

**PRESS RELEASE:**

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On-Call Media Cell: (828) 674-2358

**Local physician to discuss causes and treatments for headaches**

(Hendersonville, N.C.) Morris Maizels, M.D., with [Blue Ridge Headache Center](#), will offer a free presentation, *Headaches: Causes and Treatments*, on Wed., June 9, from 1 until 2 p.m. at the Pardee Health Education Center.

Approximately 45 million Americans suffer from chronic headaches, and of those, 28 million suffer from migraines. In this presentation, Dr. Maizels will discuss the latest research, causes and treatment options for headaches. Registration for this free presentation is required by calling 1-866-790-WELL (9355).

Dr. Maizels is a family physician who was one of the first physicians in the country to become board certified in headache medicine by the United Council of Neurological Sciences. He is a senior editorial advisor for the medical journal *Headache*, and a former member of the board of directors of the American Headache Society. Dr. Maizels graduated from the University of Washington School of Medicine, and completed his residency at the UCLA-Antelope Valley Family Medicine Residency Program.

Dr. Maizels has been actively engaged in innovative research studies since his first publication, an article in the Journal of the American Medical Association (JAMA) in 1996, which showed that the administration of lidocaine, a simple topical anesthetic, could stop



migraine attacks quickly. He has developed teaching tools for physicians to improve recognition of migraine, which have been adopted by the American Academy of Neurology.

Dr. Maizels is offering this presentation in recognition of [National Headache Awareness Week](#), which is sponsored by the National Headache Foundation. The National Headache Foundation exists to enhance the healthcare of headache sufferers.

The [Pardee Health Education Center](#) is a unique community outreach program of the hospital that provides an array of services from health fairs and screenings to seminars and support groups. Last year, the center provided more than 10,000 free and low-cost screenings to community members.

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit [www.pardeehospital.org](http://www.pardeehospital.org).

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**Margaret R. Pardee Memorial Hospital**  
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[www.pardeehospital.org](http://www.pardeehospital.org)

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