

**Lawrence Robbins, M.D.**

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Curriculum Vitae

# **Robbins**

## **Headache Clinic**

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# Lawrence Robbins, M.D.

## Summary

- Dr. Robbins is a neurologist specializing in headache, with certificates in pain management, headache, and psychopharmacology. He was Assistant Professor of Neurology at Rush Medical College from 1992-2011. He holds the title of Master Psychopharmacologist and Master Clinician through the Neuroscience Education Institute.
- He is a Fellow of the American Headache Society, as well as a Fellow of the American Association of Integrative Medicine.
- In every year from 2002-2019, Dr. Robbins has been named to the “America’s Top Doctors” list created by Castle Connolly and now published in U.S. News and World Report. Also, Dr. Robbins is one of a select group of doctors within that list who are considered to be among the top 1% in the nation in his specialty. Chicago Magazine lists Dr. Robbins as one of the Top Doctors in Chicago.
- In 2008, the American Academy of Pain Management selected

Dr. Robbins as the only recipient of the “Janet Travell Clinical Pain Management Award,” given to one physician per year.

- Dr. Robbins is the author of four books: 1) Management of Headache and Headache Medications, first and second edition. The book, written primarily for physicians, enjoyed much critical acclaim; the second edition was one of the top selling books in its class; 2) Headache Help, with Susan Lang, is for the patient. Headache Help, one of the best-selling books on headache, was also out in two editions. 3) Headache 2013: A Comprehensive Guide to Headache Treatment, Including Advanced Approaches for When Nothing Has Helped. This ebook, which contains highlights of Dr. Robbins' extensive writings, is for doctors and patients. It is an overview of cutting-edge headache treatment and a definitive resource for headaches that are difficult to treat.

Updates to the books are available through

[www.chicagoheadacheclinic.com](http://www.chicagoheadacheclinic.com).

4) Newest Book: Advanced Headache Therapy: Outpatient Strategies (2015). For doctors and patients, this new book (published by Springer) focuses on refractory or “difficult to treat” headache patients. Cutting edge treatments are presented for migraine and cluster headaches. An extensive section is devoted to

psychological conditions. There is a major chapter on headaches in children and adolescents. In-depth case studies are discussed.

- Dr. Robbins has written or contributed towards more than 340 articles and abstracts. His research has ranged from psychological aspects of headache to the immune system to advanced MRI studies in chronic migraine patients, to studies on newer drugs (such as CGRP antagonists).

- Dr. Robbins is involved in a great deal of headache research and lectures extensively. He usually lectures on the management of chronic headache, as well as psychiatric conditions in headache patients. The latest talks are: 1. Deconstructing the Art of Headache Medicine, 2. Refractory Chronic Headache: What to Do When Nothing is Working, 3. Personality Disorders and the Bipolar Spectrum (in pain patients, and a separate talk developed for schools), and 4. How to be a Better Drug Representative: From a Physician's Perspective.

- Dr. Robbins started the section of the American Headache Society, "The Refractory Patient: What to do When Nothing is Working." He has written extensively on refractory, "difficult to

treat” patients and approaches.

- In 1986, Dr. Robbins founded the Robbins Headache Clinic where he treats patients with various types of headaches. Dr. Robbins, Nurse Practitioner Brooke Phenicie, NP-C, and the rest of the clinic staff treat patients in a comprehensive manner. Each patient receives a good deal of time and attention. Treatment is highly individualized and offers a wide range of options.
- The educational site, [www.chicagoheadacheclinic.com](http://www.chicagoheadacheclinic.com), is edited by Dr. Robbins and his staff. More than 15,000 visitors a month use the site for information on headaches. The site summarizes the best headache articles of recent months, and has been doing so since 1999. The most popular section is the blog, which is updated daily. There have been over 1400 blogs.
- Dr. Robbins was involved in the effort to promote a 2018 bill, eliminating tackle football (in Illinois) under age 12. Dr. Robbins and Illinois House Representative Carol Sente’s efforts led to Governor Quinn’s signing of HB 5431, the Mandatory Concussion Education for High School Coaches and Athletic Directors, on August 19, 2014. The IHSA adopted most of Dr. Robbins

proposed practice changes (football).

- Dr. Robbins wrote a major chapter, “Refractory Chronic Migraine”, for a Scientific American Neurology online textbook, 2016-2017.
- Dr. Robbins was identified by the National Headache Foundation with “Added Qualification in Headache Medicine”, October 2016. (a certificate in advanced headache practice)

In 2017, Dr. Robbins established a neurology clinic in rural Honduras. He goes there regularly and also Skypes with patients from his office in Illinois. He has recruited Honduran neurologists and psychiatrists to staff the clinic. This clinic serves a population of 400,000 people who have little access to neurology. The neurology clinic is non-profit and is funded by the American Headache Association. For his work in Honduras, Dr. Robbins was nominated for a 2019 AAN award given to a neurologist who serves indigent patients.

## **Education**

University of Michigan (Zoology and Psychology, B.S., 1976)

University of Illinois (M.D., 1981)

## **Postdoctoral Training**

Internship in Internal Medicine, Illinois Masonic Hospital, Chicago  
(1981-82)

Residency in Neurology, University of Illinois, Chicago (1982-85)

Staff Neurologist, Diamond Headache Clinic, Chicago (1985-86)

## **Academic Posts**

On Staff, Chicago Medical School(Rosalind Franklin), instructing  
medical students, and lecturing  
2019-

Assistant Professor of Neurology, Rush Medical College, Chicago  
(1992-2011)

Assistant Professor of Neurology, University of Illinois, Chicago  
(1990-96)

Clinical Instructor of Neurology, University of Illinois, Chicago  
(1985-90)

Volunteer Neurology Attending in Neurology Clinic, University of  
Illinois, Chicago (1985-91)



## **Hospital Appointments**

Evanston Hospital, Evanston, Illinois (1999-2008)

Staff Privileges, Highland Park Hospital, Highland Park, Illinois (1986-2008)

## **Licensure and Certification**

- Illinois License (1982-present)
- Neurology Board Eligible (June, 1985) (Board eligibility expires after a number of years)
- Certificate in Pain Management, American Academy of Pain Management (1995), and re-credentialed as a Diplomate in 2003
- Certificate of Added Qualification in Headache Medicine (CAQ) (October, 2016) by the National Headache Foundation.

## **Fellowship**

In June, 1993, Dr. Robbins was appointed a Fellow of the American Association for the Study of Headache. At the time, he was the youngest of the 23 Fellows.

## **Psychopharmacology**

In January 2004, Dr. Robbins was awarded the Master Psychopharmacologist and Master Clinician status by the Neuroscience Education Institute. He has done this Master Learning Program two times. This was achieved via a program of courses, both live and web-based, as well as other achievements in the field. Dr. Robbins was also a member of the American Society of Clinical Psychopharmacology.

# Bibliography

**Books, Book Chapters**

## Books

### Newest Book:

#### **Advanced Headache Therapy: Outpatient Strategies (2015).**

Lawrence Robbins, M.D.

Springer, publisher. New York City, NY.

For doctors and patients, this book (published by Springer) focuses on refractory or “difficult to treat” headache patients. Cutting edge treatments are presented for migraine and cluster headaches. An extensive section is devoted to psychological conditions. There is a major chapter on headaches in children and adolescents. In-depth case studies are discussed.

#### **Headache 2013: A Comprehensive Guide to Headache Treatment, Including Advanced Approaches for When Nothing Has Helped (ebook)**

Lawrence Robbins, M.D.

This collection of writings by Lawrence Robbins, M.D., was the definitive resource for headaches that are difficult to treat. The ebook is a comprehensive overview of cutting-edge treatment of tension headaches, migraines, and cluster headaches. It contains

practical guidance for medical providers, and also offers information for patients seeking an advanced understanding of headaches. Headache 2013 is available from online sellers, and it can be read on PCs, computer tablets, smartphones and e-readers such as the Kindle and Nook.

### **Management of Headache and Headache Medications, Second Edition**

Lawrence Robbins, M.D.

Springer-Verlag, publisher. New York City, NY, 1994; second edition, 2000.

This book received critical acclaim as “the best guide to the medications on headache” and was highly recommended in the journals Headache, Neurology, Neuropractice, and Cephalalgia. The second edition added sections on natural and herbal treatments, and an index to headache medications. This was converted to an e-book by Springer in 2013. While primarily intended for physicians, many patients used the book as a reference.

### **Headache Help: Revised and Updated, Second Edition**

Lawrence Robbins, M.D., and Susan Lang

Houghton Mifflin, publisher, 1995; second edition, 2000.

The original Headache Help was updated and improved with new sections on natural and herbal therapy and post-traumatic headache. The second edition also included a new drug guide, advice on psychological aspects of headache, and a section on “What to Do When Nothing Works.” It was a bestseller among headache books from 2000-2003. Regular updates are published in booklets, the latest being “Headache 2015-2016.”

## Book Chapters

Dr. Robbins co-authored three chapters in the book *Ocular Therapeutics Handbook: A Clinical Manual*, 1st, 2nd and 3rd editions; Bruce E. Onofrey, Leonid Skorin, Jr., and Nicky R. Holdeman, editors. Lippincott Williams and Wilkins, Philadelphia, PA; 2005, 2010. The chapters are:

“Tension-type Headache: Migraine, Cluster Headache, and Nonprimary Headache”

“Migraine Headache”

“Cluster Headache”

These chapters were updated for a new edition, 2018-2019.

Dr. Robbins wrote a major chapter, “Refractory Chronic Migraine”, for a *Scientific American Neurology* online textbook, 2016-2017.

# Published Articles

**Written by Lawrence Robbins,  
except where noted**

CGRP Monoclonal Antibodies and Migraine: Side Effects(Letter/Commentary): Submitted for Publication

CGRP Monoclonal Antibodies: The First Year's Experience With Aimovig, Ajoovy, and Emgality, and Controversies in CGRP Management. To be published in Practical Pain Management, September/October 2019 (and available online at [practicalpainmangement.com](http://practicalpainmangement.com))

Erenumab and Side Effects(Letter), Headache Vol 59, Issue 7, July 2019.

