

Danielle Alyse Wilhour, MD
Curriculum Vitae

Current Position Assistant Professor of Neurology
University of Colorado School of Medicine

Academic Address 21469 E 17th Ave
Aurora, CO 80045

Education

2006-2010	BA	The University of Pennsylvania, Graduated Cum Laude Major: Biological Basis of Behavior & Visual Studies Minor: Chemistry & Psychology
2010-2014	MD	Jefferson Medical College

Postgraduate Training

2014-2015	Internship	Pennsylvania Hospital, Preliminary year in Internal Medicine
2015-2018	Residency	Thomas Jefferson University Hospital, Neurology Residency
2018-2019	Fellowship	Thomas Jefferson University Hospital, Headache Medicine

Certificates

2023	Life Coach	The Life Coach School
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Academic Appointments

2019-present	Assistant, Professor, Department of Neurology, University of Colorado School of Medicine, Aurora, Colorado
2021-present	Associate Fellowship Director, Headache Medicine Fellowship, University of Colorado School of Medicine, Aurora, Colorado

Hospital and other Professional Positions

2019-2020	Neurohospitalist, Department of Neurology, University of Colorado Hospital, Aurora, Colorado
2019-2020	Telemedicine, Department of Neurology, University of Colorado Hospital, Aurora, Colorado

Honors and Awards

2014	The Arthur Krieger Memorial Prize in Neurology
2016	Neurology Recognition Award
2019	Fellowship Teaching Award
2023-2024	Women's Leadership Class for Women in Medicine and Science
2024	2023-24 Al Anderson Faculty Teaching Award Nomination

Professional Society Membership

2014-present	American Academy of Neurology
2018-present	American Headache Society

2018-present	International Headache Society
2019-present	American Neurological Association
2019-present	Colorado Neurologic Society
2021-present	Colorado Headache Society

Major Committee and Service Responsibilities

Local

2020-present	Neurology Wellness Committee
2021-present	Neurology Diversity, Equity, and Inclusion
2022	Neurology Research Retreat Residency Project Judging Panel
2023	Epic Sprint Leader
2023-2024	Women's Leadership Class for Women in Medicine and Science
2023	38 th Annual Virtual Student Research Forum
2023-2024	Neurology Residency Recruitment Committee

National

2018-present	Miles for Migraine
2021-present	Headache on the Hill
2023-present	Physician Life Coach
2023-present	Better Together Physician Coaching

Licensure and Board Certifications

September 2018	Board Certification, American Board of Psychiatry and Neurology
September 2020	Board Certification, Headache Medicine, United Council for Neurologic Subspecialties
6/2/17-3/31/18	Medical License, State of Delaware
3/20/18-12/31/20	Medical License, State of Pennsylvania
4/1/19-present	Medical License, State of Colorado
4/11/19-present	Medical License, State of Wyoming

Review and Referee Work

2018-present	Ad-hoc reviewer	<i>Neurology</i>
2018-present	Ad-hoc reviewer	<i>Annals of Neurology</i>
2018-present	Ad-hoc reviewer	<i>Headache</i>
2018-present	Ad-hoc reviewer	<i>Cephalalgia</i>

Extramural Lectures and Presentations

Local

1. Invited Speaker. *Primary Care Management of Headache*. Department of Internal Medicine Grand Rounds. University of Colorado School of Medicine, Aurora, CO. January 2020
2. Invited Speaker. *Inpatient Management of Headache*. Department of Neurology Medicine Grand Rounds. University of Colorado School of Medicine, Aurora, CO. January 2020
3. Invited Speaker. *Headaches in Pregnancy*. Department of Obstetrics and Gynecology Medicine Grand Rounds. University of Colorado School of Medicine, Aurora, CO. December 2020

4. Invited Speaker. *Gender Differences in Migraine*. Department of Psychiatry's Women's Behavioral Health and Wellness. University of Colorado School of Medicine, Aurora, CO. April 2022

