



Ruthanne Fuller
Mayor

City of Newton, Massachusetts
Office of the Mayor

#253-23

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June 12, 2023

Honorable City Council
Newton City Hall
1000 Commonwealth Avenue
Newton, MA 02459

To the Honorable City Councilors:

I am pleased to appoint Dr. Carolyn Bernstein of 111 Dickerson Road, Newton Highlands 02461 as a registered physician member of the Health and Human Services Advisory Council. Her term of office shall expire on January 1, 2026 and her appointment is subject to your confirmation.

Thank you for your attention to this matter.

Warmly,

Ruthanne Fuller
Mayor

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CITY CLERK
NEWTON, MA. 02459

Application Form

Profile

carolyn _____ Middle Initial _____ Last Name _____

cabernstein@comcast.net _____
Email Address

111 Dickerman Rd _____
Home Address

111 Dickerman Rd _____
Suite or Apt

Newton Highlands _____
City

MA _____ 02461 _____
State Postal Code

What Ward do you live in?

Ward 7

Primary Phone _____ Alternate Phone _____

Brigham and Womens Hospital _____ physician _____
Employer Job Title

Which Boards would you like to apply for?

Health and Human Services Advisory Council : Submitted

Interests & Experiences

Please tell us about yourself and why you want to serve.

Why are you interested in serving on a board or commission?

I have been a lifelong resident of Newton, and have tremendous respect and affection for the city. I would like to contribute my 30 plus years of expertise as a practicing physician to this council if/when an opportunity arises. I have a strong interest in community focused health advocacy and outreach, and would welcome the change to contribute.

[Bernstein CV August 2022.docx](#)
Upload a Resume

**Harvard Medical School
Curriculum Vitae**

Date Prepared: May 12, 2022

Name: Carolyn A. Bernstein, MD

Office Address: BWH Osher Clinical Center Suite 422
850 Boylston St
Chestnut Hill, MA 02467

Work Phone: 617-732-9700 ext. 1

Work Email: carolyn_bernstein@hms.harvard.edu

Place of Birth: Boston, MA

Education

09/78-06/82	AB (Honors)	American History	Brown University
07/82-08/83	Research assistant	Cardiac Muscle Research Lab.	Boston Medical Center
	MD		Boston University
09/83-05/87		Medicine	

Postdoctoral Training

06/87-06/88	Intern	Medicine	Boston City Hospital Boston, MA
07/88-06/91	Resident	Neurology	New England Medical Center, Boston, MA

Faculty Academic Appointments

1992-2006	Instructor	Neurology	Harvard Medical School
2006-	Assistant Professor	Neurology	Harvard Medical School

Appointments at Hospitals/Affiliated Institutions

1982-1983	Research Assistant	Department of Medicine	Boston Medical Center
1991-1992	Neurologist	Medical Staff	Neurological Services PC

			Framingham, MA
1992-1997	Consulting Neurologist (Courtesy Staff)	Medical Staff	Mt. Auburn Hospital Cambridge, MA
1992-2003	Consulting Neurologist	Medical Staff	Youville Rehabilitation Hospital, Cambridge, MA
1992-2005	Consulting Neurologist	Medical Staff	Harvard University Health Service
1992-2005	Consulting Neurologist	Medical Staff	MIT Health Service Cambridge, MA
1992-2009	Neurologist	Medical Specialties Center	Cambridge Hospital Cambridge Health Alliance
1992-2009	Neurologist	Medical Staff	Cambridge Health Alliance
1992-2009	Associate Neurologist	Neurology	Massachusetts General Hospital, Boston, MA
2006-2009	Physician and Director	Women's Headache Clinic	Somerville Hospital, (Cambridge Health Alliance)
2009-2015	Neurologist	Department of Anesthesia, Critical Care and Pain Medicine and Department of Neurology	Beth Israel Deaconess Medical Center, Boston, MA
2015-	Associate Neurologist	Department of Neurology	Brigham and Women's Hospital, Boston, MA
2021-	Lavine family Distinguished Chair in Neurology		Brigham and Women's

