

# Suraj Malhan, D.O.

## EDUCATION

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Thomas Jefferson University Headache Medicine Fellowship	July 2024 – June 2025 Philadelphia, PA
University of Maryland Medical Center Neurology Residency	July 2021 – June 2024 Baltimore, MD
Inspira Health Network Internship	July 2020 – June 2021 Vineland, NJ
Philadelphia College of Osteopathic Medicine Doctor of Osteopathic Medicine	August 2015 – June 2020 Philadelphia, PA
Philadelphia College of Osteopathic Medicine Master of Science in Biomedical Sciences and Forensic Biology	August 2013 – June 2015 Philadelphia, PA

## HONORS AND AWARDS

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Pennsylvania Medical Society Top Physicians Under 40	September 2025
Philadelphia County Medical Society Dr. Vanitha Appadorai Vaidya Award for Humaneness in Medicine	June 2025
International Headache Academy Scholarship	February 2025
American Headache Society Frontiers in Headache Research Award	November 2024
American Headache Society Runnin' for Research Advocacy Award	November 2023
Omega Beta Iota: National Osteopathic Political Honor Society	September 2018
Gold Humanism Honor Society (GHHS)	July 2018
Translating Osteopathic Understanding into Community Health (TOUCH) – Gold Award	December 2017
Poster Presentation Award from the 7 <sup>th</sup> Annual Philadelphia Surgery Symposium	March 2017

## RESEARCH

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<b>Real World Survey of Patient-Reported Gepant Acute Responses and Usages</b> <i>Coauthor (Abstract accepted at American Headache Society Scientific Meeting)</i> <ul style="list-style-type: none"><li>Assessed rimegepant and ubrogepant in 354 headache patients, showing similar response consistency and greater preference over triptans.</li></ul>	<b>June 2025</b> Minneapolis, MN
<b>Sex Differences in Treatment Response and Patient Preference in Gepant Users: A Real-World Survey Study from a Tertiary Headache Center</b> <i>Coauthor (Abstract accepted at American Academy of Neurology)</i> <ul style="list-style-type: none"><li>Real-world survey analyzing sex-based differences in acute and preventive response to gepants in 478 headache patients at a tertiary care center</li></ul>	<b>April 2025</b> San Diego, CA
<b>Rethinking Thunderclap Headaches: Critical Look at Cerebral Venous Sinus Thrombosis</b> <i>Coauthor (Abstract accepted at American Academy of Neurology)</i> <ul style="list-style-type: none"><li>Systematic review from 2005 to 2023 highlighting the misdiagnosis of CVST in thunderclap headaches and the importance of early MRV/CTV imaging for accurate diagnosis.</li></ul>	<b>April 2025</b> San Diego, CA
<b>Secondary SUNCT Associated with Prolactinoma: A Case Report of Post-Surgical Improvement</b> <i>Lead Author (Abstract presented at Headache Cooperative of Pacific)</i> <ul style="list-style-type: none"><li>Retrospective case highlighting surgical intervention as a potential treatment for secondary SUNCT due to prolactin-secreting pituitary adenoma.</li></ul>	<b>January 2025</b> Ojai, CA

**Real-World Insights into Migraine Associated with Menstruation, Prodrome, and Aura: Patient-Reported Outcomes of Gepant Treatment in a Tertiary Care Center**

*Lead Author (Abstract presented at the European Headache Congress)*

**December 2024**  
Rotterdam, Netherlands

- ❖ Real-world survey investigating effectiveness of gepants for migraine attacks associated with menstruation, prodrome, and aura through an online survey.

