Stanford



Meredith Barad, MD

- Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine
- Clinical Associate Professor (By courtesy), Adult Neurology
- Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Stanford Pain Management Center**

  450 Broadway St

  Pavilion A 1st Fl MC 5340

  Redwood City, CA 94063

  Tel (650) 723-6238 **Fax** (650) 721-3417

ACADEMIC CONTACT INFORMATION

- **Administrative Assistant**

  Ranjini Reddy

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Bio

BIO

Dr. Barad joined the Pain Medicine faculty in 2008. Dr. Barad is a board-certified Neurologist, Headache and Pain physician. Her primary focus is helping patients with head and facial pain. She has collaborated in creating a cross-disciplinary headache center and is the co-director of the Stanford Orofacial Pain Program. She is the Program Director for the Pain Fellowship.

Originally from Colorado, Dr. Barad completed her undergraduate studies in biology and honors liberal arts at the University of Texas, Austin, TX. She earned her medical degree from Stanford University School of Medicine and completed her internship at Santa Clara Valley Medical Center in San Jose, CA. She completed her Neurology residency and Pain Medicine fellowship at Stanford Hospital. Then she pursued a two-year research training fellowship studying neuroimaging and pain in the lab of Dr. Sean Mackey at Stanford. This research involved using functional magnetic resonance imaging (fMRI) to image the brain activation of a patient in chronic pain and train the patient to modify both the activation and experience of pain.

CLINICAL FOCUS

- Facial Pain
- Headache Disorders
- Pain Management
- Pain Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine
- Clinical Associate Professor (By courtesy), Adult Neurology

ADMINISTRATIVE APPOINTMENTS

- Program Director, Pain Medicine Fellowship, (2019- present)
- Co-Director Facial Pain Program, Stanford Hospital and Clinics, (2014- present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- President, Association of Pain Program Directors (2024 - present)
- Section Co-Editor, Headache and Facial Pain Section, Pain Medicine (2021 - present)
- Director at Large, Association of Pain Program Directors (2021 - 2024)
- Director of Headache and Facial Pain Special Interest Group, American Academy of Pain Medicine (2019 - present)
- Board of Directors, American Interventional Headache Society (2019 - 2023)

PROFESSIONAL EDUCATION

- Residency: Stanford University Dept of Neurology (2007) CA
- Board Certification: Pain Medicine, American Board of Psychiatry and Neurology (2020)
- Board Certification: Headache Medicine, United Council for Neurologic Subspecialties (2012)
- Board Certification: Neurology, American Board of Psychiatry and Neurology (2008)
- Fellowship: Stanford University Pain Management Fellowship (2008) CA
- Internship: Santa Clara Valley Medical Center Dept of Medicine (2004) CA
- Medical Education: Stanford University School of Medicine (2003) CA

COMMUNITY AND INTERNATIONAL WORK

- National Take Back Day, Redwood City

LINKS

- Stanford Pain Management Center: https://stanfordhealthcare.org/medical-clinics/pain-management.html
- Stanford Facial Pain Program: https://stanfordhealthcare.org/medical-clinics/facial-pain-program.html
- The Stanford Headache Clinic: https://stanfordhealthcare.org/medical-clinics/headache-clinic.html
- Get a Second Opinion: https://stanfordhealthcare.org/second-opinion/overview.html

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My current research interests involve novel treatment paradigms for challenging pain problems such as orofacial pain, trigeminal neuralgia and low pressure headaches. I am also interested in migraine and trigeminal autonomic cephalgias and their intersection with chronic pain.

CLINICAL TRIALS

- Trial for Treatment Refractory Trigeminal Neuralgia, Not Recruiting

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Pain Management (Fellowship Program)

Publications

PUBLICATIONS

- **A meta-analysis of pain intensity changes after placebo interventions in facial pain.** *Pain reports*
  Saluja, S., Kattaa, A. H., Shih, B., Jolly, M., Polat, M., Lopez, C. A., Ahmed, S., Huang, Y., McGeoch, P. D., Chen, Q., Li, A. H., Salmasi, V., Buch, et al
  2026; 11 (6): e1499