Regional

1. Invited Speaker. *Let's Talk on Brain Health*. Center for Women's Health Research at the University of Colorado. August 2020
2. Invited Speaker. *Headache Procedures for Primary Care Physicians*. 56th Annual Estes Park Internal Medicine CME Conference. Estes Park, CO. July 2020. Meeting Cancelled
3. Invited Speaker. *Women and Headache: What's New, What's True, and What to Do*. Colorado American College of Obstetricians and Gynecologists. Vail, CO. June 2023
4. Invited Speaker. *Headache Horizons: Management and Treatment in Primary Care*. American College of Physicians – Colorado Chapter. Colorado Springs. February 2024.
5. Invited Speaker along with Julie Scott, MD. Children's Hospital Colorado Physician Relations Lecture Series. *Headache Management in Pregnancy and Postpartum: Expanding Treatment Opportunities*. Given virtually to practitioners in Colorado and Wyoming. May 2024

National

1. Invited Speaker. *Opiate Induced Hyperalgesia*. American Society of Interventional Pain Physicians National Convention, Washington DC, July 2011
2. Invited Speaker. *Neurosarcoidosis*. Thomas Jefferson University Hospital Neurology Grand Rounds, Philadelphia, PA, September 2016
3. Invited Speaker. *Reversible Cerebral Vasoconstriction Syndrome*. Thomas Jefferson University Hospital Neurology Grand Rounds, Philadelphia, PA, October 2017
4. Invited Speaker. *Comparative Assessment in Quality Measures of the Neurology Wards Service*. Thomas Jefferson University Hospital Neurology Grand Rounds, Philadelphia, PA, October 2017

Teaching Record

Medical Student Presentations

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| 2014 | Teaching Assistant, <i>Neuroanatomy</i> , Master of Science in Occupational Therapy, Thomas Jefferson University Hospital |
| 2016 | Lecturer, <i>Altered Mental Status</i> , MS III Nervous System Block, Jefferson Medical School |
| 2017 | Lecturer, <i>Weakness</i> , MS III Nervous System Block, Jefferson Medical School |
| 2017 | Lecturer, <i>Stroke Management</i> , MS III Nervous System Block, Jefferson Medical School |
| 2023 | Coach, <i>Understanding Feedback</i> , undergraduate medical education arm of Better Together Coaching |

Resident Presentations

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| 2018 | Lecturer, <i>The Pathophysiology of Concussions</i> , Physical Rehabilitation Medicine Resident Didactics, Thomas Jefferson University Hospital |
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2018 Lecturer, *How to Treat Refractory Headaches*, Neurology Resident Didactics, Jefferson Medical School, Thomas Jefferson University Hospital

2019 Lecturer, *Preventive Medication*, Internal Medicine Resident Didactics, Jefferson Medical School, Thomas Jefferson University Hospital

2020 Preceptor, *Botox Demonstration for Primary Care Physicians*, Internal Medicine Residents, University of Colorado School of Medicine

2020-2024 Lecturer, *Medication Overuse Headache*, Neurology Resident Didactics, University of Colorado School of Medicine

2020 Lecturer, *Migraine Abortive and Preventive Treatments*, Neurology Resident Didactics, University of Colorado School of Medicine

2020 Lecturer, *Headache Emergencies*. Neurological Emergency Series for Neurology Residents, University of Colorado School of Medicine

2021 Lecturer, *Novel Preventive Treatment Options for Migraine*, Neurology Resident Didactics, University of Colorado School of Medicine

2022-2024 Lecturer, *Preventive Treatment Options for Migraine*, Neurology Resident Didactics, University of Colorado School of Medicine

2023 Lecturer, *Grit: How Passion and Perseverance is more important than Natural Talent*, Neurology Resident Didactics, University of Colorado School of Medicine

2023 *Expectations*, Neurology Resident Didactics, University of Colorado School of Medicine

2024 *Burnout and Creating Time*, Neurology Resident Didactics, University of Colorado School of Medicine

2024 *Imposter Syndrome*, Neurology Resident Didactics, University of Colorado School of Medicine

2024 *Intellectual and Developmental Disability in Adults*, presented with Dr. Jessica Sanders, Neurology Resident Didactics, University of Colorado School of Medicine

Fellow Presentations

2020 Lecturer, *Vestibular Migraine*, Headache Fellowship Didactics, University of Colorado School of Medicine

2020 Lecturer, *New Daily Persistent Headache*, Headache Fellowship Didactics, University of Colorado School of Medicine

2020 Lecturer, *Sensory Processing and Migraine*, Headache Fellowship Didactics, University of Colorado School of Medicine

