

A QUICK CHECK

Is it time to see an Ola Migraine specialist?

If any of these sound familiar, a headache specialist can help. Check the ones that apply.

- ☐ Headache on 4 or more days a month
- ☐ Pain that limits work, school, or family time
- ☐ Over-the-counter medicine isn't enough
- ☐ Using rescue medicine more than twice a week
- ☐ Nausea, or sensitivity to light and sound
- ☐ You've never had a clear diagnosis
- ☐ Facial pain that doesn't respond to treatment
- ☐ Seeking procedural expertise with attention to detail, aesthetics, and comfort
- ☐ Seeking unhurried visits in a calm, headache-focused clinic

WHO WE TREAT

ADULT MIGRAINE & HEADACHE

ADOLESCENT MIGRAINE & HEADACHE

HEADACHE IN PREGNANCY

POST-TRAUMATIC / CONCUSSION HEADACHE

FACIAL PAIN

Ola MIGRAINE

HONOLULU

Specialist headache care in the heart of Honolulu. We welcome new patients and self-referrals.

WHY OLA MIGRAINE

- 1 Direct care with Dr. Podraza — a relationship-based approach to headache care.
- 2 Unhurried, in-depth visits
- 3 A clinic space designed with sensory sensitivities in mind
- 4 Timely appointments and flare support
- 5 Proactive, latest-in-class headache care
- 6 Small patient panel means same-week, often same/next-day visits

CALL/TEXT US

(808) 378-3753

VISIT

1441 Kapi'olani Blvd, Suite 512
Honolulu, HI 96814

HOURS (BY APPOINTMENT ONLY)

Mon–Fri · 9:00–5:00

ONLINE

olamigraine.com

FOLLOW US

IG @olamigraineclinic

We're a direct-pay practice and don't accept insurance — it's how we keep your care unhurried and individualized.

CENTER FOR MIGRAINE & HEADACHE



headache care, reimagined



Fewer headache days.
More of your life.



OLAMIGRAINE.COM



Dr. Katherine Podraza, MD, PhD

FOUNDER & CEO - OLA MIGRAINE
HEADACHE NEUROLOGIST

ABPN & UCNS BOARD CERTIFIED

UCLA FELLOWSHIP-TRAINED

PHYSICIAN-SCIENTIST

WHY OLA MIGRAINE

Specialist care, without the insurance roadblocks.

Ola Migraine is a **direct-pay practice — we don't bill insurance** — so your care is guided by **only you and your physician** based on **your needs**. For headache care, that's a feature, not a hurdle:

- 1 **The right specialist, right away**
- 2 **Seen by the specialist, every time**
- 3 **Unhurried visits — time to get it right**
- 4 **Same-day in-clinic procedures**
- 5 **Membership options for frequent care**
- 6 **Transparent bills, no copays**

HOW WE HELP

A complete plan, built around *you*.

- 01 **Expert diagnosis**
A thorough visit to name what's really going on — and rule out other causes.
- 02 **Tailored diagnostic testing**
Targeted testing protocols based on your symptoms — for a precise diagnosis.
- 03 **Lifestyle & behavioral care**
Sleep, triggers, nutrition, and stress evaluation and support make every treatment work better.
- 04 **Headache & symptom tracking**
Customizable tracking based on your symptoms and consultation.
- 05 **A rescue plan**
Fast, effective options for stopping an attack once it starts.
- 06 **Prevention that lasts**
Modern preventives, including CGRP-blocking therapies, to reduce how often attacks strike.
- 07 **Nerve blocks & procedures**
In-office options for quick, targeted relief.
- 08 **BOTOX® for chronic migraine**
FDA-approved injections for migraine that occurs on 15+ days a month.
- 09 **Ultrasound musculoskeletal injections**
Ultrasound-guided injections for precise and localized treatment for head and neck pain.

GETTING STARTED

Three simple steps

- 01 **Reach out**
Call, text, or book online. We'll help guide you through our process from start to finish. No referral needed.
- 02 **Your first visit**
We listen, review your history, and build a plan together.
- 03 **Feel the difference**
We adjust as you go — and stay with you for the long run.



Scan here to request an appointment online — we are a direct pay practice.

PREP FOR YOUR VISIT

A list of medicines you've tried, a rough headache calendar, medical records and your insurance card (for medications, labs and imaging). No referral needed.