Major Administrative Leadership Positions
Local

1992-2009 Director, Neurology Resident Teaching

Cambridge Hospital, Cambridge, MA

1994-2009	Director, Neurology Section, Patient-Doctor II	Neurology Section, Patient-Doctor II, Cambridge Hospital, Cambridge, MA
2000-2006	Director, Multiple Sclerosis Support Group	Cambridge Health Alliance
2000-2009	Director, Headache Clinic	Cambridge Health Alliance
2001-2007	Clinical Director, Medical Specialties Center	Cambridge Health Alliance
2004-2009	Clerkship Director, Neurology	Harvard-Cambridge Integrated Clerkship, HMS
2005-2009	Co-Director, Division of Integrative Therapies	Cambridge Health Alliance
2009-2015	Clinical Director, Harvard Medical Faculty Physicians Comprehensive Headache Center	Beth Israel Deaconess Medical Center, Boston, MA

Regional

2020-	Director, Patient Outreach Responsible for planning patient sessions at Professional HCNE meetings to educate on latest migraine treatments and supports	Headache Cooperative of New England
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Committee Service

Local

1996-2002	Executive Council	Youville Rehabilitation Hospital, Cambridge, MA
2001-2003	Executive Committee	Cambridge Health Alliance
2002-2009	Physicians Health Committee	Cambridge Health Alliance
2004-2009	Chair	
2002-2009	Committee to Revise Third Year Clerkship	Harvard Medical School
2014-2015	Ethics Liaison Committee	Beth Israel Deaconess Medical Center
2016-	Financial Committee	Department of Neurology, BWH

2019	Chair, Finances Committee	Department of Neurology, BWH
2018-	Physician Wellness Committee	Department of Neurology, BWH
2020- School National	HMS Task Force to Address Racism	Harvard Medical
2020-	Advisory Board Member	Association of Migraine Disorders

Professional Societies

1991-	American Academy of Neurology
2000-	AB Baker Committee for Teaching and Education
2017-	Integrative Neurology section
2001-	Ad hoc Reviewer for Practice Recommendations in Headache
2017	'Neuroscience is Cool' Committee
2016-	Neurohealth and Integrative Neurology Committee
2022-	Vice Chair, Neurohealth and Integrative Neurology Committee
2009-	American Headache Society
2014-	Fellow
2017-	Integrative Therapies Section
2017 -	Women's issues Section
2020 -	Vascular Neurology Section
2015-	North American Menopause Society
2015-	Headache Cooperative of New England
2019-	Member, The Academy at Harvard Medical School The Academy is responsible for professional development of faculty who teach in the MD program. Its role is also to develop and support a community of leaders in education and a culture of excellence in teaching and learning, to foster the careers of educators in medicine and science, to provide programming to improve the skills of teachers, to stimulate and support the creation and implementation of innovative approaches to learning and assessment, and to support educational research and scholarship in medical and graduate education. -Attend meetings, working on curriculum development
2021-	Board of Directors, Scholarship Selection Committee, Community Outreach

Brigham and Women's Hospital

2022- Massachusetts Medical Society

Editorial Activities• **Ad Hoc Review***Headache**Up to Date**Cephalagia**New England Journal**Menopause*• **Other Editorial Activities**

- 2005 Contributing Editor, Journal Watch, *New England Journal of*
Neurology *Medicine* 2005:7(6)
- 2013 Co-Editor (with A. Bailey); Pain in Springer
Women: A Clinical Guide
- 2017 Co-Editor (with T. Takoudes); Medical Springer
Problems During Pregnancy
- 2022 Co-Editor (with O. B. de Dhaem; Headache: What Oxford Press
(2022—in press)
You Do Next?