CGRP: First Year Results: Ajoovy and Emgality, and Controversies in Monoclonal Antibodies for Migraine, Southern Pain Society, Spring/Summer 2019 Newsletter



CGRP Monoclonal Antibodies for Chronic Migraine, Southern Pain Society Winter, 2019 Newsletter

CGRP Monoclonal Antibodies for Chronic Migraine: Early Experience with Erenumab *Practical Pain Management*, March 2019: Vol.19, Issue 2. Pg 45-52. (and available online at [Practicalpainmanagement.com](http://Practicalpainmanagement.com))

Robbins, L., Dubon-Murcia, S., Betancourt, N. Tratamiento De Migrana Y Cefalea En Racimos: Lo Viejo, Lo Nuevo (Treatment of Migraine and Cluster Headache: The Old, The New) Submitted 2019 to: *Revista Medico Hondurena*(Journal)

Robbins,L., Dubon-Murcia,S., Betancourt, N. Cefalea en Racimos: Lo Viejo, Lo Nuevo( Cluster Headache: The Old, The New) Submitted 2019 to: *Revista Medico Hondurena*(Journal)

Robbins,L. and Alford,A.

The Adolescent Headache Patient Who Is Homebound: Practical and Psychiatric Considerations *Practical Pain Management*, December,2018, Vol 18, Issue #9, pages 21-24. This was also published in the *Southern Pain Society newsletter*, Fall 2018.

At Stake: The Possible Long-term Side effects of CGRP Antagonists. *Practical Pain Management*, (Online June, 2018) and in the PPM journal, September, 2018.

CGRP Antagonists: Physiologic Effects and Serious Side Effects(Letter). *Headache*, Oct. 2018; vol 58, Issue #9, pages 1469-1471.

Early Data on the first CGRP inhibitor for migraine(Aimovig): *Practical Pain Management* Oct., 2018(Online Only)

Blumenfeld A, Tepper S, Robbins L, Manack Adams A, Buse D, Orejudos A, Silberstein S.

“Effects of OnabotulinumtoxinA Treatment for Chronic Migraine on Common Comorbidities including Depression and Anxiety”.

Accepted in *Journal of Neurology, Neurology, and Psychiatry*, Published in 2019.

CGRP Antagonists: Long-term effects

*Southern Pain Society Newsletter*, July 2018.

A New Frontier in Migraine Management: Inside CGRP Inhibitors and Migraine Prevention.

*Practical Pain Management*, June 2018, Vol. 18, Issue 4 (and online). This issue contains commentary on CGRP by Dr. Robbins.

Personality Disorders: Recognition and Management in a Pain  
Clinic Setting

*Southern Pain Society Newsletter*, April 2018.

Medication Overuse Headache: Inaccurate and Over-Diagnosed  
*Practical Pain Management*, March 2018; pp. 2-4.

This article was also published, in an expanded form, in: *Practical  
Pain Management*, March 2018.

Medication Overuse Headache: A Perspective

*Southern Pain Society Newsletter*, January 2018.

Tackle Football Should Be Eliminated Under Age 12: OPED

Published in 3 newspapers in Illinois (including the Rockford  
and Peoria papers, and the *Northwest Daily Herald*), March 2018.

Hockey: Concussions in Adult Men's Leagues

By Robbins, L. and Robbins, Michael

To be submitted to *Practical Pain Management*.

Evolution and Headache

(in progress)

Clinical Pearls for Treating Headache Patients  
Awaiting Publication in *Practical Pain Management*.

Migraine Treatment: A Comprehensive Guide  
*Southern Pain Society Newsletter*, November 2017.

Migraine Treatment: What's Old, What's New  
*Practical Pain Management*, June 2017.

Migraine and Headache Medications: Antidepressants, Triptans,  
and Opioids for Migraine and Headache Relief  
*Practical Pain Management*, June 2017.

Tips From the Field: Deconstructing the Art of Headache  
Medicine: Determining the Best Strategy for Headache  
Management  
*Practical Pain Management*, June 2017.

Choosing Headache Therapy: Deconstructing the Art of Headache  
Medicine  
*Practical Pain Management*, December 2016.

## Difficult to Treat (Refractory) Chronic Migraine: Outpatient Approaches

Published online in *Scientific American Neurology* (October 2016). This is a 10,000 word chapter that is featured in the Scientific American online neurology text.

## Brain Trauma in Sports

*Practical Pain Management*, May 2016, Vol. 16, Issue 4.

## Hockey Needs Reform to Improve Safety

(also published under: Hockey Can Still Be Great Without Violence)

Published: 1. RealClearSports.com, Dec. 22, 2015.  
2. GrandForksHerald.com, Dec. 27, 2015.  
3. ProvidenceJournal.com, Dec. 25, 2015.  
4. TheGazette.com (Cedar Rapids, Iowa),  
Feb. 9, 2016.

## Can Soccer Headers Cause Brain Damage?

Published on RealClearSports.com, Jan. 6, 2016.

## Hockey Needs Reform to Improve Safety

Also published under: Hockey Can Still Be Great Without Violence

1. TheGazette.com (Cedar Rapids, Iowa), Feb. 9, 2016  
2. GrandForksHerald.com, Dec. 27, 2015

3. ProvidenceJournal.com, Dec. 25, 2015
4. RealClearSports.com, published Dec. 22, 2015

### Migraine and Headache Medications

Antidepressants, Triptans, and Opioids for Migraine and Headache Relief

[www.practicalpainmanagement.com](http://www.practicalpainmanagement.com), November 2015.

### Exercise Tips for Migraines and Headaches

Do Yoga, Walk, or Swim to Ease Migraines and Headaches Symptoms

[www.practicalpainmanagement.com](http://www.practicalpainmanagement.com), November 2015.

### Migraine and Headache Causes

Stress, Hormones, and Your Environment Can Trigger Headaches

[www.practicalpainmanagement.com](http://www.practicalpainmanagement.com), November 2015.

### Migraine and Headache Facts and Tips

How to Better Deal with Migraine and Headaches

[www.practicalpainmanagement.com](http://www.practicalpainmanagement.com), November 2015.

### 7 Lifestyle Tips to Help Prevent Migraine and Headaches

*Practical Pain Management*, November 2015.

Case History of Chronic Migraine: Update 2015, Part 1  
*Practical Pain Management*, June 2015, Vol. 15, Issue 5.

Case History of Chronic Migraine: Update 2015, Part 2  
*Practical Pain Management*, July/August 2015, Vol. 15,  
Issue 6.

Migraine Case History: Part 3  
Awaiting Publication in *Practical Pain Management*

Difficult to Treat Headache: Outpatient Treatment Options (patient  
version)  
*Head Wise*, Fall 2014, Vol. 4, Issue 2.

Medication Overuse headache (Letter)  
*Headache*, Fall 2014, published online (and will be in print)

Difficult to Treat Chronic Migraine: Outpatient Medication  
Approaches  
*Practical Pain Management*, September 2014, Vol. 14, Issue  
8, pp 32-45.

Difficult to Treat Chronic Migraine: The Bipolar Spectrum and  
Personality Disorders

*Practical Pain Management*, September 2014, Vol. 14, Issue 8, pp 46-48.

Ask the Expert: How do you clinically determine if a chronic pain patient has centralized pain? Do you record this in the patient's chart?

*Practical Pain Management*, September 2014, Vol. 14, Issue 8, p.22.

Migraine Treatment 2014-2015

*Practical Pain Management*, July 2014, Vol. 14, Issue 6, pp 40-58.

Robbins, L., Rueter, M., Ferguson, M.

Ask the Expert: What is better for treating rebound headaches – long-acting NSAIDs or short-acting NSAIDs?

*Practical Pain Management*, June 2014, Vol. 14, Issue 5, pp 20-21.

Zohydro Controversy: Drug Hysteria or True Concern

*Practical Pain Management*, May 2014, Vol. 14, Issue 4, p.7.

Long-Acting Opioids and Headache

Letter in *Headache*, April 2014, Vol. 54, Issue 4, pp. 750-751.



### Drug Hysteria: Don't Buy All the Zohydro Hysteria

OPED Published in *The Herald News* (Massachusetts), April 9, 2014.

Also published in two other newspapers.

### Migraine Headache Surgery: Halt!

Letter in *Headache*, February 2014, Vol. 54, Issue 2, pp. 383-384.

### Migraine Headache Surgery: Time for More Studies

Letter in *Neurology Reviews*, February 2014, Vol. 22, Issue 2, p.5.

### Blue ribbon winner (Poster): Commentary on the Top Posters

*Pain Practitioner*, Winter 2013, p.38.

### Refractory Chronic Migraine: Using a Refractory Rating Scale to Guide Treatment

*Pain Practitioner*, 2013, Vol.23, No.2.

### Trigger Point Identification for Botox Injection in Migraine Patients

Letter in *Practical Pain Management*, May 2013, Vol.13, Issue 4, pp.12.

Krusz, J., and Robbins, L.

## Traumatic Brain Injury

*Practical Pain Management*, May 2013, Vol.13, Issue 4,  
pp.22-31.

Robbins, L., Conidi, F.

Stop Football ... Save Brains: A Point Counterpoint Discussion  
*Headache*, May 2013, Vol.53, Issue 5, pp.817–823.

Menashehoff, S., Hilderbrand, R., Goldstein, L. Reviewed and  
edited by Robbins, L.

The Use of Botulinum Toxin in Migraines: A Review

*Practical Pain Management*, April 2013, Vol.13, Issue 3,  
pp.16-22.

The Homebound Adolescent Headache Patient.

*Practical Pain Management*, April 2013, Vol.13, Issue 3,  
pp.14-15.

Let's Ban Tackle Football Under Age 18

Op-ed in *RealClearSports* (a sister site of RealClearPolitics),  
December 2012 (also reprinted in a number of newspapers).

Robbins, L., Bassett, B., Ludwig, F.

Clinical Pearls for Treating Headache Patients

*Practical Pain Management*, September 2012, Vol.12, Issue  
8, pp.40-44.

### In Defense of Butalbital

Letter in *Headache*, September 2012, Vol.52, Issue 8,  
pp.1323–1324.

Robbins, L., Bassett, B.

### Case Studies in New Daily Persistent Headache

*Practical Pain Management*, July 2012, Vol.12, Issue 6,  
pp.16-18.

Robbins, L., Bassett, B.