2021, 2023 Lecturer, *Concussions*, Headache Fellowship Didactics, University of Colorado School of Medicine

2021, 2023 Lecturer, *Nummular Headaches*, Headache Fellowship Didactics, University of Colorado School of Medicine

2021 Lecturer, *Medical Cannabis and Headache Treatment*, Headache Fellowship Didactics, University of Colorado School of Medicine

2021 Lecturer, *Sleep and Headaches*, Headache Fellowship Didactics, University of Colorado School of Medicine

2022-2023 Lecturer, *Persistent Idiopathic Facial Pain*, Headache Fellowship Didactics, University of Colorado School of Medicine

2022 Lecturer, *Non-Pharmacologic Treatment of Headaches*, Headache Fellowship Didactics, University of Colorado School of Medicine

2022-2024 Lecturer, *Headaches during and after Pregnancy*, Headache Fellowship Didactics, University of Colorado School of Medicine

2023 Lecturer, *Introduction to Coaching Principles*, Headache, Movement, Vascular, Epilepsy, Behavioral, Neuro-infectious Disease, Hospitalist, Neuromuscular Fellowship Didactics, University of Colorado School of Medicine

2023 Lecturer, *Defining your Purpose*, Headache, Movement, Vascular, Epilepsy, Behavioral, Neuro-infectious Disease, Hospitalist, Neuromuscular Fellowship Didactics, University of Colorado School of Medicine

2023 Lecturer, *Growth Mindset*, Headache, Movement, Vascular, Epilepsy, Behavioral, Neuro-infectious Disease, Hospitalist, Neuromuscular Fellowship Didactics, University of Colorado School of Medicine

2023 Lecturer, *Imposter Syndrome & Confidence*, Headache, Movement, Vascular, Epilepsy, Behavioral, Neuro-infectious Disease, Hospitalist, Neuromuscular Fellowship Didactics, University of Colorado School of Medicine

2024 Real-world use of Current Headache Therapeutics, Headache Fellowship Didactics, University of Colorado School of Medicine

2024 Headache Classifications and Approach to Red Flags, Headache Interventional Pain Fellowship Didactics, University of Colorado School of Medicine

2024 Migraine and Diet, Headache Fellowship Didactics, Headache Fellowship Didactics, University of Colorado School of Medicine

2024 Migraine Aura and Combined oral Contraceptive, Headache Fellowship Didactics, University of Colorado School of Medicine

Faculty Presentations

2018 Lecturer, *The Pathophysiology of Concussions*, Jefferson Headache Center Faculty, Thomas Jefferson University Hospital

2018 Lecturer, *Gender Differences in Headache*, Jefferson Headache Center Faculty, Thomas Jefferson University Hospital

2019 Lecturer, *Migraines and Menopause*, Jefferson Headache Center Faculty, Thomas Jefferson University Hospital

2019 Lecturer, *Nummular Headache*, Jefferson Headache Center Faculty Didactics, Thomas Jefferson University Hospital

2020 Lecturer, *Novel Migraine Treatment*, Neurohospitalist Section, University of Colorado School of Medicine

2023 Lecturer, *Emergency Room and Outpatient Infusions*, Headache Section, University of Colorado School of Medicine

Staff Presentations

2021	Lecturer, <i>Inpatient Ketamine</i> , Critical Care Nurses, University of Colorado School of Medicine
2023	Lecturer, <i>Emergency Room and Outpatient Infusions</i> , Headache Nurses, University of Colorado School of Medicine
2023	Lecturer, <i>Preventive Medication Updates</i> , Headache Nurses, University of Colorado School of Medicine

Clinical Teaching

2019-Present	Attending Physician, Headache Medicine, 1 Neurology Resident, 2 Headache Medicine Fellows, occasional rotating Neuro-Ophthalmology or Interventional Pain Fellow, occasional undergraduate premedical student or PhD candidate, occasional visiting international professor, 2 medical students per week during their neuroscience unit
2019-2020	Attending Physician, UCH General Neurology, Vascular Neurology, and Consultative Neurology Services, 2 Neurology Residents, rotating resident from Internal Medicine or Psychiatry, 1-2 Medical Students, 1 Vascular Neurology or Neurohospitalist Fellow, 6 weeks/year