Honors and Prizes

- | | | | |
|------------------------|---|-------------------------------|------------------------|
| 1998 | Teaching Award | Cambridge Health Alliance | Excellence in Teaching |
| 2002, 2003, 2004, 2005 | Mention, Patient Doctor students | Harvard Medical School | Excellence in Teaching |
| 2003 | Citation, Excellence in Neurologic Education | American Academy of Neurology | Excellence in Teaching |
| 2005 | Nomination, Clinical Teaching Award | Harvard Medical School | Excellence in Teaching |
| 2006 | Faculty Award for Teaching Excellence, Clinical Years | Harvard Medical School | Excellence in Teaching |

2007	Leonard Tow Award for Humanism in Medicine	Harvard Medical School, Arnold P. Gold Foundation	Excellence in Teaching
2007	Headache Healthcare Provider of the Year	National Headache Foundation	Clinical Excellence
2018	Partners in Excellence Award	BWH	Community Outreach
2020	Nomination, Dean's Award for Community Service	Harvard Medical School	Community Service
2022	Pillars of Excellence Award.	BWH	Patient Care

Report of Funded and Unfunded Projects

Current:

- 2016-2020 IMPACT Study: Chiropractic Care for Migraines
Palmer Chiropractic, Osher Center at HMS
Role: Co-Investigator (PI: Peter Wayne PhD)
*Pilot study looking at reduction in headache days and other
measures for patients with moderate frequency migraines
receiving a personalized chiropractic intervention.*
- 2016- Group Visits for Integrative Care Techniques for Migraine
Patients
Lavine Family Initiative—Philanthropic donation
Role: PI
Direct costs: \$5000
*Project looking at a curated multi-session group visit for
migraine patients to teach multiple non-drug self-care
techniques; 22 10 patient groups have now been completed*
- 2016- Brain Science for Third Graders
Boston Scientific (grant via community outreach)
Role: PI
Direct costs: \$30,000; funded with community outreach grant
from Boston Scientific and private philanthropic funding
*Elementary school brain science teaching project, working with
neurology residents, teachers in the Boston Public Schools and
BWH community outreach*
- 2018- ACT for Migraines
Lavine Family Initiative—Philanthropic donation
Role: PI

Direct costs: \$500,000

Pilot study using Acceptance and Commitment Therapy (ACT) for high frequency migraine patients to look at improvement in quality of life, decreased headache days and artificial intelligence and cortisol level testing

In conjunction with cognitive neuroscience at MIT, now pivoted to virtual intervention

2021- BWell Grant Recipient

Co-PI on study to reduce physician burn-out at BWH with evaluation of in-basket burden

Current Unfunded Projects

2019- Fertility and Migraine: A Longitudinal Study

PI

Pilot study assessing migraine variables during IVF, in conjunction with Boston IVF

Report of Local Teaching and Training

Teaching of Students in Courses:

1992-2009	Patient-Doctor II, Neurology Section 2 nd year medical students	Harvard Medical School Six 4-hour sessions per year
2002-2009	Patient-Doctor II. 2 nd year medical students	Harvard Medical School Two students, 2 clinics per month, several times per year
2002	HMS SIGN Group Medical student interest group	Harvard Medical School Lecture, 20 students
2004-2009	Cambridge Integrated Clerkship: Confusion, Back Pain, Headache, and Stroke lectures Medical students	12 students, 4 3-hour sessions per year Four 3-hour sessions per year
2004-2009	Neurology Curriculum 3 rd year medical students	Harvard Medical School
2005-2015	Healer's Art Course on language and human connection in medicine for 1 st year medical students based on national	Harvard Medical School Four 3-hour sessions per year

	curriculum by Rachel Remens MD	
2022	Simulation session, Lumbar Puncture students, 3 hrs	HMS First Year
Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs):		
1992 - 2009	Neurology Conferences Psychiatry residents	Cambridge Hospital Four 1-hour sessions per year
2009-2015	Case Conferences Anesthesia fellows	Arnold Pain Management Center, BIDMC 6 hours/year
2011, 2015	Headache Management and Psychiatric Co-morbidities Psychiatry residents	Beth Israel Deaconess Medical Center. 1 hour/year
2015	Headache Management During Pregnancy Obstetrics and Gynecology residents	Beth Israel Deaconess Medical Center. 1 hour/year
2016-2019	Headache Management, Primary Care residents	BWH 2 hours/year
2017-	Multiple teaching sessions for Headache fellows	BWH 4 sessions/year
2018, 2019, 2020, 2021, 2022	Headache Management, Neurology residents	BWH 4 hours/year
2019	Headache Case Conference Workshop, Fish Center Physicians	BWH 1 session per year
2022 session	Integrative Neurology, Neurology residents	BWH. 1
Clinical Supervisory and Training Responsibilities:		
1992-2009	Preceptor in Neurology for primary care, pre-psychiatry, and other residents, Cambridge Hospital	10 hours/week
1992-2009	Supervision of 4 th year medical students on Neurology rotation	One to two months per year
2004-2009	Preceptor in Neurology, Cambridge	2004-2009 (32 hours)