### Anxiety in a Headache Patient

*Practical Pain Management*, May 2012, Vol.12, Issue 4,  
pp.27-33.

Robbins, L., Bassett, B.

### Migraine Treatment from A to Z

*Practical Pain Management*, April 2012, Vol.12, Issue 3,  
pp.66-79.

### Refractory Chronic Migraine: Long Term Follow up Using a Refractory Rating Scale

*Journal of Headache and Pain*, 2012, Vol.13 No.3, pp.225-  
229.

(Note: The *Journal of Headache* has reviewed this article in their  
abstracts review section.)

Robbins, L., Bassett, B.  
ADHD and Pain Patients  
*Practical Pain Management*, November/December 2011,  
Vol.11, Issue 9.

Robbins, L., Bassett, B.  
A Case of Mild Factitious Disorder by Proxy  
*Practical Pain Management*, October 2011, Vol.11, Issue 8.

Robbins, L., Schwarz, M., Snediker, D.  
Migraine Case History, Part 3: Heather  
*Practical Pain Management*, April 2011, Vol.11, Issue 3,  
pp.82-91.

Preventive Therapies for Cluster Headaches  
*Practical Pain Management*, March 2011, Vol.11, Issue 2.

Robbins, L., Maides, J.  
The Immune System and Headache: Update  
*Practical Pain Management*, January/February 2011, Vol.11,  
Issue 1, pp.58-60.

Refractory Headache Definition  
Letter in *Headache*, February 2011, Vol.51, Issue 2, pp.310–  
311.

Diamond, S., Robbins, L., Freitag, F.

Acute Treatment of Cluster Headache

*Practical Pain Management*, November/December 2010,  
Vol.10, Issue 9, pp.54-62.

A Practice Guide for Continuous Opioid Therapy for Refractory  
Daily Headache

Letter in *Headache*, November/December 2010, Vol.50  
No.10, pp.1614.

Preventive Medications for Headache

*Practical Pain Management*, October 2010, Vol.10, Issue 8,  
pp.32.

Robbins, L., Snediker, D.

Chronic Migraine: an Interactive Case History, Part 2

*Practical Pain Management*, October 2010, Vol.10, Issue 8,  
pp.72-74

Cluster Headache

*Practical Pain Management*, July/August 2010, Vol.10, Issue  
6, pp.66-68.

Robbins, L., Leith, C.

Chaos (Nonlinear Dynamics) and Migraine

*Practical Pain Management*, May 2010, Vol.10, Issue 4,  
pp.73-75.

Refractory Chronic Migraine

*Practical Pain Management*, April 2010, Vol.10, Issue 3,  
pp.10-24.

Maides, J., Robbins, L.

Headache in Children and Adolescents

*Practical Pain Management*, January/February 2010, Vol.10,  
Issue 1, pp.58-60.

Robbins, L., Maides, J.

Efficacy of Stimulants in Migraineurs with Comorbidities

*Practical Pain Management*, Sept. 2009, Vol.9, Issue 7,  
pp.58-59.

Long-Acting Opioids for Refractory Chronic Migraine

*Practical Pain Management*, July/August 2009, Vol.9, Issue  
6, pp.47-54.

Robbins, L., Maides, J.

Preventive Medications for Chronic Daily Headache

*Practical Pain Management*, June 2009, Vol.9, Issue 5,  
pp.74-78.

Personality Disorders in Migraineurs

*Practical Pain Management*, January/February 2009, Vol.9,  
Issue 1, pp.52-54.

Robbins, L., Maides, J., Shmaryan, D.

The Immune System and Headache: A Review

*The Pain Practitioner*, Winter 2008, Vol.18, No.4, pp.53-56.

Management of Chronic Headache

*Practical Pain Management*, November/December 2008,  
Vol.8, Issue 9, pp.42-51.

Chronic Migraine: An Interactive Case History

*Practical Pain Management*, October 2008, Vol.8, Issue 8.

The Bipolar Spectrum in Migraine, Cluster and Tension Headache

*European Neurological Review*, 2008, Vol.3, Issue 1, pp.123-  
124.

The Prevalence of Personality Disorders in Migraineurs

*US Neurological Disease*, 2007 (2008), Vol.4, Issue I, May 2008.

Personality Disorders and the Bipolar Spectrum

*Practical Pain Management*, April 2008, Vol.8, Issue 3, pp.46-50.

The Bipolar Spectrum in Migraine, Cluster and Chronic Tension Headache

*US Neurological Disease*, 2007 (2008) Vol.3, Issue II, February 2008.

Clinical Pearls for Treating Headache Patients

*Practical Pain Management*, July/August 2006, Vol.6, Issue 5, pp.32-35.

Frequent Eletriptan Use: Observations on Safety Issues

*American Journal of Pain Management*, July 2006, Vol.11, No.3, pp.84-86.

The Bipolar Spectrum in Cluster Headache Patients

*American Journal of Pain Management*, April 2006, Vol.16, No.2, pp.44-52.



Frequent Triptan Use: Observations on Safety Issues

*Headache*, 2004, Vol.44, pp.1-5.

This article also appeared in *Practical Neurology*, August 2002, and *CNS News*, October 2002.

Depakote ER vs. Depakote: Patient Preference

*The Pain Clinic*, Winter 2004.

Tramadol for Tension Headache

Letter in *Headache*, Vol.44, No.2, February 2004.

Cluster Headache Precipitated By Isosorbide Mononitrate

*American Journal of Pain Management*, January 2004, Vol.14, pp.16-18.

This article was selected for Analgesia File by the Dannemiller Memorial Educational Foundation.

Botulinum Toxin for Cluster Headache: 10 Patients

*American Journal of Pain Management*, 2002, Vol.12, pp.136-139.

This article was also published in *Analgesia File*, and *Practical Neurology*, August 2002.

### Triptans vs. Analgesics

*Headache*, October 2002, Vol.42, pp.903-907.

### Case History: Munchausen's Syndrome Presenting as Cluster Headache

*Headache Quarterly*, 2002 Vol.13, No.2.

### Practical Headache Pearls

*Practical Pain Management*, July/August 2002, pp.1-3.

This article also appeared in Analgesia File.

### Gokani, T., Robbins, L.

### Botulinum Toxin: Efficacy in Migraine, Tension-Type, and Cluster Headache

*American Journal of Pain Management*, July 2002, Vol.12, No.3, pp.98-103.

This article also appeared in *Analgesia File*.

### Botulinum Toxin Type B for Refractory Cluster Headache

*The Pain Clinic*, June 2002, Vol.4, No.3, pp.11-14.

### Butorphanol Nasal Spray for Headache

*Letter in Headache*, May 2002, Vol.42, No.5, p.386.

### Butorphanol Nasal Spray for Headache

*American Journal of Pain Management*, April 2002, Vol.12, No.2, pp.49-50.

### Daily Triptans for Headache: Expert Opinion

*Headache*, October 2001, Vol.41, pp.907-909.

### We Need Better Preventative Medications

Letter in *Headache*, June 2001, Vol.41, No.6, pp.611-612.

### Headache Relief: Long-Acting Opioids

*Journal of Practical Pain Management*, May/June 2001, pp.23-27.

### Long-Acting Opioids for Severe Chronic Daily Headache

*Surgical Physician Assistant*, April 2001, Vol.7, No.4, pp.45-47.

### Long-Acting Opioids for Chronic Daily Headache

*The Pain Clinic*, February 2001, Vol.3, No.1, pp.13-15.

Intravenous Valproate Sodium Injection for Prolonged Migraine Headache

*American Journal of Pain Management*, January 2001, Vol.11, No.1, pp.5-7.

Clinical Pearls for Treating Patients With Headache

Letter in *Headache*, September 2000, Vol.40, No.8, pp.701-702.

Long-Acting Opioids as Preventative Medicine for Severe Headaches

*Headache*, Summer 2000, Vol.11, Issue 2, pp.1-3.

Clinicians' Pearls: Headache, A Clinician's Recommendations on an Appropriate Approach to the Headache Patient

*American Journal of Pain Management*, April 2000, Vol.10, No.2, pp.67-68.

Long-Acting Opioids for Severe Chronic Daily Headache

*Midwest Pain Society Update*, Winter 2000-2001, pp.2-3.

Robbins, L., Maides, J.

Long- Term Daily Triptan Use: 59 Patients

*Headache Quarterly*, 2000, Vol.11, No.4, pp.275-277.

Ondansetron for Migraine-Associated Nausea  
*Headache Quarterly*, 2000, Vol.11, No.2.

Robbins, L., Ludmer, C.  
The Bipolar Spectrum in Migraine Patients  
*American Journal of Pain Management*, October 2000,  
Vol.10, No.4, pp.167-170.

This article was named Outstanding Article in Interdisciplinary  
Pain Management Literature, 2000-2001, by the American  
Academy of Pain Management.

Oxycodone CR, a Long-Acting Opioid, for Severe Chronic Daily  
Headache  
*Headache Quarterly*, 1999, Vol.10, No.4.

Robbins, L., Maides, J.  
Efficacy of Preventive Medications for Chronic Daily Headache  
*American Journal of Pain Management*, October 1999,  
Vol.9, No.4, pp.130-133  
*Headache Quarterly*, July 1999, Vol. X, No.3, pp.135-139.

Robbins, L., Maides, J.  
Various Formulations of Sumatriptan: Patient Preferences  
*American Journal of Pain Management*, July 1999, Vol.9,

No.3, pp.81-84.

Long-Acting Opioids for Severe Chronic Daily Headache  
*Headache Quarterly*, July 1999, Vol. X, No.3, pp.135-139.

Anxiety and Depression in Migraine Patients  
*National Headache Foundation Headlines*, Winter 1997,  
No.99.

Long-Acting Opioids (Methadone) for Refractory Chronic  
Headache: Quality of Life Assessment  
*Headache Quarterly*, July 1997, Vol.8, No.3.

Menstrual Migraine with Cluster Aspects: 10 Cases  
*Headache*, March 1996, Vol.36, pp.166-167.

Daily Opioids (Methadone) for Refractory Chronic Daily  
Headache  
*Headache Quarterly*, May 1996, Vol.7, No.1, pp.39-42.

Anxiety, Depression, Insomnia in Migraine: A Retrospective  
Review of 494 Patients  
*Headache Quarterly*, December 1995.