Mentorship Activity

2018-2019	Research mentor to Simone Khouzin, medical student, Sydney Kimmel Medical School
2019-2020	Career mentor to Lindsey Babcock, medical student, University of Colorado School of Medicine
2020-2021	Career mentor to Jennifer Evan, Headache Medicine Fellow, University of Colorado School of Medicine
2020-2024	Career mentor to Nicole Caunt, Neurology Resident, University of Colorado School of Medicine
2021-2022	Career mentor to Ann Oh, Headache Medicine Fellow, University of Colorado School of Medicine
2022-2023	Career mentor to Elizabeth Ackley, Headache Medicine Fellow, University of Colorado School of Medicine
2022-2024	Career mentor to Meghan Whitehead, Nurse Practitioner, University of Colorado School of Medicine, Headache Section
2023-2024	Career mentor to John Jenkins, Headache Medicine Fellow, University of Colorado School of Medicine
2023-present	Career mentor to Scott Rosenthal, Headache Medicine Fellow, University of Colorado School of Medicine
2023-present	Career mentor to Rachel Cuzzo, Neurology Resident, University of Colorado School of Medicine
2023- present	Career mentor to Elizabeth Ackley, Assistant Professor of Pediatric Neurology, University of Colorado School of Medicine

2024-present Career mentor to Nicole Caunt, Headache Medicine Fellow, University of Colorado School of Medicine

Clinical Service

2019-present Attending Physician, Headache Medicine, University of Colorado Neuroscience Clinic, with supervision and teaching of medical students, residents, and fellows.

2019-2020 Attending Physician, UCH General Neurology, Vascular Neurology and Consultative Neurology Services

2019-2020 Telestroke Consultations to Emergency Departments, Inpatients Services, and Mobile Stroke Unit for acute care

2021-present Supervising neurologist, UCH Neurology Resident Outpatient Clinic with supervision and teaching of neurology residents

Administrative Positions

2022-present Associate Director, Headache Medicine Fellowship, University of Colorado School of Medicine

2023-present Headache Section Leader for Advance Practice Provider Neurology Fellowship Program, University of Colorado School of Medicine

Research Projects and Grants

2019-2020 **Co-Investigator**
American Registry for Migraine Research (ARMR)
Multicenter, prospective longitudinal patient registry, biorepository, and neuroimaging repository
Sponsor: American Migraine Foundation
Aim: To better understand the causes, characteristics, and management of migraine and other headache disorders
University of Colorado School of Medicine, Department of Neurology

2019-2020 **Co-Investigator**
Medication Overuse Treatment Strategy (MOTS)
Multicenter, randomized PCORI trial
Sponsor: PCORI
Aim: To determine whether switching or limiting the frequency of the overused medication was noninferior to continuing using the overused medication the same amount, both strategies implying starting or optimizing the preventive treatment
University of Colorado School of Medicine, Department of Neurology

2019-2020 **Co-Investigator**

Effects of Intravenous Eptinezumab vs Placebo on Headache Pain and Most Bothersome Symptom When Initiated During a Migraine Attack (RELIEF)

Phase 3b Multicenter, randomized, double-blind, placebo-controlled clinical trial

Sponsor: Lundbeck

Aim: to evaluate eptinezumab in the acute migraine setting for headache pain freedom and absence of most bothersome symptom

University of Colorado School of Medicine, Department of Neurology

2020-2021

Principal Investigator

Vega

Sponsor: Eli Lilly

Aim: To evaluate satisfaction with healthcare provider report from a migraine smartphone app

University of Colorado School of Medicine, Department of Neurology

2023-present

Principal Investigator

A phase III, Randomized, Double-blind, Placebo Controlled, Multicenter Parallel Group Study with Extension Phase to Evaluate Efficacy and Safety of Dysport for Prevention of Chronic Migraine in Adult Participants

Sponsor: Ipsen Innovation

Aim: To evaluate the efficacy and safety of Dysport for the prevention of migraine in adults

University of Colorado School of Medicine, Department of Neurology

Bibliography

Peer Reviewed Journal Publications

Daitch J, Frey ME, Silver D, Mitnick C, **Daitch D**, Pergolizzi J Jr. Conversion of chronic pain patients from full-opioid agonists to sublingual buprenorphine. *Pain Physician*. 2012 Jul;15(3 Suppl):ES59-66. PMID: 22786462.

