylor University Medical Center in Dallas, TX, and joined the faculty at Texas A&M University as Associate Professor. He was the Neurology Clerkship Director and the Headache Fellowship Director. He then served as Director of Neurology Education and Research and as Director of the Comprehensive Headache Center. Subsequently, Dr. Khoury moved to private practice and focused solely on Headache Medicine. Beyond a busy clinical practice, he is heavily involved in clinical research and continues working on developing educational programs. He joined both the Morehouse School of Medicine and the Emory School of Medicine, with a promotion to Professor level, as Adjunct Professor. He is core faculty at the newly established Neurology residency at Morehouse School of Medicine, where he serves as the director of Child Neurology education. Dr. Khoury directs an elective in Headache Medicine that is offered at Morehouse School of Medicine, Philadelphia College of Osteopathic Medicine - Georgia, and the Medical College of Georgia/Augusta University. He is also the Director of the Headache Medicine rotation for the fellows in the Brain Injury Medicine fellowship at Emory School of Medicine. He remains engaged at a national level with headache organizations, despite his busy clinical and academic practice. Dr. Khoury is currently on the boards of the Southern Headache Society and the Alliance for Headache Disorders Advocacy, serving as Treasurer on both boards. He is also serves as chair of the Procedural Special Interest Section within the American Headache Society.

**Lauren King, MSN, CPNP**



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**Brian Loftus, MD**, is in private practice in Bellaire, TX, specializing in Headache Medicine and Hyperhidrosis. He is the Co-Founding President of the Southern Headache Society.

**Morris Maizels, MD**, is the Founding President of the Southern Headache Society (2011). His training as a family physician has influenced his career in Headache Medicine. He has been involved in headache care and research since 1994. His study, “Intranasal Lidocaine for Treatment of Migraine” (JAMA 1996), laid the foundation for the recent interest in sphenopalatine ganglion blocks for migraine. Following that publication, he established a group education model for headache patients at Southern California Permanente Medical Group. In 2012, his paper, “Beyond Neurovascular: Migraine as a Dysfunctional Neurolimbic Pain Network” (Headache 2012), suggested a new paradigm for understanding migraine. Dr. Maizels is a previous member of the Board of Directors of the American Headache Society, and a previous Senior Editorial Advisor for the journal, *Headache*. His most recent research projects were to validate an online headache diagnosis program for cluster headache and an open-label review of SPG blocks for various headache disorders (Practical Neurology, May 2021). Since retiring from clinical medicine, he volunteers as a prescribing physician with End-of-Life-Choice of Oregon, a group which provides for Medical Aid in Dying.

**Barbara L. Nye, MD, FAHS**, is a board certified Neurologist, UCNS board certified Headache subspecialist, Associate Professor of Neurology at Wake Forest School of Medicine, Director of the Headache Fellowship at Atrium Health – Wake Forest Baptist, and Fellow of the American Headache Society. She is a board member of both the Southern Headache Society (SHS) and Alliance of Headache Disorders Advocacy (AHDA) serving in the role of Vice President. Dr. Nye graduated from the University of South Florida College of Medicine and completed both her residency and subspecialty training at Dartmouth Hitchcock Medical Center. She participates in the clinical education of medical students, residents, and fellows. Dr. Nye is also the principal investigator on several clinical research studies and involved in quality improvement projects within the clinic/hospital. She enjoys speaking and teaching patients/providers about headache and participates in Headache Advocacy on Capitol Hill as well as locally.

**Christopher Oakley, MD**, is an Associate Professor of Neurology and Nursing. He sees patients with a variety of pediatric and adult headache concerns with a focus on the treatment of pediatric and adolescent migraine. He is the co-director of the Johns Hopkins Adult Headache Center and has established the Pediatric Headache Center at The Johns Hopkins Hospital, where he has served as director since its beginning to better serve children and adolescents with these common and potentially disabling conditions. A long-standing migraine sufferer himself, Dr. Oakley is a member of the Southern Headache Society, the American Headache Society, and the National Headache Foundation. He lectures frequently to the general public and healthcare providers on a multitude of headache topics but focuses on pediatric migraine and other childhood headaches, as this is his primary clinical focus.

**Scott Powers, PhD, ABPP, FAHS**, is a pediatric psychologist and clinical investigator whose research has focused on pharmacological, cognitive behavioral, and mind and body interventions for youth with migraine. As a clinician and clinical supervisor, he has provided mind and body interventions (specifically, biofeedback-assisted relaxation training) and cognitive behavioral therapy (CBT) to pediatric pain patients and taught these interventions to residents and fellows for over 30 years. Dr. Powers has developed behavioral and mind and body interventions for individuals with migraine; conducted multi-site randomized controlled trials; translated face-to-face interventions into mHealth and telehealth applications; collaborated with neuroscientists and genomics experts on mechanistic investigations; and employed innovative research methods for evaluating behavioral, mind and body, and pharmacological treatments. He and his team have published in top-tier journals such as the *New England Journal of Medicine*, *JAMA*, *JAMA Network Open*, *Pediatrics*, *JAMA Pediatrics*, and *Headache*. Dr. Powers has also been a mentor to graduate students, psychology residents and fellows, pediatric fellows, headache medicine