- **C2 suboccipital plane block (SOB-C2) for cervicogenic headache: a cadaveric study.** *Regional anesthesia and pain medicine*
  Narouze, S., Feoktistov, A., Narouze, M., Elsharkawy, H., Barad, M.
  2026
- **Don't Just Fill to Fill: Thoughts on the 2026 Match from the Association of Pain Program Directors.** *Pain medicine (Malden, Mass.)*
  Barad, M., Emerick, T., Kohan, L., Bautista, A., Eshraghi, Y., Lawson, P., Noon, K., Oryhan, C., Suvar, T.
  2026
- **Shrinking Pipelines and Shifting Priorities: An Analysis of the 2019-2025 Pain Medicine Fellowship Match.** *Pain medicine (Malden, Mass.)*
  Wright, T. B., Lee, S. J., Emerick, T., Bautista, A., Noon, K., Chai, N. C., Pritzlaff, S., Kohan, L., Barad, M.
  2026
- **Match Program Signaling in Pain Medicine Fellowship Applications: Association with Interview Outcomes and Implications for a Shrinking Applicant Pipeline.** *Pain physician*
  Bautista, A., Barad, M., Emerick, T. D., Eshraghi, Y., Lawson, P., Javed, S., Suvar, T., Oryhan, C., Wright, T., Noon, K.
  2026; 29 (3): 245-250
- **Match Program Signaling in Pain Medicine Fellowship Applications: Association with Interview Outcomes and Implications for a Shrinking Applicant Pipeline** *PAIN PHYSICIAN*
  Bautista, A., Barad, M., Emerick, T., Eshraghi, Y., Lawson, P., Javed, S., Suvar, T., Oryhan, C., Wright, T., Noon, K.
  2026; 29 (3): 245-250
- **Endoscopic transnasal sphenopalatine ganglion block for chronic craniofacial pain.** *European archives of oto-rhino-laryngology : official journal of the European Federation of Oto-Rhino-Laryngological Societies (EUFOS) : affiliated with the German Society for Oto-Rhino-Laryngology - Head and Neck Surgery*
  Liu, D. T., Roozdar, P., Chan, E., Yong, M., Barad, M. J., Qian, X., Hwang, P. H., Chang, M. T.
  2026
- **Debunking myths in facial pain diagnosis for the pain practitioner.** *Regional anesthesia and pain medicine*
  Schuster, N. M., Argoff, C. E., Barad, M. J., Kesayan, T., Kissoon, N. R., Narouze, S., Qian, X., Romero-Reyes, M., Yuan, H.
  2026
- **Beyond Headache: Non-cephalic Pain, Fatigue, and Post-Traumatic Stress Symptoms as Longitudinal Predictors of Chronic Migraine Outcomes.** *Pain medicine (Malden, Mass.)*
  Sturgeon, J. A., Vest, N., Barad, M., Darnall, B., Mackey, S.
  2025
- **Reaching International Consensus on the Definition of Refractory Migraine using the Delphi Method**
  Robblee, J., Levin, M., Khan, F. A., Marmura, M. J., O'Brien, H. L., Robbins, L. D., Samaha, M. K., Sacco, S., Ornello, R., Nahas, S. J., Hesse, H., Ehrlich, A., Sprouse-Blum, et al
  SAGE PUBLICATIONS LTD.2025: 169-171
- **Reaching international consensus on the definition of refractory migraine using the Delphi method.** *Cephalalgia : an international journal of headache*
  Robblee, J., Khan, F. A., Marmura, M. J., O'Brien, H. L., Robbins, L. D., Samaha, M. K., Levin, M., Sacco, S., Ornello, R., Nahas, S. J., Hesse, H., Ehrlich, A., Sprouse-Blum, et al
  2025; 45 (9): 3331024251367767
- **Practice advisory for intravenous management of headache disorders in hospitalized patients: a review of the evidence and consensus recommendations.** *Regional anesthesia and pain medicine*
  Hoydonckx, Y., Feoktistov, A., Amoozegar, F., Anderson, C. C., Barad, M., Burke, E., Chitsantikul, P., Doshi, T. L., Englesakis, M., Goel, A., Gupta, H., Kissoon, N., Kirschner, et al
  2025
- **Chronic Pain Fellowships and Emergency Medicine Residency: Similarities and Synergy.** *Pain medicine (Malden, Mass.)*
  Solis, E., Barad, M., Wahezi, S. E.
  2025
- **Enhancing Early Career Development in Pain Medicine: The comprehensive Role of Mentorship.** *Pain medicine (Malden, Mass.)*
  Eshraghi, Y., Barad, M., Pritzlaff, S., Emerick, T., Wahezi, S., Anitescu, M., Kohan, L.
  2024