Daitch D, Daitch J, Novinson D, Frey M, Mitnick C, Pergolizzi J Jr. Conversion from high-dose full-opioid agonists to sublingual buprenorphine reduces pain scores and improves quality of life for chronic pain patients. *Pain Med*. 2014 Dec;15(12):2087-94. doi: 10.1111/pme.12520. Epub 2014 Sep 12. PMID: 25220043.

Callen AL, Pattee J, Thaker AA, Timpone VM, Zander D, Turner R, Birlea M, **Wilhour D**, O'Brien C, Evan J, Grassia F, Carroll IR. The Relationship of Bern Score, Spinal Elastance, and Opening Pressure in Patients with Spontaneous Intracranial Hypotension. *Neurology*. April 2023. PMID: 37015821.

Callen AL, Han L, Pisani Petrucci SL, Andonov N, Lennarson P, Birlea M, O'Brien C, **Wilhour D**, Anderson A, Bennett JL, Carroll IR. Patterns of clinical and imaging presentations in patients with spontaneous intracranial hypotension due to spinal cerebrospinal fluid venous fistula: A single-center retrospective cross-sectional study. *Headache*. August 2024. PMID: 39129307

Scholarly Reviews

Wilhour D, Nahas SJ. The Neuralgias. *Curr Neurol Neurosci Rep*. 2018 Aug 16;18(10):69. doi: 10.1007/s11910-018-0880-0. PMID: 30116913.

Wilhour D, Ceriani CEJ, Nahas SJ. Nummular Headache. *Curr Neurol Neurosci Rep*. 2019 Apr 17;19(6):26. doi: 10.1007/s11910-019-0943-x. PMID: 30997617.

Ceriani CEJ, **Wilhour DA**, Silberstein SD. Novel Medications for the Treatment of Migraine. *Headache*. 2019 Oct;59(9):1597-1608. doi: 10.1111/head.13661. Epub 2019 Sep 26. PMID: 31559638.

Poster Presentations

Margiotta M, **Wilhour D**. *Improving Resident Confidence and Efficiency During Stroke Alerts Through Simulation Training*. International Stroke Conference. Los Angeles, California. January 2018.

Burkett G, **Wilhour D**, Khouzin S. Sonographic Investigation of Venospasm with PICC-line administration of Dihydroergotamine in the Treatment of Refractory Headache. American Headache Society Conference. Scottsdale, Arizona. November 2019.

Wilhour D, Callen A. Refractory Post-Dural Puncture Headache: A Case Series on Presenting Symptoms, Imaging Findings, and Treatment. American Academy of Neurology Annual Meeting. Denver, Colorado. April 2024.

Wilhour D, Holden S. Action Potential: Impact of Coaching on Wellbeing for Neurology Faculty and Trainees at the University of Colorado. American Academy of Neurology Annual Meeting. Denver, Colorado. April 2024.

Duong C, **Wilhour D**, Kramer D, Jenkins JK. A Case of Refractory Chronic Migraines and Cluster Headaches Responsive to Peripheral Nerve Stimulator. American Academy of Neurology Annual Meeting. Denver, Colorado. April 2024.

Turner R, Callen A, **Wilhour D**, Petrucci S, Lennarson P, Andonov N. Congratulations, it's a Leak! Radiological Diagnosis and Treatment of Acute and Chronic Postdural Puncture Headaches in Postpartum Patient. American Society of Neuroradiology. Las Vegas, Nevada. May 2024.

Wilhour D, Petrucci S, Callen A. Spontaneous Intracranial Hypotension in Pregnant Patients. Neurology Research Retreat. Aurora, Colorado. June 2024.

Jenkins JK, **Wilhour D**, Varhabhatla N. A Retrospective Case Series of Cervical Spinal Cord Stimulation in Refractory Chronic Headache Disorders. American Headache Society Annual Scientific Meeting. San Diego, California. June 2024.

Wilhour D, Pettruci S, Callen A, Birlea L, Jenkins J. Diagnosis and management of spontaneous intracranial hypotension in the pregnant patient: case presentation, special considerations for the intra- and post-partum periods, and summary of multi-disciplinary recommendations. American Headache Society Annual Scientific Meeting. San Diego, California. June 2024.