### Headaches and the Immune System

*National Headache Foundation Journal-Newsletter*, Winter 1995.

### Lidocaine for Cluster Headache

*Headache*, February 1995, Vol.35, No.2.

### Intravenous DHE and Cost Saving

*Headache*, January 1995, Vol.35, No.1, p.50.

### Analgesic Rebound Headache

Letter in *Headache*, January 1995, Vol.35, No.1, p.52.

### Outpatient DHE Therapy

*Neuropractice*, January 1995.

### Precipitating Factors in Migraines: A Retrospective Review of 494 Patients

*Headache*, April 1994, Vol.34, No.4, pp.214-216.

### Stadol Nasal Spray - Treatment for Migraine?

Letter in *Headache*, April 1993, Vol.33, No.4.

Robbins, L., Friedman, H.

MRI In Migraineurs

*Headache*, November 1992, Vol.32, No.10, pp.507-508.

Robbins, L., Remmes, A.

Outpatient Repetitive Intravenous Dihydroergotamine

*Headache*, October 1992, Vol.32, No.9, pp.455-458.

Migraine and Anticardiolipin Antibodies - Case Reports of 13 Patients and the Prevalence of Antiphospholipid Antibodies in Migraineurs

*Headache*, September 1991, Vol.31, No.8, pp.537-539.

Treatment of Menstrual Migraine

*Chicago Medicine*, September 1991.

Anticardiolipins: Prevalence in Migraineurs, and Efficacy of Treatment

*Cephalalgia*, June 1991, Vol.11, Supplement 11, pp.137-138.

Lymphocyte Subsets in Migraine Patients, and a Review of the Literature

*Cephalalgia*, June 1991, Vol.11, Supplement 11, pp.177-178.



### Exercise-Induced and Sexual Headaches

*Chicago Medicine*, December 1990, Vol.93, No.24, pp.20-21.

### Post-Traumatic Headache

*Chicago Medicine*, June 1990, Vol.93, No.12, pp.30-32.

Hughes, J., Robbins, L.

### Brain Mapping and Migraine

*Clinical EEG*, January 1990, Vol.21, No.1, pp.14-24.

### Chronic Paroxysmal Hemicrania Successfully Treated with Inhaled Heparin Therapy

*Cephalagia*, October 1989, Vol.9, Supplement 10, pp.402-403.

### Cryotherapy for Headache

*Headache*, October 1989, Vol.29, No.9, pp.598-600.

### Post-Traumatic Headache with Scintillating Scotoma Treated With Phenytoin (Dilantin)

*Headache*, September 1989, Vol.29, No. 8, pp.515-516.

Gilman-Sachs, A., Robbins, L., Baum, L.  
Flow Cytometric Analysis of Lymphocyte Subsets in the  
Peripheral Blood of Chronic Headache Patients  
*Headache*, May 1989, Vol.29, No.5, pp.290-294.

Robbins, L., Freitag, F., Diamond, S.  
Exertional Headache  
*Neuroviews*, January-February 1987.

Premonitory Symptoms of Migraine  
*National Migraine Foundation Newsletter*, Spring 1986.

Gorelick, P. B., Rusinowitz, M., Tiku, J., McDonald, L., Robbins,  
L.

Embolic Stroke Complicating SLE  
*Archives in Neurology*, August 1985, Vol.42, No.8,  
pp.813-815.

ARTICLE IN PREPARATION: Ice Cream Headache:  
A Review

## Articles Reviewed

Some of the Articles by other authors reviewed in recent years by L. Robbins for *Practical Pain Management*:

- Stress, Hormones, and Your Environment Can Trigger Headaches, by Gentile, J.
- How to Tell the Difference between a Migraine and a Headache, by Richter, C.
- Prevention and Medications for Migraines and Headaches, by Richter, C.
- Anti-Depressants, Triptans, and Opioids for Migraine and Headache Relief, by Gentile, J.
- Working to Stop Migraines and Headaches Before They Start, by Gentile, J.
- Migraine and Headache Facts and Tips, by Gentile, J.

- Do Yoga, Walk, or Swim to Ease Migraine and Headache Symptoms, by Gentile, J.
- Intense Head Pain, Nausea, and Other Symptoms, by Gentile, J.
- Tension Headaches, Cluster Headaches, and Migraines, by Richter, C.
- Massage and Acupuncture to Ease Migraine and Headache Symptoms, by Gentile, J.
- 7 Lifestyle Tips to Help Prevent Migraines and Headaches, by Gentile, J.
- Migraine and Headache Diagnosis, by Richter, C.
- Migraine and Headache Treatments, by Richter, C.
- Migraine and Headache Overview, by Richter, C.
- Preventive Medications for Migraine and Headaches, by Gentile, J.

- Migraine and Headache Symptoms, by Gentile, J.
- Alternative Treatment for Migraines and Headaches, by Gentile, J.

## **Articles Submitted Or In Preparation For Publication**

- (1) Evolution and Headache
- (2) Headache and Concussion in Hockey Players
- (3) Homebound Due to Headache
- (4) Factitious Disorders in Teens: Case Study of a Teen with Multiple Pain Disorders

# Abstracts

**Presentations by Lawrence Robbins,  
except where noted**

CGRP Monoclonal Antibodies and Migraine: The First Year Experience, Side Effects, and Management Controversies: Accepted for the January, 2020 Winter Conference of the Headache Cooperative of the Pacific, Ojai, California.

CGRP Monoclonal Antibodies and Migraine: Erenumab: Efficacy and Side Effects: Presented at the 19<sup>th</sup> conference of the International Headache Society Meeting, Dublin, Ireland Sept. 2019.

CGRP Monoclonal Antibodies: The First Year Experience, and Controversies in Management: Presented at the 19<sup>th</sup> conference of the International Headache Society Meeting, Dublin, Ireland Sept. 2019.

**This was selected by the IHS as one of the top posters, and was asked to be presented as an oral presentation.**

Pascual J, Blumenfeld A, Tepper S, Robbins L, Orejudos A, Manack Adams A, Buse D, Silberstein S.

“Effect of OnabotulinumtoxinA Prevention on Comorbidities of Depression and Anxiety in Chronic Migraine: Analysis in Headache Day Frequency Responders vs Headache Day Frequency Non-Responders”.

Submitted to Sociedad Espanola de Neurologica (SEN),  
November 20, 2018



Blumenfeld A, Tepper S, Robbins L, Orejudos A, Manack Adams A, Buse D, Silberstein S.

“Effect of OnabotulinumtoxinA Prevention on Comorbidities of Depression and Anxiety in Chronic Migraine: Analysis in Headache Day Frequency Responders vs Headache Day Frequency Non-Responders”.

Accepted by the 12<sup>th</sup> Annual Congress of the European Headache Federation for presentation September 28–30, 2018; Florence, Italy

The above poster was also presented at MTIS London, 2018. This poster was also accepted for an International Neurotoxin Association meeting, Copenhagen Jan 16-19, 2019.

Blumenfeld A, Tepper S, Robbins L, Orejudos A, Manack Adams A, Buse D, Silberstein S.

“Effect of OnabotulinumtoxinA Prevention on Comorbidities of Depression and Anxiety in Chronic Migraine: Analysis in Headache Day Frequency Responders vs Headache Day Frequency Non-Responders”.

Accepted for podium presentation at the 17<sup>th</sup> Biennial Migraine Trust International Symposium (2018), September 6–9, 2018; London, UK

Blumenfeld A, Tepper S, Robbins L, Orejudos A, Manack Adams A, Buse D, Silberstein S.

“Effect of OnabotulinumtoxinA Prevention on Comorbidities of Depression and Anxiety in Chronic Migraine: Analysis in Headache Day Frequency Responders vs Headache Day Frequency Non-Responders”.

Poster presented at the Diamond Headache Clinic Research & Educational Foundation (DHCREF) Headache Update (2018), July 12–15, 2018; Lake Buena Vista, FL, USA

Blumenfeld A, Tepper S, Robbins L, Orejudos A, Manack Adams A, Buse D, Silberstein S.

“Effect of OnabotulinumtoxinA Prevention on Comorbidities of Depression and Anxiety in Chronic Migraine: Analysis in Headache Day Frequency Responders vs Headache Day Frequency Non-Responders”.

Poster presented at the 60<sup>th</sup> Annual Scientific Meeting of the American Headache Society (2018); June 28–July 1, 2018; San Francisco, CA

Blumenfeld A, Tepper S, Robbins L, Orejudos A, Manack Adams A, Buse D, Silberstein S.

“Effect of OnabotulinumtoxinA Prevention on Comorbidities of Depression and Anxiety in Chronic Migraine: Analysis in

Headache Day Frequency Responders vs Headache Day Frequency Non-Responders”.

Poster presented at the 4<sup>th</sup> Annual Congress of the European Academy of Neurology (2018); June 19, 2018, Lisbon, Portugal.

Blumenfeld A, Tepper S, Robbins L, Manack Adams A, Buse D, Silberstein S.

“The Effects of OnabotulinumtoxinA Treatment on the Chronic Migraine Comorbidities of Sleep and Fatigue”.

Poster presented at the American Academy of Neurology (2018); April 21–27, 2018, Los Angeles, CA, USA

Blumenfeld A, Tepper S, Robbins L, Manack Adams A, Buse D, Silberstein S.

“Effects of OnabotulinumtoxinA Treatment on Chronic Migraine Comorbidities of Depression and Anxiety: Psychiatric Comorbidities Responder Analysis”.

Poster presented at the American Academy of Neurology (2018); April 21–27, 2018, Los Angeles, CA, USA

The Effects of OnabotulinumtoxinA Treatment on the Chronic Migraine Comorbidities of Sleep and Fatigue

Blumenfeld A, Tepper S, Robbins L, Manack Adams A, Silberstein S.

Effects of OnabotulinumtoxinA Treatment on Chronic Migraine Comorbidities of Depression and Anxiety

Blumenfeld A, Tepper S, Robbins L, Manack Adams A, Silberstein S.

