



# Headache Relief

The Johns Hopkins Headache Center provides comprehensive evaluation, treatment and education for patients suffering from chronic headaches, facial pain and a variety of related disorders.

One of the few academic-based headache centers in the world, the Johns Hopkins Headache Center is distinctive for bringing together world-class Johns Hopkins providers from a variety of medical and surgical specialties. Each specialty is dedicated to improving the quality of life for patients afflicted by headaches or facial pain.

Patients looking for relief from their debilitating symptoms can take the first step on the journey to wellness by making an appointment at the Johns Hopkins Headache Center conveniently located at Johns Hopkins Bayview.

Johns Hopkins Headache Center  
Johns Hopkins Bayview Medical Center  
4940 Eastern Avenue  
Baltimore, MD 21224  
Phone: 410-550-2243 (ACHE)  
Fax: 410-550-0539

## Directions

### From the North

Take I-95 South to Exit 59, Eastern Avenue. Turn right onto Eastern Avenue west. Proceed approximately one mile to Bayview Boulevard on the right. Make a right onto Mason F. Lord Drive and follow the road to the patient parking garage on the right.

### From the South (including BWI airport)

Take I-295 North to the Harbor Tunnel Thruway (I-895). After exiting the tunnel, take Exit 12, Lombard Street. At the first stop light, proceed straight onto Bayview Boulevard. Follow Bayview Blvd. down the hill. Make a left onto Mason F. Lord Drive and follow the road to the patient parking garage on the right.

The Johns Hopkins Headache Center is located in the neurology clinic in the BMO building. Use the entrance under the blue awning directly across from the garage.

*Directions are also available by calling the Johns Hopkins Bayview Direction Line at 410-550-5748.*

for more information please call  
**410-550-2243 (ACHE)**

or visit our website

**[www.hopkinsneuro.org/headache](http://www.hopkinsneuro.org/headache)**



**JOHNS HOPKINS**  
MEDICINE

JOHNS HOPKINS  
BAYVIEW MEDICAL CENTER

# The Johns Hopkins Headache Center



reducing pain,  
**improving**  
*quality of life*



**JOHNS HOPKINS**  
MEDICINE

JOHNS HOPKINS  
BAYVIEW MEDICAL CENTER

# ending debilitating pain

**M**illions of people in the United States suffer crippling headaches that undermine their ability to work, socialize and enjoy life. An estimated 12 percent of the U.S. population suffers from migraine headaches alone, and every 10 seconds someone enters an emergency room with a severe headache. Studies show that debilitating headaches force otherwise healthy, active people to spend more than 112 million days per year bedridden.

There are dozens of different types of headaches. While tension, migraine, cluster and trigeminal neuralgia are among the most common, even these conditions are frequently misdiagnosed. Exertion-related headaches, spinal fluid disorders, chronic daily headaches and other rare forms of headaches and nerve pain can result in unusual symptoms. Occasionally, headaches are indications of serious underlying medical conditions that could be harmful if they remain undiagnosed.

The Johns Hopkins Headache Center evaluates and manages all types of headaches – whether they occur a few times a year or are utterly relentless on a daily basis. Each patient receives a thorough neurological workup and a comprehensive individualized treatment plan aimed at eliminating or reducing pain and associated symptoms.



## getting ahead of headaches



*“I was suffering from unbearable headaches. I had pressure on my temples, on the back of my head. I was incapacitated. I couldn’t do anything. I’d come home from work, say hello to my husband and go right to bed ... After treatment, I feel like I’ve gotten my life back.”*

– VALERIE, A HEADACHE CENTER PATIENT

### A Multidisciplinary Approach

Neurologist Jason Rosenberg, M.D., established the Johns Hopkins Headache Center in 2006 to fill an unmet need for headache sufferers in the Baltimore-Washington region. The strength of the Headache Center lies in its multidisciplinary team of physicians and specialists, representing fields such as:

- ▶ Anesthesia/pain control
- ▶ Gynecology
- ▶ Hydrocephalus
- ▶ Neurosurgery
- ▶ Nutrition
- ▶ Otolaryngology
- ▶ Pediatrics
- ▶ Psychiatry
- ▶ Vascular medicine

A dedicated nurse practitioner and coordinator are also on staff to manage patient care.

### Receiving Care from the Johns Hopkins Headache Center

If a patient’s insurance requires a referral, please fax the paperwork to the attention of the Johns Hopkins Headache Center coordinator at 410-550-0539. After approval, an appointment will be scheduled with one of our neurologists or with our nurse practitioner.

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**To make an appointment after faxing the referral, call the appointment line at 410-550-5624 or contact the Headache Center Coordinator directly at 410-550-2243 (ACHE).**

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Patients should bring the following items to their appointment:

- ▶ Films or CD-ROMs of any brain and neck imaging studies, such as CT scans and MRIs
- ▶ Written reports of imaging study results
- ▶ Results from any other recent tests, such as spinal taps
- ▶ A list of current and previous medications including dosage, start date and reason for taking
- ▶ A completed new patient questionnaire, which will be mailed to you.

*The goal of the Johns Hopkins Headache Center is to improve our patients’ quality of life by reducing their pain and associated symptoms.*