	Integrated Clerkship students, Harvard Medical School	per week of teaching and supervision)	
2009-2015	Preceptor in Pain Management for fellows, Headache Center at Beth Israel Deaconess Medical Center	18 sessions/year	
2009-2015	HMS students, BIDMC neurology residents, BCH residents	1 resident/med student per month	
2015-	Headache Fellowship Preceptor, BWH John Graham Headache Center	8 hours/week	
2015-	HMS students, BWH Primary Care residents	4 hours/month	
2017-	Preceptor, BWH Neurology Resident Clinic	4 hours/month	
2020- 2021	Preceptor, Women's Neurology Fellow.		four 4-hour sessions/month

Formally Supervised Trainees and Faculty:

1999-2000	Susan Walker, MD/Child Psychiatry Attending Physician, Cambridge Hospital Mentored as a Pre-Psychiatry Intern.		
2002-2004	Anne Brewster, MD/Attending Physician, Women's Health Clinic, MGH Mentored as a Senior Resident at Cambridge Hospital		
2004-2005	Jennifer Siegel MD/ Assistant Professor of Medicine, Boston Medical Center		
2004-2005	supervised and mentored as CIC student in longitudinal neurology teaching, CHA/ HMS		
2005-2006	Jennifer Radesky MD/Assistant Professor of Pediatrics, University of Michigan supervised/mentored as CIC student, supervised Grand Rounds presentation at CHA/HMS		
2007-2008	Michael Tang MD/Child Psychiatrist, Dimock Health Center supervised/mentored as CIC student, precepted in longitudinal evaluation and development of care plan for patient with Parkinson's, CHA/HMS		
2008-2009	Erica Kaye MD/Pediatric Oncologist, St Jude's Medical Center supervised/mentored as CIC student, longitudinal evaluation and		

care delivery for neurology patients CHA/HMS

2016- Sarah Zaman MD/Pediatric Hospitalist, Seattle Children's supervised/mentored as CIC student, precepted presentation at HMS conference on "Headache" CHA/HMS

2016- Emily Ferenczi MD Neurology resident/fellow at BWH, mentoring in education project for school children. Nominated her for AAN award (received), poster presentation and curriculum development for this project

Andrea Harriott MD PhD BWH Headache fellow, now attending MGH, supervised recent master's degree project, participated in thesis defense, now supervising fertility research project

2016-17 Yulia Orlova MD, BWH Headache fellow, mentored advised, supervised, assisted with career planning Currently Asst Professor of Neurology, University of Florida

2017-2018 Angeliki Vgontzas MD, supervised as Headache Fellow BWH, mentored, prepared case presentation which led to publication, Currently Instructor in Neurology. HMS

2018-2019 Jennifer Hranilovich MD, mentored and supervised as BWH Headache Fellow, advised on research projects and use of CIM in headache care, currently Asst Professor Pediatrics- Neurology, U Colorado

2019-2020 Alise Pham OD mentored and supervised as BWH Headache fellow, assisted with research project on CGRP mabs for migraine, now private practice in Carlsbad, CA

2019-2020 Eric Kaiser MD PHD mentored and supervised as BWH headache fellow, lectured on CIM for headache and other topics, currently Instructor in Neurology, UPenn Med School,

2019- Olivia Begasse de Dhaem MD—mentored, supervised, co-authored publication as BWH Headache fellow, have submitted book proposal to Oxford press jointly, currently instructor in Neurology, Columbia U. School of Medicine and faculty Stamford Health Center

2020- Onasis Soto, BWH Community Outreach Scholarship student, now attending college,

Mentoring him as a pre-med and helping him to prepare his application for medical school

2021-2022. Brittany Mays MD—mentored and supervised during headache fellowship, co-writing research paper on Craniosacral Therapy for Post-Concussive Headache

2021-2022 Jasmin Harpe MD—supervised during headache fellowship, mentoring and co-writing research paper on Fertility and Migraine

Formal Teaching of Peers:

No presentations below were sponsored by outside entities.