Villalobos J, **Wilhour D**, Schilling L, Hoople K, Moore S. Exploring the Perceptions and Experiences of a Migraine Application and Migraine Health Care Report among Providers and Patients. ColoradoSPH Research Exchange. October 2024

Other Publications

Wilhour, D. “Migraine sufferers have treatment choices – a neurologist explains options beyond just pain medication” The Conversation. 2022 June 11. <https://theconversation.com/migraine-sufferers-have-treatment-choices-a-neurologist-explains-options-beyond-just-pain-medication-181348>

Wilhour, D. “Women get far more migraines than men – a neurologist explains why, and what brings relief” The Conversation. 2023 August 7. <https://theconversation.com/women-get-far-more-migraines-than-men-a-neurologist-explains-why-and-what-brings-relief-207606>

Wilhour, D. Fluid keeps your brain from crushing itself and shields your spine from shock – a neurologist explains what happens when it stops working. 2024 August 14. <https://theconversation.com/fluid-keeps-your-brain-from-crushing-itself-and-shields-your-spine-from-shock-a-neurologist-explains-what-happens-when-it-stops-working-233863>

Other Media

Men Can Get Migraines, Too. Livestrong, November 11, 2019. <https://www.livestrong.com/article/3085234-guys-can-get-migraines-too/>

15 Migraine Triggers You Need to Know About Migraine. The Healthy, June 15 2021. <https://www.thehealthy.com/headaches/migraine-triggers/>

An Anti-Migraine Diet. Reader's Digest US, June 2022. <https://www.magzter.com/stories/Lifestyle/Readers-Digest-US/An-Anti-Migraine-Diet>

Wellness Wednesday. Interviewed on All Sides with Ann Fisher at WOSU. NPR news station in Columbus, OH. 2022 July 20. <https://ohiochannel.org/video/all-sides-with-ann-fisher-7-20-2022-b-wellness-wednesday-the-new-988-suicide-and-crisis-lifeline>

7 Tips to Beat Brain Fog, Foster Focus, and Improve Mental Clarity. Everyday Health, February 23, 2023. <https://www.everydayhealth.com/emotional-health/tips-to-beat-brain-fog-foster-focus-and-improve-mental-clarity/>

Headache Pain is Both Common and Complex. Learn the Symptoms and Treatments. UHealth Today. March 20, 2023. <https://www.uhealth.org/today/headache-pain-symptoms-treatments/>

A lifelong battle with migraine, waged on many fronts. UHealth Today. March 29, 2023. <https://www.uhealth.org/today/migraine-self-care-a-battle-waged-on-all-fronts/>

Why Do Women Suffer Migraines More Frequently and Severely Than Men? UHealth Today. June 16, 2023. <https://news.cuanschutz.edu/news-stories/why-do-women-suffer-migraines-more-frequently-and-severely-than-men>

Interview with Colorado's Morning News with Marty Lenz & Jeana Gondek. June 20, 2023. <https://koacolorado.iheart.com/featured/colorado-s-morning-news/content/2023-06-20-uhealth-neurologist-dr-danielle-wilhour-discusses-migraine-awareness-month/>

Interview with Katie Couric Media. Migraines: Why do women get them more often? (and what to do to stop them). September 8, 2023. <https://www.youtube.com/watch?v=I0KIMTxnkF8>

A Dancer's Guide to Managing Migraines by Sophie Bress. Dance Magazine. September 26, 2023. <https://www.dancemagazine.com/managing-migraines/>

6 ways to reduce brain fog and improve mental clarity. Deseret News. October 30, 2023. <https://www.deseret.com/2023/10/30/23937588/6-ways-to-reduce-brain-fog-improve-mental-clarity>

The 5 Most Common Migraine-Triggering Foods and Drinks. Huffington Post. January 8, 2024. https://www.huffpost.com/entry/the-5-most-common-migraine-triggering-foods-and-drinks_1_6594640be4b0bf73e1778616

Migraine Devices: TikTok Trends or Effective Tools? CU Anschutz News: Fad or Fact. March 1, 2024. <https://news.cuanschutz.edu/news-stories/migraine-devices-tiktok-trends-or-effective-tools>