These, and other similar abstracts (4 total abstracts) from the same above two studies, have been submitted/presented to :

- 1) American Headache Society - 59th Annual Scientific Meeting. 2017;57 (Supp S3):142-143.
- 2) European Academy of Neurology - 3rd Congress. 2017;24 (Supp 1):163.
- 3) Headache Update 2017. 2017
- 4) IHC (2017) Accepted as a poster
- 5) Diamond 2017 (Headache Update) meeting July 13–16, 2017 in Lake Buena Vista, FL.
- 6) AAN 2017
- 7) Comorbidities Author Invitation (BOT2091)
- 8) AAN 2018

- 9) DHCREP 2018
- 10) AHS 2018
- 11) EAN 2018
- 12) Diamond 2018 meeting

Submitted to the 26<sup>th</sup> Annual Meeting of the American Academy of Pain Management, September, 2015:

Long-Term Efficacy of Preventive Medications for  
Chronic Migraine: 2000 vs. 2014

Submitted to the Society for Neuroscience 2014:

Leith, C., Rosengarten, J., Robbins, L., Siegel, L., Sun, H.  
Human Brain Mapping Metamodel

Presented at the 37<sup>th</sup> Scientific Session of the Midwest Pain Society, Chicago, IL, 2013:

Leith, C., Siegel, L., Robbins, L., Sun, H.  
Chronic Pain as Altered Equilibrium of Brain Activity  
Dynamics

Submitted to the 24<sup>th</sup> annual meeting of the American Academy for Pain Management, Orlando, Florida, September 2013:

- (1) Concussion biomechanics

Accepted at the 23<sup>rd</sup> meeting of the American Academy for Pain Management, Scottsdale, Arizona, September 2012:

- (1) DTI and Pain
- (2) A Refractory Chronic Migraine Scale for Adults and Adolescents

Presented at the meeting of the Midwest Pain Society, Chicago, Illinois, October 2011:

Robbins, L, Bassett, B.

Long-term Follow-up of Refractory Chronic Migraine

Presented at the 22<sup>nd</sup> Meeting of the American Academy for Pain Management, Las Vegas, Nevada, September 2011:

- (1) Long-term Follow Up of Refractory Migraine Using a Refractory Rating Scale

- (2) Leith, C., Robbins L.

Diffusion Tensor Imaging of Migraine

- (3) Leith, C., Robbins L.

Molecular Probe of Chronic Migraine Pain

- (4) Leith, C., Robbins L.

## Chronic Pain Management through Disrupting Tidal Entrainment of Neural Synchrony

Submitted to the 53<sup>rd</sup> Annual Meeting of the American Headache Society, Washington D.C., June 2011:

(1) Long-term Follow Up of Refractory Migraine Using a Refractory Rating Scale

(2) Leith, C., Robbins L.

Diffusion Tensor Imaging of Migraine

Submitted to the 21<sup>st</sup> Annual Meeting of the American Academy of Pain Management, Las Vegas, Nevada, September 2010:

(1) Chaos Theory in Headache, with Practical Applications

(2) Outpatient Options for the Treatment of Patients with Refractory Chronic Migraine

(3) Diamond, S., Robbins, L., Freitag, F.

4 mg. Subcutaneous Sumatriptan with an Auto-injector for Acute Treatment of Cluster Headache

Presented at the 52<sup>nd</sup> Annual Meeting of the American Headache Society, Los Angeles, June 2010:

Diamond, S., Robbins, L., Freitag, F.

4 mg. Subcutaneous Sumatriptan with an Auto-injector for Acute Treatment of Cluster Headache

Presented at the 20<sup>th</sup> Annual Scientific Meeting of the American Academy for Pain Management, Phoenix, Arizona, October 2009:

- (1) Robbins, L., Maides, J., Shmaryan, D.  
The Immune System and Headache
- (2) Robbins, L.  
Long-acting Opioids for Refractory Chronic Migraine
- (3) Robbins, L., Maides, J.  
The Use of Stimulants in Migraine Patients
- (4) Leith, C., Robbins L.  
Common Denominators in Chronic Migraine and  
Fibromyalgia

Presented at the 14<sup>th</sup> International Headache Society Congress, Philadelphia, Pennsylvania, September 2009, and submitted to the 33<sup>rd</sup> Scientific Session of the Midwest Pain Society, Chicago, Illinois, September 2009:

- (1) Leith, C., Robbins L.  
Common Denominators in Chronic Migraine and  
Fibromyalgia
- (2) Robbins, L.  
The Use of Stimulants in Migraine Patients
- (3) Robbins, L.  
Long-acting Opioids in the Treatment of Chronic Migraine



Submitted to the 32nd Scientific Session of the Midwest Pain Society, Chicago, Illinois, September 2008:

Leith, C., Robbins L.

Objective Measure of Pain via Diffusion Tensor Imaging

Submitted to the 50th Annual Scientific Meeting of the American Headache Society, Boston, Massachusetts, June 2008, and to the 32nd Scientific Session of the Midwest Pain Society, Chicago, Illinois, 2008, and also to the 19th Annual Scientific Meeting of the American Academy for Pain Management, Nashville, Tennessee, September 2008:

(1) The Use of Stimulants in Chronic Migraineurs: Efficacy and Predictors of Success

(2) The Uses of Opioids for Refractory Chronic Migraine: Efficacy and Predictors of Success

Submitted to the 50th Annual Scientific Meeting of the American Headache Society, Boston, Massachusetts, June 2008, and also to the 19th Annual Scientific Meeting of the American Academy for Pain Management, Nashville, Tennessee, September 2008:

(1) Leith, C., Rosengarten, J., Ouyang, S., Sun, H., Robbins, L.  
Cerebellar Baseline Hyperactivity in Chronic Migraine

(2) Leith, C., Rosengarten, J., Robbins, L., Siegal, L., Ouyang, S., Sun, H.

How Can We Measure Pain Objectively?

(3) Leith, C., Rosengarten, J., Robbins, L., Siegal, L., Ouyang, S., Sun, H.

Autonomic Activity in Chronic Pain Imaging

Presented at the 37th Annual Meeting of the Society for Neuroscience, San Diego, November 2007:

Leith, C., Rosengarten, J., Robbins, L., Siegal, L., Ouyang, S., Sun, H.

Imaging Brainstem White Matter Function in Chronic Migraine

Presented at the 31st Scientific Session of the Midwest Pain Society, Chicago, October 2007:

Gidwani, G., Rosengarten, J., Robbins, L., Sun, H., Leith, C.  
Age and Gender Factors in Functional Brain Mapping of Chronic Pain

Presented at the 49th Annual Scientific Meeting of the American Headache Society, Chicago, Illinois, June 2007, and also at the 31st Scientific Session of the Midwest Pain Society, Chicago, Illinois, October 2007:

- (1) The Prevalence of Personality Disorders in Migraineurs
- (2) The Bipolar Spectrum in Migraine, Cluster and Chronic Tension Headache

- (3) Robbins, L., Leith, C.  
Chaos Theory and Migraine Pathophysiology
- (4) Robbins, L., Rosengarten, J., Ouyang, S., Leith, C.  
White Matter Imaging: Age and Gender Effects

Presented at the Organization for Human Brain Mapping 13th Annual Meeting, Chicago, June 2007:

Bauer, A., Rosengarten, J., Ouyang, S., Robbins, L., Siegel, L., Leith, C.

Mapping of Baseline Neural Activity in Chronic Pain

Presented at 131st Scientific Meeting of the American Neurological Association, Chicago, October 2006:

Leith, C., Robbins, L.

Localization of Brainstem White Matter Abnormalities in Chronic Migraine Patients

Submitted to the Society for Chaos Theory in Psychology and the Life Sciences, 16th Annual Meeting, Baltimore, August 2006, and also the 30th Scientific Session of the Midwest Pain Society, Chicago, 2006:

Robbins, L., Leith, C.

## The Possible Role of Non-Linear Dynamics and Chaos Theory in Migraine Pathophysiology

Presented at the 48th Annual Scientific Meeting of the American Headache Society, Los Angeles, California, June 2006, and also at the 30th Scientific Session of the Midwest Pain Society, Chicago, 2006:

- (1) Leith, C. Rosengarten, J. and Robbins, L.  
Baseline Neuronal Hyperactivity in Chronic Migraine Patients: A Pilot White Matter Study
- (2) Robbins, L.  
Frequent Eletriptan Use: Observations on Safety Issues
- (3) Cluster Headache Patients and Bipolar Disorder

Presented at 35th Annual Meeting of the Society for Neuroscience, Washington, D.C., November 2005:

- Leith, C., Robbins, L.  
Biophysical Model in MR Imaging of Cerebral White Matter Function

Accepted for the 47th Annual Scientific Meeting of the American Headache Society, Philadelphia, June 2005, and published in *Headache*, 2005, Vol. 45, No. 6, p. 829.

- (1) Robbins, L., Gokani, T.  
Dihydroergotamine Nasal Spray for Detoxification of Refractory Headache Patients

(2) Robbins, L.

*The Prevalence of Anxiety and Depression in Cluster Headache Patients*

Presented at the 46th Annual Scientific Meeting of the American Headache Society, Vancouver, British Columbia, June, 2004, and the 28th Scientific Session of the Midwest Pain Society, 2004, and published in *Headache*, May 2004:

(1) Robbins, L., Gokani, T.

Triggers that Precipitate Cluster Headache: A Retrospective Review

(2) Tramadol for Tension Headache

(3) Oxycodone CR (Oxycontin) for Severe, Refractory Chronic Daily Headache

(4) Anxiety, Depression, and Insomnia in Cluster Headache Patients

(5) Long-term Efficacy and Adverse Events of Botulinum Toxin in Headache Patients

(6) The Use of Stimulants in Headache Patients

(7) The Bipolar Spectrum in Cluster Headache Patients

The preceding were also accepted by the 17th Annual Practicing Physicians' Approach to the Difficult Headache Patient, Rancho Mirage, California, February 2004.

Presented at the 157th Annual Meeting of the American Psychiatric Society, New York City, May 2004:

Robbins, L., Gokani, T.

The Bipolar Spectrum in Cluster Headache Patients

Presented at the 45th Annual Scientific Meeting of the American Headache Society, Chicago, June 2003, and the 27th Scientific Session of the Midwest Pain Society, Chicago, September 2003, and published in *Headache*, May 2003, Vol. 43, No. 5:

(1) Case Report: Cluster Headache, Precipitated by Isosorbide Mononitrate

(2) Robbins, L., Maides, J.