2002-2004	Workshop on Headache Primary Care Principles and Practice Course Harvard Medical School	Single presentation annually Boston
2009	Headache and Facial Pain CME Course, Harvard Medical School	Lecture and several panel discussions
2009, 2010	Headache Management Current Concepts in Headache, Harvard Medical School and Beth Israel Deaconess Medical Center	Single presentation annually
2010, 2011	Headache Workshop Primary Care: Principles and Practice Harvard Medical School	Single presentation Boston
2013, 2014	Principles and Practice of Pain Medicine HMS CME	Single presentation, Boston
2016, 2017, 2108, 2019, 2020, 2021,2022	Update in Primary Care: Headache HMS CME	Single presentation, Boston
2020, 2021. 2022	Complementary and Integrative Medicine for Headache and Pain, HMS CME	Single presentation, Boston
2020, 2021,2022	CIM for Headache and Pain, Neurology for the Non-Neurologist, HMS CME	Single presentation, Boston

Local Invited Presentations:

No presentations below were sponsored by outside entities.

- 1992-2000 Neurology Topics/Medical Grand Rounds (4 per year)
Cambridge Hospital, Cambridge, MA
- 2003 Hormonal Headaches/Grand Rounds
Obstetrics and Gynecology, Cambridge Hospital, Massachusetts
- 2003 Update on Multiple Sclerosis /Nursing Education Seminar
Cambridge Health Alliance, Massachusetts
- 2004 Headache / Nursing Education Seminar
Cambridge Health Alliance, Massachusetts
- 2004 Migraines / Nursing Education Seminar
Cambridge Health Alliance, Massachusetts
- 2005 Hormonal Migraines / Grand Rounds
Facial Pain Group, MGH, Massachusetts
- 2005 EEG Interpretation
Psychiatry Conference, Cambridge Hospital
- 2006 Migraine: Diagnosis and Treatment/Medical Grand Rounds
Cambridge Hospital, MA
- 2007 Headache and Facial Pain
MGH/Tufts Facial Pain Group, Boston
- 2009 Headache and Facial Pain
MGH/Tufts Facial Pain Group, Massachusetts
- 2010 Headache Identification / Grand Rounds
Massachusetts Eye and Ear Infirmary, Massachusetts
- 2010 Headache Management
Harvard Primary Care Group, Boston
- 2010 Headache Classification
Health Care Associates, Beth Israel Deaconess Medical Center
- 2011 Headache and Stress
Hebrew Rehabilitation Center, Boston
- 2013, 2015 Management of Refractory Headache, Principle and Practice of
Pain Medicine, BIDMC Department of Anesthesia, Critical Care
and Pain Medicine

- 2016 Integrative Medicine in Neurology
Brigham and Women's Hospital
- 2016 Osher Center Grand Rounds
Brigham and Women's Hospital
- 2017 Presentation for Amgen on Migraine Impact
HMS External Education
- 2017 Osher Center Grand Rounds
Brigham and Women's Hospital
- 2022 Women's Health speaker on Migraine and Menopause
MGH/HMS
- 2022 Headache for ENT specialists
Mass. ENT Society

Report of Regional, National and International Invited Teaching and Presentations

Regional

No presentations below were sponsored by outside entities.

- 2000 Secondary Stroke Prevention/Medical Grand Rounds
Bedford VA Hospital, Massachusetts
- 2001-2002, TIA and Stroke / Medical Grand Rounds
- 2005 Youville Rehabilitation Hospital, Massachusetts
- 2018 Headache in Women
Mass. Neurologic Association
Boston, MA
- 2020 Neurology Grand Rounds, Hormones and Headaches
Dartmouth College School of Medicine, Hanover NH (virtual)
- 2020 Headaches and Hormones
Fenway Community Health Center
Boston MA
- 2021 Complementary and Integrative Medicine for Headache and
Pain
Headache Cooperative of New England Stowe Meeting

National

Those presentations below sponsored by outside entities are so noted and the sponsor is identified.