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and neurology fellows, and early career faculty (PhD and MD) for over 30 years. He is currently the Co-Program Director for an NIDDK T32 fellowship training grant (in year 20 and recently competitively renewed for years 21-25) and held a K24 mid-career investigator award from NIDDK for 10 years. Dr. Powers received the Martin P. Levin Mentorship Award from the Society of Pediatric Psychology in 2011 and the Logan Wright Research Award in 2013. He considers mentorship and team science to be the most important aspects of his career. Currently, Dr. Powers leads two complementary NIH RO1 grants along with Dr. Robert Coghill (Multiple Principal Investigator) focused on mechanistic clinical investigations aimed at examining brain imaging and pain processing changes as a result of non-pharmacological, placebo pill, and preventive medication interventions for pediatric migraine. He also leads a multi-site U01 grant from NCCIH focused on use of innovative adaptive intervention designs (e.g., Multi-phase Optimization Strategy or MOST) to increase the accessibility of relaxation training for youth with migraine by teaching nurses to introduce this skill in clinic. Since January 2023, Dr. Powers' team has led a comparative effectiveness funding award (\$11,500,000) focused on CBT delivered via telehealth with and without preventive medication. This new work is supported by the Patient-Centered Outcomes Research Institute and is a stakeholder-informed collaboration among 15 sites in the U.S. His team's hope is that, through research, they can make a measurable impact of the lives of youth with headache disorders and their families across the world. They believe that if youth experience better health in childhood, the trajectory of their lives will be improved as they continue to cope with headache disorders into adulthood.

**Sara Sacco, MD, FAHS**, is the medical director of the Carolinas Headache Clinic in Matthews, NC. She completed her residency in Neurology at the University of Iowa Hospitals and Clinics and fellowships in Clinical Neurology and Strokes at the Mayo Clinic in Rochester, MN. She is board certified in both Neurology and Headache Medicine. Dr. Sacco is a member of the American Academy of Neurology (AAN), American Headache Society (AHS), International Headache Society (IHS), and Southern Headache Society (SHS). She is a Fellow member of the AHS and is on the Board of Directors of the SHS and Carolina Headache Foundation. She has been the education chair for the SHS and is the program co-chair for the 2024 SHS Fall meeting. Dr. Sacco has a special interest in, and is actively involved in, the education of healthcare providers and patients on the topic of headaches and their treatment.

**Lauren Strauss, DO, FAHS**, is an associate professor in pediatric neurology and one of the few in the country who is a UCNS certified headache specialist and a Fellow of the American Headache Society. She received her medical degree from New York College of Osteopathic Medicine. She completed her child neurology residency at Boston Children's Hospital and her headache medicine fellowship at Brigham and Women's Hospital, both of which are affiliated with Harvard Medical School. Dr. Strauss' clinical work centers on improving the lives of children with headache disorders through educating patients, parents, and other healthcare professionals. She is a national leader in healthcare process improvement and has collaborated with Migraine Action Plan and the PedMAP. For the American Headache Society, Dr. Strauss is co-chair of the Electronic Media Committee and she serves on the First Contact program committee that develops educational content for primary care professional societies and neurology training programs. She is vice chair of clinical operations at the VCU's Children's Hospital of Richmond and the section chair of headache.

**Stephanie Vertrees, MD, FAHS**, is the medical director of the Vertrees Headache Center. She has over a decade of experience and has helped thousands of patients overcome their headaches. She sees adults and teenagers with all types of headache conditions. As a fellow migraine sufferer, Dr. Vertrees empathizes with the challenges of living with headaches and helps patients find the right ways to champion their condition. Ivy League and Texas trained, she has treated patients from all walks of life, both urban and rural. She currently lives in Austin, TX, with her husband and daughter.



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**Thomas Ward, MD**, was born in Portsmouth, NH, where he attended public schools. He graduated cum laude from Dartmouth College in 1975 and with honors from Dartmouth Medical School in 1980. He was an intern and resident in Internal Medicine at Albany Medical Center and completed his residency in neurology in 1985 at Dartmouth-Hitchcock Medical Center. Dr. Ward is a member of AOA and a fellow of the American Academy of Neurology, the American Headache Society, and the American Neurological Association (elected). He is a former editor of the journal of head and face pain, *Headache*. He is president of the Headache Cooperative of New England.

**Rebecca Erwin Wells, MD, MPH, FAHS, FAAN**, is a Professor in Neurology and Social Sciences Health Policy at Wake Forest University School of Medicine and Atrium Health Wake Forest Baptist in Winston-Salem, NC. She founded and directs their Comprehensive Headache Program. Dr. Wells graduated with highest honors from UNC-Chapel Hill while on full academic scholarship, completed her MD from East Carolina School of Medicine, her MPH from Harvard, and her Internship and Neurology residency from University of Virginia. She completed two fellowships from Harvard—an Integrative Medicine research fellowship and Headache Medicine Fellowship. Dr. Wells is a diplomat of the American Board of Psychiatry and Neurology, has United Council Neurologic Subspecialty Certification in Headache Medicine, and is a Fellow of the American Headache Society (AHS) and the American Academy of Neurology (AAN). She has served on the Board of the Southern Headache Society as Secretary, Treasurer, Vice-President, and most recently as President. She is on the American Headache Society (AHS) Board of Directors and received the AHS Above and Beyond Award in 2023 for her work serving as Co-Chair of the AHS Diversity, Equity, Inclusion Taskforce. Dr. Wells has received the AHS Early Career Lecture Award and the AAN Wolff-Graham award for her outstanding achievements in headache research. Her NIH RO1-funded research investigates the mechanisms and efficacy of mindfulness for migraine. Her National Headache Foundation research examines the gender differences and genetics of cluster headache.

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