Long-term Efficacy of Preventative Medications for Chronic Daily Headache

(3) Depakote ER vs. Depakote: Patience Preference

Presented at Headache Update 2002, Orlando, July 2002, and the 26th Scientific Session of the Midwest Pain Society, Chicago, September 2002:

(1) Botulinum Toxin Type B for Refractory Cluster Headache

(2) Daily Triptans for Refractory Chronic Migraine: Cardiac Safety

(3) Gokani, T., Robbins, L.

Botulinum Toxin: Efficacy in Migraine, Tension-Type, and Cluster Headache

(4) Triptans or Analgesics: Patient Preference

Presented at the 44th Annual Meeting of the American Headache Society, Seattle, June 2002, and the 26th Scientific Session of the Midwest Pain Society, Chicago, September, 2002:

- (1) Butorphanol Nasal Spray for Headache
- (2) Long-term Safety of Daily Triptans

Presented at the 10th Congress of the International Headache Society, in conjunction with the 43rd Annual AHS Meeting, New York, June 2001 and also at the Annual Meeting of the Midwest Pain Society, Chicago, November 2001:

- (1) Botulinum Toxin for Cluster Headache
- (2) Botulinum Toxin for Refractory Chronic Daily Headache
- (3) Case History: A Patient with Munchausen's Syndrome Presenting as Cluster Headache
- (4) Triptans vs. Analgesics: A Patient Preference Study
- (5) Strategies for Refractory Chronic Daily Headache: Daily Triptans, Long-acting Opioids, Botulinum Toxin, and Outpatient Intravenous DHE

Accepted at the Postgraduate Course, Headache Update 2001, Orlando, Florida, July 2001:

Botulinum Toxin A for Cluster Headache: 6 Cases

Accepted at the American Academy of Neurology Meeting,  
Philadelphia, May 2001:

Botulinum Toxin for Refractory Chronic Daily Headache

Presented at Headache World 2000, a meeting of the International  
Headache Society and the American Headache Society, London,  
September 2000, published in *Cephalagia*, May 2000, Vol. 20, No.  
4:

(1) Robbins, L., Ludmer, C.

The Bipolar Spectrum in Migraine Patients

This presentation was given the “Best Poster” award

(2) Robbins, L., Akbarnia, H.

Long-acting Opioids for Severe, Refractory Chronic Daily  
Headache: Methadone, Sustained-release Oxycodone and  
Sustained-release Morphine

(3) Sustained-release Morphine Sulfate (Kadian) for Severe  
Chronic Daily Headache

(4) Intravenous Valproate for Prolonged Migraine Headache

Presented at the 42nd Meeting of the American Headache Society,  
Montreal, June 2000, and also presented at the Annual Midwest  
Pain Society Meeting, March 2000:

(1) Depacon for Refractory Severe Headache

(2) Robbins, L., Ludmer, C.

The Bipolar Spectrum in Migraine Patients: An Analysis of



## 1000 Migraineurs

This presentation was given a “Best Poster” award

(3) A Comparison of Long-acting Opioids for Severe Daily Headache

Presented at the 41st Meeting of the American Association for the Study of Headache, Boston, June 1999 and the 9th Congress of the International Headache Society, Barcelona, Spain, June 1999:

(1) Robbins, L., Maides, J.

Long-Term Daily Triptan Use: 59 Patients

(2) Patient Evaluations of Various Forms of Sumatriptan

(3) Efficacy of Preventive Medications for Chronic Daily Headache: 540 Patients

Presented at the Midwest Pain Society Annual Meeting, Chicago, March 1999:

(1) Robbins, L., Maides, J.

Daily Triptans on a Long-Term Basis

(2) Preventive Medicine for Chronic Daily Headache

(3) Opioids for Severe Chronic Daily Headache

Accepted at Third Conference on Pain Management and Chemical Dependency, New York, January 1999:

Robbins, L., Maides, J.

Long-acting Opioids for Severe Chronic Daily Headache

Presented at the 40th Meeting of the American Association for the Study of Headache, San Francisco, June 1998:

(1) Oxycontin, a Long-acting Opioid, for Severe Chronic Daily Headache

(2) Opioids for Refractive Chronic Daily Headache: Results and Quality of Life Assessment

Presented at 39th Meeting of the American Association for the Study of Headache, New York, June 1997:

(1) Ondansetron for Migraine-associated Nausea

(2) Daily Opioids (Methadone) for Refractory Chronic Headache: Quality of Life Assessment

Presented at the 38th Meeting of the American Association for the Study of Headache, San Diego, June 1996, and published in Headache, April 1996, Vol. 36, No.4, p. 275:

Daily Methadone for Refractory Chronic Daily Headache: Assessment after One Year of Therapy

Presented at the International Headache Society Annual Meeting, Toronto, Canada, September 1995:

(1) Daily Opioids (Methadone) for Refractive Chronic Daily Headache

(2) Menstrual Migraine - Cluster Headache

Presented at the American Association for the Study of Headache Annual Meeting, Boston, June 1995:

- (1) Daily Opioids (Methadone) for Refractory Chronic Daily Headache
- (2) Menstrual Migraine - Cluster Headache

Accepted at the 4th International Congress of the Israel Pain Association, Tel Aviv, September 1994:

Clinical Factors in Migraine Patients

Presented at the American Association for the Study of Headache Annual Meeting, Chicago, June 1994, and published in *Headache*, May 1994:

- (1) Cluster Headache and Intranasal Lidocaine
- (2) Clinical Factors in Migraine Patients: Anxiety, Depression, and Insomnia
- (3) Precipitating Factors in Migraineurs: A Retrospective Review of 494 Patients

Presented at the American Association for the Study of Headache Annual Meeting, San Francisco, June 1993, and published in the *Proceedings of AASH*, June 1993:

- (1) Efficacy of IM Ketorolac vs. DHE vs. Meperidine in

## Migraine

(2) Frequency in Migraineurs of: Various Headache Trigger Factors, Depression, Anxiety, Insomnia, Cold Extremities, and Efficacy of Biofeedback

Presented at the American Association for the Study of Headache Annual Meeting, Toronto, June 1992, and published in the Proceedings of AASH, June 1992:

- (1) Robbins, L., Friedman, H.  
MRI in Migraineurs
- (2) Brain Mapping in Post-traumatic Headache Patients
- (3) Robbins, L., Remmes, A.  
Outpatient Repetitive IV DHE
- (4) Robbins, L., Scheinbaum, S.  
Type A Behavior and Depression in Adolescents with Headache
- (5) Inhaled Heparin Therapy for Headache

Accepted at the 19th International Epilepsy Congress, Rio de Janeiro, Brazil, October, 1991:

Brain Mapping in Headache Patients: Lack of Clinical Utility

Accepted at the International Juvenile Headache Congress, Rome, Italy, September 1991:

Scheinbaum, S., Robbins, L.

The Prevalence of Type A Behavior and Depression in Adolescent Females with Moderate-to-Severe Headache

Presented at the Proceedings of the 5th International Headache Congress and the American Association for the Study of Headache, Washington, D.C., June 1991:

- (1) Antiphospholipid Antibodies and the Anticardiolipin Antibody Syndrome: Prevalence and Treatment
- (2) Immunology and Headache: Lymphocyte Subsets Between Headache Attacks, Perimenstrually, and a Review of the Literature

Presented at the American Association for the Study of Headache Annual Meeting, Los Angeles, June, 1990, published in *Headache*, April 1990, Vol. 30, No. 5, and in the Proceedings of AASH, June 1990:

- (1) Lupus Anticoagulant, Anticardiolipin Antibodies, Stroke, and Migraine
- (2) T-Lymphocyte Subset Assays and Migraine: The Immune System and Migraine

- (3) Hughes, J., Robbins, L.  
Brain Mapping and Migraine
- (4) Hughes, J., Robbins, L.  
Brain Mapping and Post-traumatic Headache

Presented at the Proceedings of the IV International Headache Congress, Sydney, October 1989:

Chronic Paroxysmal Hemicrania Successfully Treated with Inhaled Heparin Therapy

Presented at the American Association for the Study of Headache, Boston, June 1989:

Post-traumatic Headache with Scintillating Scotoma Treated with Phenytoin (Dilantin)

Presented at American Association for the Study of Headache Annual Meeting, San Francisco, June 1988:

- (1) Gilman-Sachs, A., Robbins, L., Baum, L.  
Flow Cytometric Analysis of Lymphocyte Subsets in Peripheral Blood of Chronic Headache Patients
- (2) The Immune System and Migraine

Presented at the American Association for the Study of Headache,  
Quebec City, Canada, June 1987:

Brain Mapping and Migraine Patients

Presented at the American Association for the Study of Headache  
Annual Meeting, Chicago, June 1986:

(1) Diamond, S., Freitag, F., Robbins, L., Mehta, N.

Therapy of Headache with MAO Inhibitors

(2) Diamond, S., Freitag, F., Robbins, L., Mehta, N.

Use of MAO Inhibitors and Tricyclic Antidepressants in the  
Therapy of Migraine and  
Mixed Headaches

(3) Diamond, S., Freitag, F., Robbins, L., Mehta, N.

Demographics of Cluster Headache Patients Attending an  
Outpatient Headache Clinic

# Research



## **CGRP Antagonists for the Prevention of Migraine: Real Life Experience**

Dr. Robbins has been conducting and publishing research on the efficacy and side effects of the newer CGRP monoclonal antibodies. Research conducted 2018-2019.

## **Long-term Progress of Patients with Personality Disorders and Headache**

Dr. Robbins and staff will be undertaking a new study of how people with personality disorders progress over a long period of time. Using a time frame of 10 to 20 years, the researchers will look at whether moods, pain, and functioning improve, or worsen, over time.

## **PFO and Migraine Trials**

A patent foramen ovale (PFO) is a small hole in the heart, which is normal in fetal development, but should close in infancy. Unclosed or partly-closed PFOs may affect 20-25% of the population. Dr. Robbins served on a committee (2007-15) adjudicating a long research study that helped to determine whether closing the PFO helps headache patients, by preventing unoxidized blood from

circulating in the brain. This study was one of the first in the United States; research from Europe suggested that repairing the PFO does improve migraine in many patients. This major PFO study did turn out to be negative, not achieving its primary endpoint.