- 2006 Management of disabling migraine episodes
Women's Health Congress
UCLA Medical School, San Diego, CA (Reed-Elsevier)
- 2007 Strategies for managing patients with migraine
UCLA Medical School, San Diego, CA (Reed-Elsevier)
- 2010 Headache classification and management
American College of Physicians National Meeting, Toronto,
Canada
- 2011 Update on Migraine with Aura / Neurology Grand Rounds
Johns Hopkins University, Baltimore, MD
- 2015 Injections and Surgical Options for Headache
Breakthroughs in Neurology, American Academy of
Neurology
Phoenix, AZ
- 2017 Integrative Medicine Workshops for Migraine Patients: The
Power of the Group Academy of Integrative Health and
Medicine, San Diego, CA
- 2019 Neurology Grand Rounds, Hormones and Headaches
Georgetown University School of Medicine, Washington DC
- 2020 Headache Grand Rounds, CIM for Headache and Pain
Children's Hospital of Pennsylvania (virtual)
- 2020 Neurology Grand Rounds, Telemedicine for Headache
Providers,
Wake Forest Medical Center, Winston-Salem, North Carolina
- 2020 Grand Rounds, Institute of Medicine and the Humanities,
Complementary and Integrative Medicine in the Experience
of Pain
University of Montana (virtual)
- 2021 American Academy of Neurology, Presentation on Integrative
Neurology, (virtual)
- 2021 American Headache Society, "A Physician's Perspective on Treating
Headache Patients During the Pandemic (virtual)

- 2021 "Management of Migraine during Mid-life and Menopause", North American Menopause Society National meeting, Washington DC (live)
- 2022 "Headache Management", American College of Physicians National Meeting, Chicago, IL

International

No presentations below were sponsored by outside entities.

- 2008 Women's Headache: Symptoms and treatment
Daiuke Hospital, Nagoya, Japan
- 2015 Headache Management
International Association for the Study of Pain
Buenos Aires, Argentina
- 2021 Complementary and Integrative Medicine for Headache and Pain
Besta Neurologic Institute.
Milan, Italy
- 2021 Headaches and Hormones, Neurology Grand Rounds, Sheba Hospital, Tel Aviv, Israel
- 2021 Complementary and Integrative Medicine for Headache, University of Sao Paulo, Brazil
- 2022 Headache Evaluation and Cases, Royal College of Surgeons, Dublin, Ireland

Report of Clinical Activities and Innovations

Current Licensure and Certification:

- 1990 Massachusetts Board of Registration
- 1994 American Board of Psychiatry and Neurology (Neurology)
- 2004, 2014 Recertification, American Board of Psychiatry and Neurology (Neurology)
- 2008, initially, Headache Medicine, United Council for Neurologic
recertified Subspecialties
through 2028
- 2021- Licensed in Vermont, New Hampshire, Maine,
Connecticut, Rhode Island, Florida

Practice Activities:

- | | | |
|-----------------------|---------------------------|-----------------------------|
| 1991-2006 Neurologist | Cambridge Health Alliance | Five clinical sessions/week |
|-----------------------|---------------------------|-----------------------------|

2006-2009 Headache Medicine		Opened and directed Women's Headache Center at Cambridge Health Alliance; conceptualized multi-disciplinary headache center for women with integrative specialists co-located, taught residents and medical students, developed national referral base Recruited to Anesthesia to direct Translation Research and clinical Headache Center
2009-2015 Headache Medicine	BIDMC	
2015- Headache Medicine	BWH Neurology, Division of Headache Medicine	Six sessions per week

Clinical Innovations:

Women's Headache Center (2006-2009) Director, Women's Headache Center at Cambridge Health Alliance—conceptualized unique model to include patients in designing a multidisciplinary center including traditional neurologic care and integrative therapies in one setting. Had patient workgroups to help design the practice. Within a month of opening, practice was saturated with referrals and continued to expand, drawing from a national base.

