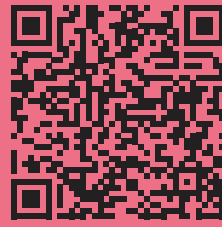


EGILIUS L.H. SPIERINGS, MD, PhD

# HEADACHES

## Why You Have Them What you Can Do About Them



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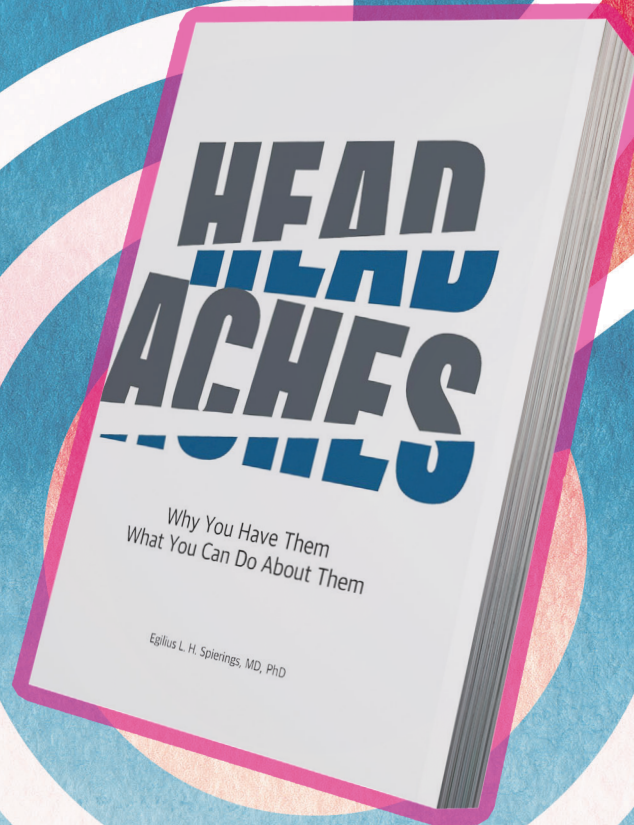
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**Egilius L.H. Spierings, MD, PhD**

- Medical director at Greater Boston Headache Center, Boston Advanced Medicine, Waltham, Massachusetts
- Retired clinical professor of neurology and craniofacial pain at Tufts University Schools of Medicine and Dental Medicine, Boston, Massachusetts
- Former associate clinical professor of neurology at Brigham and Women's Hospital, Harvard Medical School, Boston, Massachusetts



*"This book, 'HEADACHES Why You Have Them What You Can Do About Them' by Egilius L.H. Spierings, MD, PhD is a MUST read for anyone dealing with headache or migraine. It is filled with solid information on how to identify your headache or migraine type and how to treat it and/or how to seek the proper treatment. In addition, if you have been diagnosed with New Daily Persistent Headache (NDPH) I beg you to purchase and read this book. 'NDPH is not a diagnosis, it is a particular headache presentation focusing on the way the headache developed.' This book provides so much knowledge and will give patients and parents of patients the information*

*we need to seek healing. It provides clear, practical information on identifying the type of headache or migraine you're dealing with, which is absolutely crucial. This book and the author are a life saver because now I have the information and can ask the right questions to seek care for my son to treat his specific headache presentation. I can't recommend this book enough to anyone dealing with chronic headaches or migraines and especially to parents navigating this for their child. It has helped bring some peace in a time of frustration, and for that, I'm deeply grateful."*

**-J. Brumley**

**DR. SPIERINGS** is a pharmacologist, neurologist, headache and face pain specialist, and clinical trialist. He was born in Helmond, the Netherlands, in 1953. He attended the Erasmus University Faculty of Medicine in Rotterdam, the Netherlands, where he received bachelor's and master's degrees in medical sciences, a medical doctor degree, and a doctor of philosophy degree in experimental pharmacology. In terms of postgraduate education, he trained in neurology and neurosurgery at the University Hospital Dijkzigt, now Erasmus Medical Center, in Rotterdam, the Netherlands; in psychiatry at the Reinier

de Graaf Gasthuis in Delft, the oldest hospital in the Netherlands; and in headache management at the Headache Research Foundation at Faulkner Hospital in Boston, Massachusetts.

He was a professor of neurology and craniofacial pain, part-time academic faculty, at Tufts University Schools of Medicine and Dental Medicine until he retired from academia in 2018. Since, he has been the medical director of the Greater Boston Headache Center at Boston Advanced Medicine, formerly Boston PainCare, in Waltham, Massachusetts.