### **Advanced Imaging in Episodic and Chronic Migraine Patients**

Dr. Robbins and associates have used techniques such as DTI to compare migraine patients to patients without migraine. Advanced imaging, using diffusion-tensor imaging and functional MRI, is producing a unique view of the brain's operation. This research, which was conducted with Dr. Cameron Leith, has revealed subtle white-matter changes in the brains of chronic migraine patients. These changes were seen primarily in the areas involved with migraine such as the brainstem, but were not seen in the control patients without migraine.

### **Headache Drug Trials**

Dr. Robbins has been a principal investigator for a number (approximately 16) multicenter drug trials. Dr. Robbins

has recently participated in a multi-center trial for an implantable device in the SPG, for refractory chronic cluster. There is ongoing research in the field of CGRP injections for chronic migraine, and also for post-concussion headache.

### **Safety of Frequent Triptan Use**

With refractory headaches, when absolutely nothing works, patients are often prescribed triptans over many years. There is a need to determine if triptans have additional side effects when used for prolonged periods. Dr. Robbins has done several studies in this area and will continue to research the safety of frequent or daily triptan use.

### **Long-term Safety of Botulinum Toxin**

Dr. Robbins has utilized Botulinum toxin since 1998 for headache disorders, and has previously studied long-term safety in this area. He and his staff will start a new study in 2018, which will evaluate the treatment in these patients many years after treatment.

## **Psychological Aspects Accompanying Headache: Bipolar Disorder, Personality Disorders, Anxiety, Depression, ADD**

With a major interest in the psychiatric aspects of headache patients, Dr. Robbins has published extensively in this area. Current studies include the comorbidity of headache with personality disorders and bipolar disorder, and there is consideration for expanding research into MRI studies of bipolar patients.

# Media and Public Appearances

## **Top Doctors List**

In every year since its debut in 2002, Dr. Robbins has been included in the annual book of “America’s Top Doctors: The Best in American Medicine.” These doctors are nominated through recommendations from other physicians; Dr. Robbins is in the pain management section. The list is published in U.S. News and World Report. Also, Dr. Robbins is one of a select group of doctors within that list who are considered to be among the top 1% in the nation in his specialty. He also is included in “Chicago’s Top Doctors,” which appears locally in Chicago Magazine, under Top Doctors, Pain Management. Dr. Robbins was under consideration for the Clinical Excellence Award, given to several doctors per year, for 2015.

## **Concussion Public Awareness Campaign**

Dr. Robbins conducted public outreach in 2012-13 that successfully raised public awareness about the risks of brain damage from youth tackle football. This campaign educated community members about the headaches, memory problems, and other health impacts being caused by the sport, as well as how to protect the kids who play tackle football. Dr. Robbins attempted in 2014 and 2015, and will further attempt in 2016, to introduce

legislation in the Illinois Legislature limiting tackle football to age 14 and older. His latest OPEDs to raise public awareness about concussions were on hockey and soccer, and were in RealClearSports.com in 2016.

Dr. Robbins raised the issue with Illinois State Rep. Carol Sente, who as a result introduced a bill in the Illinois General Assembly in February 2013 to restrict tackling during school football practice. Dr. Robbins spoke at a public hearing on the bill, and testified about it before a legislative committee. Although the bill was not initially passed into law, Dr. Robbins and Rep. Sente plan on re-submitting the legislation. The Illinois High School Association did change practice and pre-season rules because of this initiative.

Dr. Robbins wrote several articles/op-ed columns that were published in print and online, and conducted outreach to Illinois print, television and radio journalists that contributed to widespread media coverage of the issue in February and March 2013.

Dr. Robbins and Illinois House Representative Carol Sente's efforts led to Governor Quinn's signing of HB 5431, the

Mandatory Concussion Education for High School Coaches and Athletic Directors, on August 19, 2014.

Dr. Robbins' OPED on football was used in a book, "Along These Lines: Writing Sentences and Paragraphs" by John Biays and Carol Wershoven, sixth edition, published 1/2015.

Dr. Robbins helped pursue an effort to introduce an Illinois bill restricting tackle football to age 12 on up. The hope was that, prior to age 12, the kids would simply play touch and flag football. This Illinois House legislation was introduced in January of 2018. The bill passed the House Committee, which was the furthest a bill of it's kind had progressed. However, the football bill was not successful in the Illinois House.

Dr. Robbins was on a panel in April 2018 (with Chris Nowinski, CTE and Concussion Legacy Foundation) that debated the issue of tackle under age 12.

Realsports with Bryant Gumbel (HBO) interviewed Dr. Robbins for a show on football and concussions (January, 2019).

Dr. Robbins is attempting to have the football bill introduced on a



national level; and also to re-introduce in Illinois, 2019.

## Print media

Dr. Robbins was interviewed by the Quad City Times (2018) about treatment of difficult (refractory) headaches.

Dr. Robbins was interviewed a number of times for a major investigative piece, on opioids and OxyContin, in the LA Times in 2016.

Dr. Robbins is a frequent contributor to national and local magazines and newspapers. He was featured in 2013 in a *The North Shore Weekend* article.

Dr. Robbins's OPED on "stopping tackle football under age 12" was published in 2018. It appeared in a # of Illinois newspapers and websites. His op-ed article about football concussions was published on *RealClearSports* (a sister site of RealClearPolitics) in December 2012, and reprinted in a number of newspapers. He was quoted on the issue by newspapers that included the Chicago Tribune, Daily Herald, the Pantagraph in Bloomington, the

Chronicle in DeKalb, the Northbrook Tower, and a number of Pioneer Press newspapers in the Chicago suburbs. Many of these outlets mentioned Dr. Robbins in multiple articles that provided ongoing coverage of the issue. In addition, the Chicago Tribune also interviewed Dr. Robbins in June 2013 for a separate story about a concussion suffered by a high school athlete.

Dr. Robbins also was quoted in the Chicago Tribune in April 2012 regarding the use of TMS in treating depression. The Tribune featured him in an article on adolescent headache by Dawn Turner Trice on September 28, 2011. In 2008, he was the focus of a column by Paula Kamen in the New York Times. Dr. Robbins was quoted in a June 2012 column entitled “What You Might Not Know about Treating Migraines” that was published in the Daily Muse and the Forbes website. In August, 2008, Evanston Hospital’s magazine, Connections, featured a full article on Dr. Robbins and his specialty in adolescent headaches.

Over the last ten years, Dr. Robbins has been quoted in or contributed to articles in USA Today, MSN.com, the Chicago Tribune, the Chicago Sun-Times, Glamour, Cosmopolitan, Good Housekeeping, Oxygen, Self, Men’s Health, Women’s World,

Health Magazine, Women's Fitness, North Shore Magazine and Fibromyalgia Network. The book, Doctor's Home Remedies, used a number of his quotations.

## Television

Dr. Robbins was interviewed for an HBO documentary (Realsports with Bryant Gumbel). This appeared in January, 2019. The piece focused on his work in attempting to limit tackle football under age 12. In addition, it discussed issues surrounding the long-term effects of football on the brain.

Dr. Robbins was interviewed in Montreal for the Fall (November) 2018 documentary on opioids, on CBC Radio (TV), Canada (Canadian Public TV). He was dubbed into French. The piece focused on his early experiences with OxyContin and the company, Purdue.

John Oliver Show (HBO): in October 2016, John Oliver did a piece on opioids; for this, his show interviewed Dr. Robbins, revolving around a 1999 study funded by Purdue Pharma.

Dr. Robbins has appeared numerous times on local news shows as

an expert on headache and its treatment. WLS-TV quoted him about youth football concussion in February 2013. Dr. Robbins was interviewed on WTTW's Chicago Tonight in March, 2008, and appeared on Fox-TV News in February, 2008. He was seen on the newsmagazine 20/20 in a segment on headache and perfume, and was interviewed on ABC's Nightline as a whistleblower in the controversy over false marketing of Stadol nasal spray.

## **Radio**

Dr. Robbins has appeared as a guest on various radio programs. In Sept. 2014, he appeared on SportsMedicineWeekly, with Dr. Brian Cole (AM 1000), discussing exercise and headache. In December 2012, he was interviewed on WGN-Chicago 720 about football and concussions, and was mentioned in a report on the issue by WBBM Newsradio. He had previously appeared as a guest on WGN's The Milt Rosenberg Show, and on HealthTalk Radio. He had his own medical call-in show during 2005. The XM Satellite Radio Health Show has interviewed him on a number of topics.

## Online

YouTube channel: Dr. Robbins started a YouTube channel: migraine headache cluster. His recorded lectures include: refractory headache, bipolar spectrum, personality disorders, and deconstructing the art of headache medicine.

Dr. Robbins was interviewed in 2018 for several podcasts on ReachMD, an online portal for physicians.

Dr. Robbins recorded two videos in November 2013 which are on the *Practical Pain Management* website.

<http://www.practicalpainmanagement.com/professional/videos>

- Migraine: Diagnosis and Treatment
- Chronic Headache and the Bipolar Patient

Dr. Robbins was mentioned in football concussion discussion by websites that include Medill Reports, Patch, Sports Brain, and other websites. He was interviewed for a 2013 post on [www.realself.com](http://www.realself.com) about Botox for Migraines.

The Robbins Headache Clinic website, [www.chicagoheadacheclinic.com](http://www.chicagoheadacheclinic.com), offers updated headache info,

and the regular blog. Every month, more than 15,000 visitors use the site for headache information.

Dr. Robbins was a regular contributor to the expert panel on the site for the American Council on Headache, [www.achenet.org](http://www.achenet.org), and is active on support sites for headache patients.

Dr. Robbins and his wife, Sue, hosted an online medical talk radio show on “Talk Zone”; they did 22 one-hour shows.

## **Blog**

Dr. Robbins and his wife, Sue, create and edit a popular blog at [www.chicagoheadacheclinic.com](http://www.chicagoheadacheclinic.com) that is updated daily. The blog, for many years, has included posts about various subjects.

## **Reviews**

Dr. Robbins is a member of the Editorial Board of Practical Pain Management. He has been a reviewer for several medical journals, including the American Headache Society Journal, International Headache Society Journal, Headache, Cephalalgia, Consultant: Consultations in Primary Care, Clinical Drug Investigation and the American Journal of Pain Management. Dr. Robbins reviewed a

book for Nature Medicine. He recently was a reviewer for the American Society of Health Systems Pharmacists, and for Clinical and Surgery Ophthalmology.

