

Donor Impact Report: Headache Clinic

Many generous donors have made contributions to support Overlake's Neuroscience Institute, including the development of a new service: a headache clinic. In the spring of 2019, the new clinic opened and has been running at full speed ever since. With Kate Kennedy, ARNP at the helm, the headache clinic has received over 400 visits and sees patients ages 14 and up with severe, debilitating headaches. A multidisciplinary team of providers offers everything from physical therapy to weight-loss counseling in addition to neurological therapies. Thanks to your support, many patients are receiving effective, life-changing treatments.



Kate Kennedy, ARNP

For more information on Overlake's headache clinic, please call 425.688.5525 or visit overlakehospital.org/center/neuroscience-institute.



Thanks to the care and treatment she has received, Kylie has been able to resume her life. Here she is at a family get-together with her mom.

"I got my life back."

When Kiley Short was just 14, she had migraines so severe that they lasted eight weeks at a time and caused her to hide in a closet to escape from the noise and the light. Too sick to attend school, she missed over half the days of her freshman year of high school and eventually left school altogether. Doctors doubted

her description of her symptoms and suggested she was "just depressed," treating her with anti-depressants rather than attempting to treat her migraines. She thought she would never escape the pain.

Then she met Kate.

"Kate changed my life," Kiley says. "She believed me and she was 100 percent open to finding other ways to treat me." With Kate's help, Kiley learned that her headaches were caused by nerve damage from an incident that happened earlier in her life. Nerve blocking agents and a new medication that prevents migraines from getting started finally brought Kiley's headaches under control.

Without pain, Kiley finished high school. Now 21, she works 30 hours a week and studies accounting at Skagit Valley Community College.

When Kate moved her practice to Overlake, Kiley continued working with her. "Overlake is so lucky to have Kate, and so am I. I got my life back and I can do all the things I want to do. No more dark rooms!"

No cookie-cutter!

Connie Shaw experienced her first migraine at age 21. Over the years, they ramped up to the point that she had 15 to 18 migraines in a typical month. That's over 200 migraines per year.

The pain was so severe that Connie, who wanted an active, outdoor life, often had to skip opportunities to hike or climb. The constant pain caused her to miss work, decreased her joy and often sent her to the emergency room in a desperate search for relief.

When Connie began seeing Kate, her situation finally turned around. "I could tell she got it," says Connie. "She understood the nuances—every headache is different." Connie began using Botox every three months to treat her migraines, and they decreased by more than half. Now she has six to eight migraines per month, which still seems like a lot but is a big improvement, in Connie's view.

"It's quality of life," she explains. "When you are able to do things you are passionate about, your whole life gets better."

With Kate's help, Connie continues to work on ways to bring that migraine number lower. "Kate's very creative in trying to help," Connie says. "This is not a cookie-cutter approach. I come in for my appointments and we talk about how the last 12 weeks went. We have tried many different strategies for preventing the migraines from happening."

Now 56 and a usability expert at a software development company, Connie feels very positive about the future. "I am so grateful that Kate and the headache clinic team are here on the Eastside. Without them, I would still be in that bad spot."



The headache clinic helped Connie Shaw cut her migraines in half.