

When to See a Doctor About a Headache

According to the American Council for Headache Education (ACHE), headaches can be a symptom of serious underlying medical conditions. The following examples indicate when you should talk to your doctor in a time manner:

- three or more headaches per week
- must take a pain reliever every day or almost daily
- need more than the recommended doses of over-the-counter medications to relieve headache symptoms
- headache is accompanied by shortness of breath, fever, and/or unexpected symptoms that affect your eyes, ears, nose, or throat
- headaches begin with, but persist after, a head injury
- headache is triggered by exertion, coughing, bending, or sexual activity
- headache keeps getting worse and will not go away
- headaches have changed in character
- headache accompanied by persistent or severe vomiting
- headaches began after you reached the age of 50

If you have the following symptoms, you should seek immediate care or go to the ER:

- have a stiff neck and/or fever, in addition to a headache
- dizziness, unsteadiness, slurred speech, weakness, or changes in sensation (numbness and/or tingling) in addition to your headache
- confusion or drowsiness that accompanies your headache
- have your "first and/or worst" headache

Keep in mind that, even if you have had headaches for many years, it is still possible to develop a new and possibly more serious type of headache.

Outpatient Offices

West Akron - Main Office

701 White Pond Dr., Suite 300, Akron, OH 44320
330.572.1011 • Fax: 330.572.1018

Practitioners:

- Susana Bowling, M.D.
- Roswell Dorsett, III, D.O.
- DeAnna Frye, Ph.D.
- DeRen Huang, M.D., Ph.D.
- Ryan Lynch, D.O.
- Megan Mason, M.D.
- Amir Mazhari, M.D.
- Hugh Miller, M.D.
- Eugenio Peluso, Ph.D.
- José Rafecas, M.D.
- Frankie Roman, M.D.
- Laura Samson, Psy.D.

Belden Village

Crescent Pointe Building
4774 Munson Street, Suite 100, Canton, OH 44718
330.494.8424 • Fax: 330.494.8174

Practitioner:

- Frankie Roman, M.D.

Green

1700 Boettler Road, Suite 250, Uniontown, OH 44685
330.899.5730 • Fax: 330.899.0522

Practitioners:

- Ryan Lynch, D.O.
- José Rafecas, M.D.
- Frankie Roman, M.D.

Hudson

The Health Center at Western Reserve
5655 Hudson Drive, Suite 110, Hudson, OH 44236
330.342.4020 • Fax: 330-342.4040

Practitioners:

- Megan Mason, M.D.
- Frankie Roman, M.D.
- Lawrence Saltis, M.D.
- Laura Samson, Psy.D.
- Roger Weiss, D.O.

Medina

3985 Medina Road, Suite 200, Medina, OH 44256
330.723.2700 • Fax: 330.723.2709

Practitioners:

- Roswell Dorsett III, D.O.
- DeAnna Frye, Ph.D.
- Zachary Lewton, M.D.

Ravenna

Robinson Memorial Hospital Professional Building
6847 N. Chestnut Street, Suite 330, Ravenna, OH 44266
330.296.8048 • Fax: 330.296.8208

Practitioners:

- Roswell Dorsett III, D.O.
- Eugenio Peluso, Ph.D.
- José Rafecas, M.D.
- Roger Weiss, D.O.

Wadsworth

Wadsworth-Rittman Hospital Outpatient Department
195 Wadsworth Road, Wadsworth, OH 44281
330.723-2700 • Fax: 330.723-2709

Practitioners:

- Zachary Lewton, M.D.

Neurology & Neuroscience Physicians

- | | |
|---------------------------|-----------------------|
| Susana Bowling, M.D. | Hugh Miller, M.D. |
| Roswell Dorsett III, D.O. | Eugenio Peluso, Ph.D. |
| DeAnna Frye, Ph.D. | José Rafecas, M.D. |
| DeRen Huang, M.D., Ph.D. | Frankie Roman, M.D. |
| Zachary Lewton, M.D. | Lawrence Saltis, M.D. |
| Ryan Lynch, D.O. | Laura Samson, Psy.D. |
| Megan Mason, M.D. | Roger Weiss, D.O. |
| Amir Mazhari, M.D. | |

Advanced Practice Nurses

- | | |
|------------------------------|-----------------------------|
| Brittany Barger, MSN, NP-C | Kristine Jacobson, MSN, CNS |
| Ruthann Ferik, MSN, CRNP | Kathryn Parker, MSN, CRNP |
| Anthony Gibaldi, MSN, CRNP | Jennifer Woods, MSN, CCNS |
| Maria Griffin, MSN, NP-C | Erin Zinn, MSN, CRNP |
| Stephanie Hartman, MSN, CRNP | |

Our Office Locations

- | | |
|----------------|------------|
| Belden Village | Ravenna |
| Green | Wadsworth |
| Hudson | West Akron |
| Medina | |