Author of unique patient-focused nonfiction book about migraine (2008)

The Migraine Brain, Free Press (Simon and Shuster), published in US, UK, Romania and Czech Republic. Book was number 1 in science and health on Amazon sellers for first week. National Television appearances including The Today Show and Unavision. Interviewed by Terri Gross for NPR in addition to 30 plus appearances on national radio. Book to date has sold over 32K copies. This book is unique in that it focuses on both evidenced data about migraine management as well as patient stories of their own experiences. This has generated national and international referrals.

Harvard Medical Faculty Physicians Comprehensive Headache Center at BIDMC (2009-2015) Patients bring the book to their consultations and describe the impact on their lives. It continues to be an 'evergreen", selling in print and electronic forms. Director, HMFP Comprehensive Headache at BIDMC—founder and director of translational research center on site with clinical care within Anesthesia Department, built panel of over 3000 patients, pioneered exercise interventions, expressive art therapy, yoga workshops and research opportunities including NIH funded study on photophobia and migraine

IMPACT study (2017 - 2020)

The Migraine Toolbox (2016 - present) Research funding received for pilot project "IMPACT study" to look at chiropractic care for migraine patients. Served as Co-I, screened all patients, developed protocol, now reviewing outcomes and writing research articles. Plan to use pilot data to prepare application for major grant funding and expansion

2017- Conceptualized and developed **The Migraine Toolbox**, a unique group visit for migraine patients to offer community, shared experience and education about self-care, mindfulness, integrative therapies and nutrition. To date, we have run 30 groups, registering 10 patients per group, and are collecting data to share this as a "best practice" initiative. Sessions are now taught on Zoom, and curriculum is shared nationally

Major gift recipient for projects in Integrative Medicine for Migraine and Pain Management—workshops, mindfulness research, neuroimaging of Pain, yoga/art therapy for patients with pain and headache, yoga for other neurologic diagnoses. Donor has agreed to ongoing support for these projects. Expect to use outcomes data and patient reviews to add these non-drug therapies into standard of care for patients with pain and headache. Developing new treatment paradigms that shift focus from purely medication to patient self-care and integrative therapies as evidenced.

Report of Teaching and Education Innovations

- 2016- Have designed curriculum for integrative medicine workshops for headache and pain patients with superb feedback, have presented on this unique approach at national meetings, shared curriculum nationally via publication and presentation
- 2016- Member of "Neuroscience is Cool" workgroup at AAN; initiated education program for neurology residents around community service for third grade brain science teaching project in the Boston Public Schools. This program focuses specifically on under-resourced students to connect them with scientists and physicians. Have developed this project in concert with BWH Community Service, received grant funding from pharma, brought internationally acclaimed speaker for day of outreach and activities, have delivered consistent STEM teaching in Boston Public schools 3rd and 4th grade classrooms, working with and co-teaching with neurology residents. Recipient of multiple philanthropic gifts
- 2017, 2018, 2019, 2020, 2021 Educator, Summer Science Academy in Boston, a program for high school students from under-resourced inner-city schools to learn about neuroscience. Developed curriculum and for summer 2020, pivoted to an online program after receiving a donor gift of 35 laptops that made the experience possible for these students

Report of Education of Patients and Service to the Community**Activities**

- 1995- American Academy of Neurology/Instructor
Developed and taught clinical neurology course to elementary school children in Newton, including basic neuroanatomy, with pictures and 3D representations, lab work, neurology of senses, and mechanisms of brain injury. did workshop with third graders at Nathan Hale School in Boston about the brain and sensory systems. This led to development of current Brain Science is Cool project which I am currently leading.

- 2001 Cambridge Senior Center/Lecturer
Lecture on strike and stroke.
- 2004 Cambridge YMCA/Lecturer
Lecture for the public on migraine headache
- 2004 Somerville Geriatric Center/Lecturer
Lecture on dementia.
- 2004 Somerville Senior Center/Lecturer
Lecture on aging and dementia.
- 2008 Today's Show, Fresh Air, WHYY, WILL, KGO, KMOX,
numerous others: /Interviewee
Discussion about migraine headache
- 2008 MSNBC, Newsweek, Boston Magazine, Newton Tab, Marie
Claire, Cosmopolitan, Healthnet Radio, Doctor Radio,
Martha Stewart Living Radio, Fox TV, People Magazine /
Interviewee
Interviews on the migraine brain
- 2010 The London Times, London Standard, BBC, Natural
Living/Interviewee
Interviews on headache
- 2011 Monadnock Summer Lyceum lecture "How to Protect your
Brain"
- 2012, 2015 CNN, Broadcasts on cycling and migraine, art therapy and
migraine
- 2016 NPR, Fresh Air: broadcast on CBT and headache
Reuters News: Financial Burden of Headache
- 2019 Self Magazine

Shape Magazine, Crowd Science (BBC), Medium

Books, monographs, articles and presentations in other media

No presentations below were sponsored by outside entities.