### **National Talks**

Dr. Robbins did a video talk on deconstructing the art of headache medicine for the American Migraine Foundation, July 2018.

In 2016 Dr. Robbins created 2 new talks, Refractory Chronic Migraine, and Advanced Clinical Pearls; these were for neurology grand rounds and a symposium at the Southern Headache Society, Sept. 2016 (Asheville).

Dr. Robbins has been in charge of the poster section of the American Association of Pain Management meetings, 2010-13. He has also chaired headache talks at the annual AAPM meeting from 2010-2013. He gave a talk at the 2013 meeting, “Advanced Clinical Headache Pearls”, which he has given to a number of university grand rounds.

Dr. Robbins was selected as chairperson for the American

Association of Pain Management Headache Symposium in Las Vegas, September 2011, and served as Chair for the meetings in 2010, 2011 and 2012. In 2008, he organized a series of lectures to be given during the academy's national meeting in Nashville, and at the 2009 national meeting of the American Academy of Pain Management in Phoenix. He was chair of Headache Symposium at the American Association of Pain Medicine meeting, 2010.

Dr. Robbins was a key speaker at the September 2009 "Clusterbuster" conference in Chicago, addressing the treatment of refractory cluster headaches. He also spoke at this conference in 2011 and 2013.

The Depression and Bipolar Support Alliance selected Dr. Robbins as a speaker for their national conference in October, 2006. In the same month, he delivered a lecture entitled "Daily Headache" for the Neurology Update seminar at the Johns Hopkins Advanced Studies in Medicine.

In 2005, Dr. Robbins was selected by the CME Corporation as a speaker in a series of lectures in Chicago, Las Vegas and Los Angeles, and the lectures taped for later use. The CME Practical Home Study Course features his lectures on headache and pain.



The US Psychiatry and Mental Health Congress, held in November of 2005, selected Dr. Robbins as its specialist on headache.

## Lectures

2017-2018: Three new talks to Grand Rounds, Southern Headache Society, Southern Pain Society, Headache Cooperative of The Pacific, (and other societies), and to Residents:

1. Refractory Headache
2. Personality Disorder and The Bipolar Spectrum in Pain Patients
3. Choosing Headache Meds: Deconstructing the Art of Headache Medicine(with Clinical Pearls)

Dr. Robbins has developed a new talk for schools (social workers, psychologists, teachers, etc.) on: Recognition and Management of Personality Disorders, and the Bipolar Spectrum, in Parents and Adolescents

Also, Dr. Robbins has developed a new talk on Clinical Pearls: a Guide for Patients and Physicians

Dr. Robbins has given over 1500 of talks on subjects related to

pain. Topics include:

- Management of headache
- Psychological aspects of pain and headache
- Refractory headache
- Pediatric headache
- Clinical pearls in pain and headache
- Headache case studies
- Migraine pathophysiology, insomnia and ADHD/ADD
- Fibromyalgia

In 2013, Dr. Robbins recorded a lecture, “Management of Chronic Headache,” for the National CME organization Audio Digest.

# Miscellaneous

## **Membership in Professional Societies**

### **Current**

Southern Pain Society (2017)

Southern Headache Society (2016-present)

Headache Cooperative of The Pacific (2017-present)

Neuroscience Education Institute (Psychopharmacology) 2018

American Academy of Neurology (2016-present)

American Headache Society (1985-present, off and on)

National Headache Foundation (1985-present)

International Headache Society (1989-2004, 2009-present, off and on)

Vestibular Disorders Association(2017-present)

### **Past**

Depression and Bipolar Support Alliance of Greater Chicago  
(2005-2011)

ACHE (American Council for Headache Education) (1996-2006)

American Academy of Pain Management (2006-2015)

American Society of Pain Educators, (2005-2009)

National Depression and Manic Depression Association (2001-

2008)

Harvard MGH Psychiatry Academy (2005-2007)

Society for Pain Practice Management (2003-2005)

American Pain Foundation (2003-2007)

American Society of Clinical Psychopharmacology (2002-2004,  
2011-2013)

Illinois Biofeedback Society (2002-2007)

Society for Chaos and the Life Sciences (2001-2003)

Child and Adolescent Bipolar Foundation (2001-2005)

Chicago Neurologic Society (1998-2000)

American Association for Advancement of Science (1995-98)

The Royal Society of Medicine (1991-1994); Elected Fellow, July  
1991

The Foundation for Research in Head Pain and Related Disorders  
(1989-93)

American Medical Association (1985-91)

Illinois State Medical Society (1985-91)

Chicago Medical Society (1985-91)

## **Monographs and Newsletters**

### **Information for physicians and patients**

Weight Loss and Exercise, and Supplements (revised November, 2017)

Headache 2013-2014

Headache 2010-2011

Attention Deficit Disorder

Rebound Headaches

Personality Disorders

Headache 2008–2009

Headache 2006–2007, plus Psychological Topics

Obesity and Headache Johns Hopkins University School of Medicine, Advanced Studies, Vol. 6, Oct. 2006

Headache 2005

Headache and Headache Medications, 2004

Headache 2003

Headache Medications, 2002

Headache Medications, 2000

Exercise and Yoga for Headache Patients

Headache Medications, 1999

SSRI's for Anxiety and Depression in Headache Patients, 1998

Treatment of Menstrual Migraine, 1991

New Therapy for the Treatment of Headaches (Distributed by  
Abbott Labs, February 1991)

Headache Therapy, 1989

Abortive Migraine Medications, 1989

Management of Headache Medications: Comparison of 1985 vs.  
1992 Therapy

## **Miscellaneous And Volunteer/Not For Profit**

Dr. Robbins was the founder of the section of the American Headache Society designated for Refractory Headache Patients. The section is devoted to finding treatments for patients for whom “nothing works.” Dr. Robbins was also a member of AHS special interest groups on Cluster Headache, Behavioral Issues, Women’s Issues and Adolescent Headache.

Dr. Robbins is strongly committed to the education of physicians on pain and headache issues. He has taught both formal and informal groups of physicians and medical students. Dr. Robbins currently is training medical, NP, and PA students, who usually spend from one week to one month in the clinic. The students have primarily been from Chicago Medical School, as well as Midwestern University (Medical School).

Since 1991, Dr. Robbins has worked with several drug companies on improving the performance of pharmaceutical representatives. The goal is to improve the effectiveness of doctor-representative communications, an important part of modern medical practice. In addition to formal lectures, he participated in role-play training and mentoring.



Early in his career, Dr. Robbins was a volunteer neurologist in the Neurology Clinic at the University of Illinois in Chicago. More recently, he volunteered his services for two years as a neurologist at the free clinic in Waukegan, Illinois, known as Healthreach.

**American Headache Association (AHA)** The AHA is a registered 501(c) (3) public charitable organization. Donations are tax deductible, for state and federal taxes.

The AHA has a number of missions, primarily:

Setting up and managing a free rural neurology clinic in Honduras. The clinic serves a large area that has no access to neurologists. Dr. Robbins goes to Honduras to treat patients (primarily migraine and epilepsy patients). He also manages the Honduras neurology patients remotely thru Tele-Neurology. We have recruited a Honduran neurologist, psychiatrist, and nurse-administrator to also staff the clinic. Dr. Robbins, thru the AHA, has provided tens of thousands of free medicines to Honduras patients (primarily epilepsy and migraine medications). The Honduran clinic, and Dr. Robbins's work, was featured in a 2018 article appearing in *Neurology Today*. Dr. Robbins was nominated for an award given

by the American Academy of Neurology for volunteer neurology work with indigent patients.

- By providing free headache and epilepsy medications, primarily triptans and anticonvulsants, to indigent patients, we hope to improve their quality of life. Our goal is to give at least 200,000 tablets, primarily to Honduran patients.
- Educating healthcare providers about headache is a main objective. We will provide books, articles, and lectures (live, and also via YouTube/websites). If we educate the physicians and nurses, this will lead to greatly improved care.
- We hope to educate patients by providing free books, articles, and video lectures. To reach a large number of patients, we will do much of our education via the internet.
- Funding for headache studies is lacking. We hope to provide funds for studies that will have a direct impact on people's lives.

Dr. Robbins serves as a Board Member of the not for profit Julian Grace Foundation. Julian Grace is involved in funding a number of non-profits.

## Personal

An expert bridge player, Dr. Robbins took second in the 2013 National Open Pairs (Spring Nationals). He represented the area in the Grand National Pairs and Teams, 2017. Dr. Robbins was on one of the final 12 teams at the 2013 “U.S. Team Trials” to pick the U.S. representative. He represented the United States at the 1996 World Bridge Olympiad in Rhodes, Greece, and at the 1992 Pan American Games. His titles include United States Grand National Team Champion, 1979, 1991, 1995 and NCAA Champion, 1976. Dr. Robbins is on the panel of The Bridge World magazine. He has written a number of bridge articles for various publications. He is an announcer on the site Bridge Base Online. Most recently, he played in the World Senior Pair Championships, Orlando, Sept. 2018.

Dr. Robbins is also an avid rollerblader and ice hockey player. He has represented the Chicago area in the national, over-50, ice hockey tournament. Dr. Robbins was on the third-place team at the “Snoopy” National 50 and older hockey championships in 2010. Dr. Robbins came in 2nd in the 2014 National Age Adjusted Hockey Championships, which took place in Santa Rosa,

California. He plans on playing in the Snoopy championships in July, 2020.

## Robbins Headache Clinic



Established in 1986, Robbins Headache Clinic is known as one of the nation's best headache treatment centers, providing care that is more aggressive and advanced than many chronic headache sufferers have ever encountered. Dr. Robbins, M.D., and Nurse Practitioner Brooke Phenicie, NP-C, use a comprehensive combination of remedies based on the latest advancements in the field.

Each patient receives individual attention and personalized treatments selected from a wide range of remedies, including Botox injections, herbs, biofeedback, intravenous medication and stimulant medications. These cutting-edge methods often bring relief for especially severe and stubborn headache symptoms that had resisted all prior treatment. The focus is on the well-being of the whole person, not just the headache. Care is coordinated with other specialties, such as physical therapy and psychotherapy.



The clinic is in Riverwoods, Illinois.