**AI-Generated Question Bank for Headache Boards Exam**

*Coauthor (Abstract presented at the European Headache Congress)*

**December 2024**  
Rotterdam, Netherlands

- ❖ Development and expert review of an AI-generated question bank for headache neurology, utilizing Retrieval-Augmented Generation to create comprehensive materials for board exam

**The SUD-SEM Protocol: An Observational Exploration of Headaches, Comorbidities, and Substance Use Disorders in U.S. Adults**

*Lead Author (Abstract presented at the European Headache Congress)*

**December 2024**  
Rotterdam, Netherlands

- ❖ Retrospective study utilizing structural equation modeling to assess the relationship between headache disorders, substance use, and comorbidities in approximately 1 million older adults

**Real-World Effectiveness of CGRP Antagonists in Patients with Migraine and Cluster Headache: A Study Protocol**

*Lead Author (Abstract presented at American Headache Society Scottsdale Symposium)*

**November 2024**  
Scottsdale, AZ

- ❖ Prospective study evaluating treatment patterns, effectiveness, and predictors of response to CGRP-targeting therapies in a diverse migraine patient population at a tertiary center

**Patient-Reported Symptom Assessment in Idiopathic Intracranial Hypertension Prior to Venous Sinus Stenting: A Prospective Study**

*Coauthor (Abstract presented at ASRA Pain Medicine)*

**November 2024**  
Las Vegas, NV

- ❖ Prospective study evaluating symptom severity and quality of life in refractory IIH patients using a standardized intake form, highlighting differences in headache impact between those with and without venous transverse sinus stenosis

**Real World Data Survey Analyzing Patient-Reported Trends in Gepant Acute Responses and Usage**

*Coauthor*

**October 2024**  
Philadelphia, PA

- ❖ Real-world survey investigating gepant acute treatment effectiveness and patient-reported trends compared to triptans in 356 headache patients at a tertiary headache center.

**Comparison of Idiopathic Intracranial Hypertension Clinical Characteristics, Symptom Severity, and Medication Use Based on Body Mass Index**

*Coauthor*

**October 2024**  
Philadelphia, PA

- ❖ Prospective, observational study comparing clinical characteristics, symptom severity, and medication use in 21 refractory idiopathic intracranial hypertension patients stratified by BMI.

**Sex Differences in response and Patient Preference in Gepant Users: Insights from a Tertiary Care Center A Real-World Survey Study**

*Coauthor*

**October 2024**  
Philadelphia, PA

- ❖ Prospective survey analyzing sex-based differences in the acute and preventive efficacy of gepants in 478 patients with headache disorders at a tertiary care center

**Unraveling the Triple Helix of Spine Pain: Spine Pain Diagnosis Rates Correlate with At-level Degenerative Spinal Condition Diagnoses**

*Coauthor: (Abstract presented at the American Academy of Neurology)*

**April, 2024**  
Denver, CO

- ❖ Retrospective, observational study evaluating the association between spine pain diagnoses and degenerative spine conditions in 1,124,114 older adults

**In the Shadow of Sight: Posterior Ischemic Optic Neuropathy**

*Lead Author (Published: American Academy of Neurology)*

**February 2024**  
Baltimore, MD

- ❖ E-Pearl on pathophysiology, diagnosis, and management of posterior ischemic optic neuropathy

**Primary Cough Headache**

*Lead Author (Published: American Academy of Neurology)*

**June, 2022**  
Baltimore, MD

- ❖ E-Pearl about the pathophysiology, diagnosis, and management of primary cough headaches

<b>Osteopathic Manipulative Treatment in Chronic Pain and Post-Operative Respiratory Management</b> <i>Coauthor (Abstract presented at AOCA 67<sup>th</sup> Annual Convention and Conclave</i>	<b>September, 2019</b> Philadelphia, PA
<b>May-Thurner Syndrome</b> <i>Coauthor (Published: The American Journal of the Medical Sciences)</i> ❖ Retrospective review on 6 patients treated by endovascular therapy for May-Thurner Syndrome	<b>May, 2017</b> Philadelphia, PA
<b>The Influence of Psychiatric Health on Breast Abscesses in the Non-Lactating Patient</b> <i>Coauthor (Abstract presented at Philadelphia Surgery Symposium)</i> ❖ Retrospective review on 188 patients with psychiatric co-morbidities and the development of nonpuerperal breast abscesses	<b>March, 2017</b> Philadelphia, PA
<b>Myringoplasty: Comparing Fresh Porcine Submucosa with Rice Paper Patch</b> <i>Lead Author (Abstract presented at AOA's Osteopathic Medical Conference)</i> ❖ The efficacy of small intestine submucosa compared with rice paper in treating tympanic membrane perforations using a chinchilla as an animal model	<b>February, 2016</b> Philadelphia, PA