- 2008 Migraine Brain Author **Bernstein C, McArdle E. The Migraine Brain: Your Breakthrough Guide to Fewer Headaches**, Better Health. New York: Free Press, 2008. Published

in Brazil, England, Australia,
Romania

2017-	<i>Harvard Health Newsletter</i>		
	Acupuncture for Headaches	January 2018	Bernstein CA, Langevin H
	A Neurologist Talks about Kids and Headaches	February 2018	Bernstein CA
	Active Mind/Body, Healthy Mind/Body	February 2018	Bernstein CA, Bullock CBB
	CGRP: A New Era for Migraine Treatment	March 2018	Bernstein CA
	How to Talk to your Doctor about Medication	April 2018	Bernstein CA
	Take Control of Your Health Care: Exert Your Patient Autonomy	May 2018	Bernstein CA
	An Insider's Guide to a Hospital Stay	August 2018	Bernstein CA, Bullock CB
	Discontinuation Syndrome	April 2019	Bernstein CA, Bullock CB

Report of Scholarship

Peer-Reviewed Publications in print or other media Research Investigations:

1. Rosman NP, Gottlieb SM, **Bernstein CA**. Acute hemorrhagic leukoencephalitis: recovery and reversal of magnetic resonance imaging findings in a child. *J Child Neurol*. 1997;12(7):448-54.
2. Ogur B, Hirsh D, Krupat E, Bor D, Batalden M, **Bernstein C**, Callahan J, Cohen P, Elvin D, Garcia M, Gaufberg E, Gaufberg S, Ghosh A, Gutterson W, Shaffer K, Shtasel D. The Harvard Medical School-Cambridge Integrated Clerkship: An Innovative Model of

- Clinical Education. *Academic Medicine*. 2007;82. 397-404. 10.1097/ACM.0b013e31803338f0.
3. Gerber MR, Fried LE, Pineles SL, Shipherd JC, **Bernstein CA**. Posttraumatic stress disorder and Intimate partner violence in a women's headache center. *Women Health*. 2012 Jul; 52(5):454-71.
 4. Buettner C, Nir RR, Bertisch SM, **Bernstein C**, Schain A, Mittleman MA, Burstein R. Simvastatin and vitamin D for migraine prevention: A randomized, controlled trial. *Ann Neurol*. 2015;78(6):970-81. PubMed Central PMCID: PMC4715556
 5. Maleki N, **Bernstein C**, Napadow V, Field A. Migraine and Puberty: Potential Susceptible Brain Sites, *Semin Pediatr Neurol*. 2016 Feb;23(1):53-9.
 6. Nosedá R, **Bernstein CA**, Nir RR, Lee AJ, Fulton AB, Bertisch SM, Hovaguimian A, Cestari DM, Saavedra-Walker R, Borsook D, Doran BL, Buettner C, Burstein R. Migraine Photophobia originating in cone-driven retinal pathways, *Brain*. 2016 Jul;139(Pt 7):1971-86.
 7. Nosedá R, Lee A, Nir RR, **Bernstein CA**, Kainz V, Bertisch S, Borsook D, Burstein R. Neural Mechanism for Hypothalamic Mediated Responses to Light During Migraine. *Proc Natl Acad Sci U S A*. 2017 Jul 11;114(28):E5683-E5692. doi: 10.1073/pnas.
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Consulting

1. Amgen consulted on migraine-related projects 2017-2020
2. Percept consultant on novel migraine-related wearable 2017-ongoing
3. Neurolytic consultant for migraine telehealth genetic diagnosis and treatment 2021-ongoing