- **Orofacial Pain.** *Continuum (Minneapolis, Minn.)*
  Barad, M., Romero-Reyes, M.
  2024; 30 (5): 1397-1426

- **Current state of the pain medicine match: perspective and an eye to the future.** *Regional anesthesia and pain medicine*
  Aggarwal, A. K., Barad, M., Chai, N. C., Furnish, T., Mishra, P., Kohan, L., Moeschler, S., Reddy, R. D., Yalamuru, B.
  2024

- **Trainee Insight into Pain Fellowship Programs: A Critical Evaluation of the Current Educational System by the APPD.** *Pain physician*
  Wahezi, S. E., Naeimi, T., Caparo, M., Emerick, T. D., Choi, H., Eshraghi, Y., Anitescu, M., Patel, K., Przkora, R., Wright, T., Moeschler, S., Barad, M., Rand, et al
  2024; 27 (5): E627-E636

- **Trainee Insight into Pain Fellowship Programs: A Critical Evaluation of the Current Educational System by the APPD** *PAIN PHYSICIAN*
  Wahezi, S., Naeimi, T., Caparo, M., Emerick, T. D., Choi, H., Eshragh, Y., Anitescu, M., Patel, K., Przkora, R., Wright, T., Moeschler, S., Barad, M., Rand, et al
  2024; 27 (5): e627-e636

- **Long-Term Epidural Patching Outcomes and Predictors of Benefit in Patients With Suspected CSF Leak Nonconforming to ICHD-3 Criteria.** *Neurology*
  Carroll, I., Han, L., Zhang, N., Cowan, R. P., Lanzman, B., Hashmi, S., Barad, M. J., Peretz, A., Moskatel, L., Ogunlaja, O., Hah, J. M., Hindiyeh, N., Barch, et al
  2024; 102 (12): e209449

- **Diagnosis and Treatment of Spontaneous Intracranial Hypotension: Role of Epidural Blood Patching.** *Neurology. Clinical practice*
  Callen, A. L., Friedman, D. I., Parikh, S., Rau, J. C., Schievink, W. I., Cutsforth-Gregory, J. K., Amrhein, T. J., Haight, E., Cowan, R. P., Barad, M. J., Hah, J. M., Jackson, T., Deline, et al
  2024; 14 (3): e200290

- **Nonspecific oral medications versus anti-calcitonin gene-related peptide monoclonal antibodies for migraine: Asystematic review and meta-analysis of randomized controlled trials.** *Headache*
  Robblee, J., Hakim, S. M., Reynolds, J. M., Monteith, T. S., Zhang, N., Barad, M.
  2024

- **The current state of training in pain medicine fellowships: An Association of Pain Program Directors (APPD) survey of program directors.** *Pain practice : the official journal of World Institute of Pain*
  Wahezi, S. E., Emerick, T. D., Caparó, M., Choi, H., Eshraghi, Y., Naeimi, T., Kohan, L., Anitescu, M., Wright, T., Przkora, R., Patel, K., Lamer, T. J., Moeschler, et al
  2024

- **Psychological Approaches for Migraine Management.** *Anesthesiology clinics*
  Sturgeon, J. A., Ehde, D. M., Darnall, B. D., Barad, M. J., Clauw, D. J., Jensen, M. P.
  2023; 41 (2): 341-355

- **Pain Medicine Education in the United States: Success, Threats, and Opportunities.** *Anesthesiology clinics*
  Aggarwal, A. K., Kohan, L., Moeschler, S., Rathmell, J., Moon, J. S., Barad, M.
  2023; 41 (2): 329-339

- **Pain Medicine Milestones 2.0: A Step into the Future.** *Pain medicine (Malden, Mass.)*
  Aggarwal, A., Barad, M., Braza, D. W., McKenzie-Brown, A. M., Lee, D., Mayer, R. S., Przkora, R., Kohan, L., Koka, A., Szabova, A.
  2023

- **The Molecular Basis and Pathophysiology of Trigeminal Neuralgia.** *International journal of molecular sciences*
  Chen, Q., Yi, D. I., Perez, J. N., Liu, M., Chang, S. D., Barad, M. J., Lim, M., Qian, X.
  2022; 23 (7)

