

# Comprehensive Care and Treatment for Women's Neurological Needs

A woman's neurological needs, throughout her entire lifetime, require a medical practitioner who specializes in women's neurology—one who understands the unique and different interactions between a patient's oral medications, age, hormones, pregnancy plans, and the presence of neurological disorders. Often, psychological challenges and disorders occur along with neurological disorders—as both of are conditions of the brain—and must be considered and treated as part of comprehensive care.

At Northwest Neurology, we see many problems and conditions at our Women's Neurology Center. One of the most common concerns is frequent migraines.

## MIGRAINES

Migraines are a highly individualized problem, and women will experience greater frequency and intensity of migraines at different times in their lives. Migraines differ from headaches in that they are more intense, causing sensitivity to light, sound, and smell. Some migraine sufferers see spots and sparkles, and experience nausea, vomiting, and fatigue. Migraines occur more often than the occasional headache and may require medical treatment.

## NEUROLOGICAL PROBLEMS AND PREGNANCY

For women being treated for neurological disorders such as epilepsy, it is important to talk

with a doctor trained in women's neurology if you become pregnant, or are planning a pregnancy. The management of neurological problems during pregnancy include headache, seizure, sciatica, carpal tunnel, Bell's palsy, and others. The good news today is that 96 percent of women with epilepsy can have healthy babies with the help and care of a women's neurological specialist. At Northwest Neurology's Women's Neurology Center, we collaborate on treatments with our patient's OB/GYN for the best possible care.

## MANAGEMENT OF NEUROLOGICAL CONDITIONS

One area we manage is the interaction of neurologic medicines with the use of hormonal contraception. The interface of neurological conditions such as MS, epilepsy, headaches, and migraines with contraception, pregnancy, and menopause also requires specialty knowledge and training for a woman's health care. For all women's neurological health needs, a female-centered and comprehensive approach is necessary for the best possible outcome.

Northwest Neurology has five convenient locations.

847-882-6604

Visit at [www.NorthwestNeuro.com](http://www.NorthwestNeuro.com)

Locations:

### South Barrington

100 W. Higgins Rd., Ste. H-45  
South Barrington, IL 60010

### Lake Barrington

22285 Pepper Rd., Ste. 401  
Lake Barrington, IL 60010

### Libertyville

1900 Hollister Dr., Ste. 210  
Libertyville, IL 60048

### Crystal Lake

525 Congress Pkwy., Ste. 120  
Crystal Lake, IL 60014

### Rolling Meadows

3701 Algonquin Rd., Ste 800  
Rolling Meadows, IL 60008

Northwest Neurology's *Women's Neurology* is specialized beyond General Neurology as Dr. Sahay recognizes and understands how each woman is unique and requires expert care by specialists who understand the interactions and evolution of neurological conditions throughout a woman's lifetime. Dr. Sahay is the only fellowship trained Women's Neurology specialist in the northern Chicagoland area. Women who are seen at Northwest Neurology have access to a unique team approach that offers a high level of collaboration and advanced care not readily found anywhere else.

MANISHA SAHAY, M.D.

NORTHWEST NEUROLOGY



*Dr. Manisha Sahay is Board Certified in Neurology and maintains her practice with Northwest Neurology in general neurology and her sub-specialty of women's neurology. Her areas of training and interest are the management of neurological disorders throughout the various hormonal and reproductive changes in a woman's lifespan, including pregnancy, menstruation, and menopause, as well as medications considerations that are unique to women with neurological conditions. She is also trained in neurophysiology, including EMG and EEG. Dr. Sahay completed her fellowship in Women's Neurology at Northwestern University and completed her medical internship and neurology residency there as well. She received her medical degree from the Medical College of Wisconsin in Milwaukee. She is fluent in Hindi.*

## NORTHWEST NEUROLOGY AREAS OF EXPERTISE

Migraines  
Multiple Sclerosis  
Concussions  
Headaches  
Seizures  
Movement disorders  
Memory and cognition disorders  
Neuromuscular disorders  
Neuro-rehabilitation needs  
Neuro-hospitalist needs  
Women's neurological needs  
Sleep medicine