Hospital Privileges

- | | |
|------------------------------|----------------------------------|
| Akron City Hospital | Summa Barberton Hospital |
| Akron General Medical Center | Summa Wadsworth-Rittman Hospital |
| Robinson Memorial Hospital | Summa Western Reserve Hospital |
| St. Thomas Hospital | |



NEUROLOGY & NEUROSCIENCE ASSOCIATES, INC.

www.nnadoc.com

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701 White Pond Drive, Suite 300
Akron, OH 44320
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The Headache Center at NNA

Diagnosis and management of headaches, migraines and related pain disorders



NEUROLOGY & NEUROSCIENCE ASSOCIATES, INC.

www.nnadoc.com

The Headache Center at NNA



The Headache Center at NNA is dedicated to the diagnosis and management of headaches, migraines and other related pain disorders. Our specialized team of neurologists, neuropsychologists, nurses and therapists work together to develop a customized treatment plan based on the individual needs of each patient.

Our goal is to properly diagnose the causes of the headache, define and carry out a treatment plan, and to provide patient education about headache management. Through a collaborative approach, we hope to eliminate or reduce the pain and help patients return to a more functional life.

The type and classification of headache must be identified initially to distinguish primary headaches from headaches that are due to some other serious medical condition, such as brain tumors or strokes.

- **Primary headaches** – migraines with and without auras, tension-type headaches, cluster headaches and other general headaches. These account for more than 90%

of all headaches. The headache itself is the primary medical problem. There are many causes that trigger the headache, such as increased muscle tension, stress, certain type of foods, or even medications.

- **Secondary headaches** – headaches related to some other underlying medical problems, such as neck problems, post traumatic headaches, brain tumor, stroke, etc.

Medical Director



Megan Mason, M.D.
Neurologist

Dr. Mason received her medical degree from University of Louisville School of Medicine, Louisville, KY and her B.S. in biology from Transylvania University, Lexington, KY. She completed her neurology residency at University of Kentucky.

Dr. Mason has special interests in headache/migraine, EMG/NCS and general neurology.

Headache Center Highlights

NEUROLOGISTS – Dr. Mason, along with our team of neurologists—all experienced and trained in headache management—perform initial neurological evaluations and follow-up care to patients with all types of headaches and migraines. They work with each patient individually to identify the cause of the headaches, develop individualized treatment plans, educate patients about headache management, and coordinate other specialty services as needed.

NEUROPSYCHOLOGISTS – available to perform neuropsychological testing, cognitive assessments, counseling and assistance with behavioral and social issues.

ADVANCED PRACTICE NURSES – work in collaboration with the physicians to care for patients and provide education and support.

ADVANCED MRI – on-site MRI testing available as needed for initial diagnosis and identification of causes of headaches.

INFUSION SUITE – a special treatment room available for intravenous infusions specific for headaches. Same day infusions are available if ordered by your physician to provide immediate relief of severe migraines, and avoid potential emergency room visits.

SPECIALIZED TREATMENTS – Botox injections, occipital nerve blocks, trigger point injections and cranial sacral therapy are specialized treatments performed by our neurologists for advanced headache management.

MEDICATION MANAGEMENT – A variety of types and classifications of medications are available to manage headaches and migraines, and our physicians will make those recommendations based on individual patient's needs. Using the wrong medication or too much of it could make the headaches worse.

LIFESTYLE, BEHAVIORAL & DIET MODIFICATIONS – Our staff will work with each patient to identify changes they can make in their daily lives to help minimize the effects of recurring headaches and migraines.

HEADACHE LOG – Patients are encouraged to maintain a headache log describing the frequency and intensity of their headaches as well as response to treatment so the log can be reviewed with the physician.

COORDINATION OF OTHER SPECIALIZED SERVICES – We have relationships with other specialty providers in the community such as advanced pain management, psychiatry, psychology, biofeedback and physical therapy that we will coordinate for patients as needed.

Other Facts About Headaches

According to The National Institute of Neurological Disorders and Stroke (NINDS):

- As many as 45 million Americans have chronic severe headaches that can be disabling.
- Headaches result in more than 8 million doctor visits a year.
- 70% of Americans will suffer headache pain severe enough to seek medical attention.
- A smaller but substantial percentage of these patients have daily or frequent chronic headaches.
- 25% of women and 8% of men get migraines sometime in their lifetime. About half of these people get their first migraine before the age of 20, and 98% before the age of 50. Most migraines occur between the ages of 25 and 50.
- Most people with a headache use non-prescription pain relievers to treat their symptoms. Because store shelves hold a vast array of pain relievers, coupled with a growing trend toward self-care, patients should examine the facts about headaches and pain relievers.

Helpful Websites

- <http://www.neurologychannel.com/headache>
- <http://www.headaches.org>
- <http://www.ninds.nih.gov/disorders/headache>
- <http://www.neurologychannel.com/migraine>
- <http://www.americanheadachesociety.org>