## **PUBLICATIONS**

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<b>Migraine Treatment</b> <i>First author, MedLink Neurology</i> ❖ Contributed to updated evidence-based clinical treatment of migraine alongside experts in headache medicine	<b>May, 2025</b> Philadelphia, PA
<b>Anti-CGRP Monoclonal Antibodies for Prevention of Migraine</b> <i>First author, MedLink Neurology</i> ❖ Authored updated guidelines on CGRP-targeting therapies for migraine prevention under the editorial leadership of Dr. Stephen Silberstein	<b>May, 2025</b> Philadelphia, PA

## **LECTURES**

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<b>Teaching Assistant for Diagnosis and Pathology of Headache Disorders</b> <i>Thomas Jefferson University</i>	<b>July 2024 – June 2025</b> Philadelphia, PA
<b>Nutrition, Gut-Brain Axis, &amp; Migraine</b> <i>Thomas Jefferson University</i>	<b>April 16<sup>th</sup>, 2025</b> Philadelphia, PA
<b>Vitamins &amp; Nutraceuticals for Migraine</b> <i>Thomas Jefferson University</i>	<b>March 18<sup>th</sup>, 2025</b> Philadelphia, PA
<b>Cervicogenic Headache</b> <i>Thomas Jefferson University</i>	<b>February 12<sup>th</sup>, 2025</b> Philadelphia, PA
<b>Primary and Secondary Headache Disorders</b> <i>University of Maryland School of Medicine</i>	<b>June 2022 – June 2024</b> Baltimore, MD
<b>Grand Rounds: CHANTER Syndrome</b> <i>University of Maryland School of Medicine</i>	<b>March 20<sup>th</sup> 2024</b> Baltimore, MD
<b>Grand Rounds: Pituitary Apoplexy</b> <i>University of Maryland School of Medicine</i>	<b>November 15<sup>th</sup> 2023</b> Baltimore, MD
<b>Grand Rounds: Posterior Reversible Encephalopathy Syndrome</b> <i>University of Maryland School of Medicine</i>	<b>October 26<sup>th</sup> 2022</b> Baltimore, MD

## **LEADERSHIP & ACTIVITIES**

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<b>Miles for Migraine: Medical Advisory Board Member</b> <i>Advisor</i>	<b>July 2025 – Present</b>
<b>Move Against Migraine Online Support Group (35,000 members)</b> <i>Moderator/Ambassador</i>	<b>February 2023 – Present</b>

**Duke's Center for the Advancement of Well-being Science (CAWS)**  
*Wellness Ambassador Program*

**February 2024 – February 2025**

**Neurotransmitters Neuranki Study Deck**  
*Content Developer, Headache Section*

**January 2024 – April 2024**

**Headache on the Hill**  
*Alliance for Headache Disorders Advocacy*

**March 19<sup>th</sup>, 2024**

**Miles for Migraine: ACT Now Fellows and Advocacy Training Program**  
*Advocate*

**August 2022 – April 2023**

**American Migraine Foundation: Emerging Advocate Program**  
*Advocate*

**April 2022 – September 2022**

**American Medical Association (AMA)**  
*Vice President*

**March 2016 - March 2017**

**Oncology Club**  
*Vice President*

**March 2016 - March 2017**

## **PROFESSIONAL SOCIETIES**

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American Academy of Neurology (AAN)	2021 - Present
American Headache Society (AHS)	2022 – Present
Association of Indian Neurologists in America (AINA)	2023 - Present
American Medical Association (AMA)	2016 – Present
American Osteopathic Association (AOA)	2015 - Present
Gold Humanism Honor Society (GHHS)	2018 - Present
International Headache Society (IHS)	2022 – Present
Omega Beta Iota: National Osteopathic Political Honor Society (OBI)	2018 - Present
Pennsylvania Medical Society (PAMED)	2018 – Present
Philadelphia County Medical Society (PCMS)	2018 - Present