- **Consensus practice guidelines on interventions for cervical spine (facet) joint pain from a multispecialty international working group.** *Regional anesthesia and pain medicine*
  Hurley, R. W., Adams, M. C., Barad, M., Bhaskar, A., Bhatia, A., Chadwick, A., Deer, T. R., Hah, J., Hooten, W. M., Kissoon, N. R., Lee, D. W., Mccormick, Z., Moon, et al
  2021

- **Chronic disabling postpartum headache after unintentional dural puncture during epidural anaesthesia: a prospective cohort study.** *British journal of anaesthesia*
  Ansari, J. R., Barad, M., Shafer, S., Flood, P.
  2021; 127 (4): 600-607
- **The Pain Medicine Fellowship Telehealth Education Collaborative.** *Pain medicine (Malden, Mass.)*
  Hascalovici, J., Kohan, L., Spektor, B., Sobey, C., Meroney, M., Anitescu, M., Barad, M., Steinmann, A., Vydyanathan, A., Wahezi, S.
  2021
- **Percutaneous Interventional Strategies for Migraine Prevention: A Systematic Review and Practice Guideline.** *Pain medicine (Malden, Mass.)*
  Barad, M., Ailani, J., Hakim, S. M., Kissoon, N. R., Schuster, N. M.
  2021
- **Characterization of chronic overlapping pain conditions in patients with chronic migraine: A CHOIR study.** *Headache*
  Barad, M. J., Sturgeon, J. A., Hong, J., Aggarwal, A. K., Mackey, S. C.
  2021
- **Did she have an epidural? The long-term consequences of postdural puncture headache and the role of unintended dural puncture.** *Headache*
  Barad, M., Carroll, I., Reina, M. A., Ansari, J., Flood, P.
  2021
- **Consensus practice guidelines on interventions for cervical spine (facet) joint pain from a multispecialty international working group.** *Pain medicine (Malden, Mass.)*
  Hurley, R. W., Adams, M. C., Barad, M., Bhaskar, A., Bhatia, A., Chadwick, A., Deer, T. R., Hah, J., Hooten, W. M., Kissoon, N. R., Lee, D. W., Mccormick, Z., Moon, et al
  2021
- **Development and Internal Validation of a Multivariable Prediction Model for Individual Episodic Migraine Attacks Based on Daily Trigger Exposures.** *Headache*
  Holsteen, K. K., Hittle, M., Barad, M., Nelson, L. M.
  2020
- **Response to BotulinumtoxinA in a migraine cohort with multiple comorbidities and widespread pain.** *Regional anesthesia and pain medicine*
  Barad, M., Sturgeon, J. A., Fish, S., Dexter, F., Mackey, S., Flood, P. D.
  2019; 44 (6): 660–68
- **Treatment Strategies for the Opioid-Dependent Patient (vol 21, 45, 2017)** *CURRENT PAIN AND HEADACHE REPORTS*
  Teckchandani, S., Barad, M.
  2018; 22 (3): 21
- **Treatment Strategies for the Opioid-Dependent Patient** *CURRENT PAIN AND HEADACHE REPORTS*
  Teckchandani, S., Barad, M.
  2017; 21 (11): 45
- **Effect of Educating the Primary Care Physician About Headache to Help Reduce "Trivial" Referrals and Improve the Number and Quality of "Substantial" Referrals that Truly Need Subspecialty Headache Medicine Care.** *Current treatment options in neurology*
  Cowan, R., Barad, M.
  2017; 19 (7): 25-?
- **Complex regional pain syndrome is associated with structural abnormalities in pain-related regions of the human brain.** *journal of pain*
  Barad, M. J., Ueno, T., Younger, J., Chatterjee, N., Mackey, S.
  2014; 15 (2): 197-203
- **Human Response to Unintended Intrathecal Injection of Botulinum Toxin** *PAIN MEDICINE*
  Carroll, I., Fischbein, N., Barad, M., Mackey, S.
  2011; 12 (7): 1094-1097
- **Serratus muscle stimulation effectively treats notalgia paresthetica caused by long thoracic nerve dysfunction: a case series.** *Journal of brachial plexus and peripheral nerve injury*

Wang, C. K., Gowda, A., Barad, M., Mackey, S. C., Carroll, I. R.
2009; 4: 17-?