



2026 INTERVIEW SUMMARY SHEET

SPEAKER

Stewart Tepper,
MD, FAHS

TOPIC

Beyond Pills: Your Guide to Drug-Free Neuromodulation for Migraine

TITLE & ORGANIZATION

Vice President
The New England Institute for Neurology and Headache

KEY TAKEAWAYS

- Neuromodulation is highly versatile, serving as a primary treatment for those avoiding drugs or in combination with drug treatments.
- Neuromodulation devices offer a nonsignificant risk profile with virtually no systemic side effects or risks of medication overuse headache.
- Unlike medications, neuromodulation targets the brain as a whole and specific pathways in a variety of ways, depending on the device, including direct nerve inhibition, magnetic pulses to the thalamus, and conditioned pain modulation.
- Access is the primary hurdle, as most require a prescription and high out-of-pocket costs.
- Neuromodulation is an option for pediatric and adolescent patients (Nerivio 8+, sTMS 12+), with Nerivio also the safest, most studied device in pregnancy.

KEY TREATMENTS

- CEFALY
- HeadTerm 2
- Savi Dual / sTMS
- gammaCore
- Truvaga Plus/Truvaga 350
- Nerivio
- Relivion

NOTABLE QUOTES

"I think that all six FDA-cleared devices in the U.S. work both acutely and preventively."

"You can add treatment that is not going to cause drug-drug interactions... it's a very wide net for whom these therapies are useful."

"We have good devices, we have good data, we need people who want these devices to insist that they be reimbursed for them."

PRACTICAL STEPS

- Consider neuromodulation options with your healthcare provider for nondrug treatments or to layer with current medications.
- Ensure you receive training, guidance, and follow-up care when trying new neuromodulation devices, as there can be a learning curve.
- If you are a veteran, you may be able to receive coverage for many of the neuromodulation devices.
- Avoid implantation devices, as headache specialists currently advise against them.
- Join advocacy groups to help lobby for insurance coverage and the reimbursement of neuromodulation devices.