

our staff...

here to help you

THE DIAMOND HEADACHE CLINIC physicians lead our team of experts. Together, our physicians have over 70 years of experience treating headaches. Additional staff includes psychologists, consulting psychiatrists, professional nurses trained extensively in the care of headache patients, biofeedback therapists, physical therapists, dieticians and physician assistants.

Staff List:

Seymour Diamond, M.D.
Director and Founder

Frederick G. Freitag, D.O.
Associate Director

Merle L. Diamond, M.D.
Associate Director

George J. Urban, M.D.
Associate Director

Betsy J. Pepper, M.D.
Staff Physician

George R. Nissan, D.O.
Staff Physician

Bernard H. Shulman, M.D.
Director of Psychiatric Services

Lorrayne H. Stein, M.D.
Consulting Psychiatrist

Lisa Yusk, Psy.D.
Director of Behavioral Medicine

In combination with lifestyle-focused therapies, careful monitoring of medications by a physician offers the most effective method of head pain control. Every member of the staff is dedicated to the care and support of you, our headache patient.

Diamond Headache Clinic
Children's Memorial Outpatient Center
467 West Deming Place
Suite 500
Chicago, Illinois 60614

The Diamond Headache Clinic is located in the Children's Memorial Outpatient Center building a few blocks southwest of Saint Joseph Hospital in the Lincoln Park neighborhood of Chicago. The outpatient facility, located on the fifth floor, includes a large diagnostic area. Valet parking is available. There are biofeedback training areas located both in the Diamond Headache Inpatient Unit on the ninth floor of Saint Joseph Hospital, and in the Diamond Headache Clinic Research Department on the fourth floor of the Children's Memorial Outpatient Center.

To schedule an appointment, please call: 800-HEADACHE (800-432-3224) or E-Mail us at: newpatients@diamondheadache.com

Lakeshore Guest Unit
2900 North Lake Shore Drive
Chicago, IL 60657

The Lakeshore Guest Unit is located on the ninth floor of Saint Joseph Hospital. The guest unit provides a convenient, relaxing environment ideal for outpatients receiving services or family members of inpatients. Guest rooms are furnished with a double bed, television, telephone, and private bathroom with shower. There is a lounge and kitchen area with microwave and refrigerator as well as laundry facilities located in the unit. Housekeeping is also available. Guest rooms currently run \$80.00 per night. Parking is available, in the hospital garage, at a reduced rate.

Please call 773-665-3976 for information or to make a reservation.
Some restrictions apply.



D I A M O N D H E A D A C H E C L I N I C

467 West Deming Place, Suite 500
Chicago, Illinois 60614

PH: 773.388.6390

800.headache (800.432.3224)

FX: 773.477.9812

newpatients@diamondheadache.com
clinic@diamondheadache.com
www.diamondheadache.com

Diamond Headache Clinic

offering comprehensive

and individualized treatment

to headache sufferers

head pain

THROUGHOUT HISTORY, humans have experienced headache; medical texts from ancient Greece and Egypt discuss headaches and their treatments. Today in the United States, over 45 million people have recurring headaches, and headache is one of the most common causes for visits to primary care physicians. Head pain can interfere with your day-to-day functioning and quality of life.

Headache Care at the Diamond Headache Clinic

The Diamond Headache Clinic was founded over 30 years ago by Seymour Diamond, M.D., with the mission of offering comprehensive and individualized treatment to headache sufferers. The Clinic treats patients from all over the United States and the world.

At the Diamond Headache Clinic, we carefully evaluate your headaches in order to find the origins of your head pain. By identifying the source of the problem, we can develop the most appropriate treatment plan for your specific situation. The treatment may involve both preventive medications and those used to reverse the symptoms of a severe headache.

In addition to medication treatment, we may use other therapeutic approaches depending on the individual's situation.

These approaches may include biofeedback training, dietary education, relaxation exercises, regulation of sleep habits and meals, physical therapy, and psychology/psychiatry referrals.

What to Expect at Your First Appointment

If you are a new patient, please plan to spend four to five hours at the Clinic for your first appointment. A comprehensive history will be taken which usually takes between 30 and 60 minutes, but may last longer, depending on your specific circumstances. A complete neurological exam will also be performed. Laboratory tests are usually required, including blood chemistries, CBC (complete blood count), urinalysis, EKG, thyroid testing and other blood tests. A MRI or CT Scan may be performed if you have not had a recent evaluation. Please bring the results of any recent tests or scans to the Clinic at the time of your appointment.

At the conclusion of the history and exam, your Diamond Headache Clinic physician will discuss your diagnosis and treatment with you. The nurse will also review your treatment plan including medications and diet. You and your family will then have the opportunity to discuss any questions you may have.

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BY IDENTIFYING THE SOURCE
OF THE PROBLEM, WE CAN
DEVELOP THE MOST APPROPRIATE
TREATMENT PLAN FOR YOUR
SPECIFIC SITUATION.

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If your physician referred you to the Diamond Headache Clinic, we will, at your request, send your physician a summary of your initial examination and treatment plan. We will work to coordinate your treatment plan with your referring physician in order to ensure the continuity of your care. Also, at your request, we will gladly send periodic updates regarding your progress and any changes in your treatment.

Follow-up Visits

Your follow-up visit is usually scheduled for two to four weeks after your initial appointment. Future follow-up visits will be scheduled at time intervals appropriate to your individual situation.

Diamond Headache Inpatient Program at Saint Joseph Hospital

The 38-bed Diamond Headache Inpatient Unit is located in Saint Joseph Hospital, a few blocks from the outpatient clinic in Chicago. For some patients, short-term hospitalization may be helpful. Along with medications, the inpatient program offers a series of lifestyle classes and consultations to help patients learn to minimize the frequency, pain, and lifestyle impact of headaches. Participants wear street clothes and are encouraged to participate in the activities. Our multi-disciplinary staff works with the patient and physician to establish each participant's individual treatment program.

Appointments

In order to schedule an appointment, please contact one of our staff members at 800.HEADACHE (800.432.3224) or send E-mail to newpatients@diamondheadache.com. The Clinic is open Monday through Friday from 9:00 am to 5:00 pm, and on Saturday from 9:00 am to 12:30 pm. We will be happy to schedule an appointment that meets your needs.

Please contact us with any questions you may have about the Diamond Headache Clinic.



1 Diamond Headache Clinic
 467 West Deming Place
 Chicago, Illinois 60614
 800.432.3224

2 Saint Joseph Hospital
 2900 North Lake Shore Drive
 Chicago, Illinois 60657
 773.665.3000

P Valet Park
 Deming Place, East of Clark Street

Validated Self Park
 Clark Street, between Deming Place
 and St. James Street

H Belden Stratford Hotel
 2300 North Lincoln Park West
 Chicago, Illinois 60614
 773.281.2900

Comfort Inn
 601 West Diversey Parkway
 Chicago, Illinois 60614
 773.348.2810

Days Inn
 644 West Diversey Parkway
 Chicago, Illinois 60614
 773.525.7010

Goldcoast Days Inn
 1816 North Clark Street
 Chicago, Illinois 60614
 312.664.3040

Lakeshore Guest Unit
 2900 North Lake Shore Drive
 Chicago, Illinois 60657
 773.665.3976

Windy City B & B Inn
 607 West Deming Place
 Chicago, Illinois 60614
 773.248.7058