

Nicole Reams, MD, FAAN
Sports Neurologist
Northshore University HealthSystem
Director, Multidisciplinary Sports Concussion Program
(847) 570-2570
Last Revised 5/31/22

EDUCATION AND TRAINING

UNDERGRADUATE

University of Notre Dame Notre Dame, IN
Bachelor of Science, Majored in Pre-Professional Science and Psychology 2002-2006
Honors: Graduated Magna Cum Laude

Saint Louis University School of Medicine Saint Louis, MO
Doctor of Medicine 8/2006-5/2010

INTERNSHIP

University of Michigan Health System Ann Arbor, MI
Internal Medicine Internship 7/2010-6/2011

RESIDENCY

University of Michigan Health System Ann Arbor, MI
Neurology Residency 7/2011-6/2014

FELLOWSHIP

University of Michigan Health System Ann Arbor, MI
Sports Neurology 7/2014-6/2015

ACADEMIC APPOINTMENT

University of Michigan Health System Ann Arbor, MI
Clinical Lecturer, Neurology 7/2014-6/2015

University of Chicago Chicago, IL
Clinician Educator, Pritzker School of Medicine 9/2015-7/1/21
Senior Clinical Educator, Pritzker School of Medicine 7/1/21-present

BOARD CERTIFICATION

Board Certified in Neurology September 2014
American Board of Psychiatry and Neurology

WORK EXPERIENCE

Medical Chair for United States Intercollegiate Boxing Association (USIBA) 4/2015-present
Consultant, Chicago Force, Women's tackle football league 1/2016-2018

Northshore University Health System Associate Director Sports Concussion Program	Evanston, IL 7/2015-2/2020
Independent Neurologic Consultant Chicago Bears	July 2016-present
Independent Neurologic Consultant Northwestern University Athletics	July 2015-present
Independent Neurologic Consultant Chicago Fire	December 2016-present
Independent Neurologic Consultant Chicago Wolves	October 2016-2018
Independent Neurologic Consultant Chicago Force	February 2016-2018
Independent Neurologic Consultant Chicago Lions	April 2017-present
Unaffiliated Neurotrauma Consultant Chicago Bears	August 2018-present
Independent Neurologic Consultant Rockford Ice Hogs	May 2019-present
NorthShore University HealthSystem Director, Multidisciplinary Sports Concussion Program	February 2020-present
Team Neurologist Rockford IceHogs	March 2021-present
Team Neurologist Indy Fuel	March 2021-present

RINGSIDE PHYSICIAN EXPERIENCE

USIBA National Championships 2015, 2016, 2018
Hyper Fight Night Schiller Park IL January 20, 2018

RESEARCH INTERESTS

Department of Pediatric Neurology, Neurofibromatosis. Cardinal Glennon Children's Hospital. *Thomas Geller, MD*. Frequency, nature, and effect of pain in children with NF-1. Saint Louis, MO. 2008-2010.

Department of Neurology and Psychiatry. Saint Louis University Hospital. *Abilash Desai, MD, Asif Bhutto, MD, Eve Holzemer, MSN, RN*. Improving activities of daily living and frequency of falls in elderly patients with dementia by employing interventions during inpatient hospital stay. 2008-2010

Department of Pharmacology and Physiologic Science, Saint Louis University. *Mark Kneupfer, PhD*. The role of the renin-angiotensin system in the hemodynamic response of rats to cocaine. 2008.

Department of Neurology. University of Michigan. *James Eckner, MD., Andrea Almeida, MD*. Complex reaction time testing in collegiate football players. Ann Arbor, MI. Discontinued 2016.

Department of Neurology. University of Michigan. *James Burke, MD*. Effects of concussion on athletic performance of NFL players. Ann Arbor, MI. 2014-5. Published

Department of Neurology. University of Michigan. *Jeffrey Kutcher, MD*. Proposed criteria for the clinical presentation of chronic traumatic encephalopathy (traumatic encephalopathy syndrome). Ann Arbor, MI. Published June 2016.

Department of Neurology. NorthShore University Health System. *Demetrius Maraganore, MD*. GE: Imaging Biomarkers of Delayed Sequelae in Mild to Moderate Traumatic Brain Injury. Chicagoland, IL. Published

RESEARCH TRAINING

9/25/15 - Financial Conflicts of Interest in Research

9/25/15 - CITI GCP Good Clinical Practices

9/24/15 - CITI Collaborative Institutional Training Initiative

BIBLIOGRAPHY

Book Chapters:

1. Reams, Nicole. Locked-In Syndrome, In Greenamyre, J.K. editor, *Medlink Neurology*, San Diego: Medlink Corporation. Available at www.medlink. Originally submitted 2013. Annual update submitted February 2014.
2. Reams, Nicole. Fibromyalgia, In Greenamyre, J.K. Editor. *Medlink Neurology*, San Diego: Medlink Corporation. Available at www.medlink. Originally submitted 12/3/14.
3. Reams N, Bodyna J. "Concussion Management" [Dis Mon](#). 2019 Mar 22. pii: S0011-5029(19)30033-1. doi: 10.1016/j.disamonth.2019.02.006. [Epub ahead of print]

Abstracts, Poster Presentations, and Manuscripts:

1. Chrusciel DG, Karis N, Chibnall JT, Tait RC, Nayak A, Morefield C, Geller TJ. "Study of the prevalence of pain in children and adolescents with Neurofibromatosis 1," in Proceedings of the Children's Tumor Foundation Conference, Portland, Ore, USA, 2009.
2. Karis N, Eckner JT, Kutcher JS, Broglio SP. "Head Impact Exposure and Magnitude in High School Football by Player Position": Poster session presented at: Sports Neurology Section, 65th Annual Conference of the American Academy of Neurology; 2013 Mar 16-23; San Diego, CA.
3. Reams N, Eckner JT, Kutcher JS, Bancroft R, Pohorence M, Broglio SP. "Neurocognitive function in athletes with history of concussion": Poster session presented at: University of Michigan, Neuroscience Day; 2014 May 21; Ann Arbor, MI and AAN Sports Neurology Conference; 2014 July 12; Chicago, IL.
4. Reams N, Hayward R, Kutcher JS, Burke J. "Effect of Concussion on Performance in NFL Players": Platform presentation presented at: Big Sky Athletic Training Sports Medicine Conference; 2015

February 3; Big Sky, MT; All Eyes on Concussion Symposium, 2015, Ann Arbor, MI. Poster presentation AAN July 2015.

5. Reams N, Agesen A, Almeida AA, Giordani B, Paulson H, Eckner JT, Lorincz ML, Kutcher JS. "Proposed Guidelines for the Clinical Presentation of Chronic Traumatic Encephalopathy (Traumatic Encephalopathy Syndrome)". Poster presentation AAN July 2015, Denver, CO; Lunch workshop ANA September 2015; Chicago, IL. Manuscript: Reams N, Eckner JT, Almeida AA et al. A Clinical Approach to the Diagnosis of Traumatic Encephalopathy Syndrome: A Review. JAMA Neurol. 2016 Jun 1;73(6):743-9.

6. Reams N, Hayward RA, Kutcher JS, Burke JF. Effect of Concussion on Performance of National Football League Players. Int J Sports Physiol Perform. 2017 Jan 17:1-17. doi: 10.1123/ijsp.2016-0508.

7. Reams N, Anderson J, Perlman R et al. Investigating ioflupane I123 injection and single photon emission tomography as an imaging biomarker for long-term sequelae following mild traumatic brain injury. Brain Inj. 2018;32(1):105-112. Epub 2017 Nov 13.

8. Simon KC, Reams N, Beltran E, Wang C, Hadsell B, Maurer D, Hillman L, Tideman S, Garduno L, Meyers S, Frigerio R, Maraganore DM. Optimizing the electronic medical record to improve patient care and conduct quality improvement initiatives in a concussion specialty clinic. Brain Inj. 2019 Oct 23:1-6. Doi: 10.1080/02699052.2019.2680867 [Epub ahead of print]

9. Reams N, Beltran E, Moulthrop H, Wilk G, Frigerio R. Relationship Between Mood and Somatic Symptoms at Initial Presentation of mTBI to a Concussion Clinic. Presented at American Academy of Neurology Sports Concussion Conference, Virtual Meeting, July 2020, Abstract/Virtual Powerpoint.

Non-peer reviewed publication

1. Illinois Pediatrician, the Illinois Chapter, American Academy of Pediatrics newsletter (Winter 2019): "Heads Up! What is Postconcussion Syndrome and What you Need to Know about Prolonged Concussion Recovery"
2. Illinois Academy of Family physician May-June 2019 newsletter:"Concussion: new guidelines and accurate diagnoses" http://newsletter.iafp.com/newsletter.iafp.com/wwwroot/2019/May-June_2019/
3. Illinois College of Emergency Physicians: January 2019. "Concussion in the ED: new guidelines and accurate diagnoses" www.icep.org/concussion-in-the-ed-new-guidelines-and-accurate-diagnoses/
4. NeurologyToday, 10/3/19, interview with Susan Kreimer, "Concussion Symptoms are associated with low testosterone and erectile dysfunction in former professional football players"
5. Reams, N and Bodya J. Disease-a-month 65 (2019): 100853. Concussion management.
6. NeurologyConsultant, Consultant360. "5 questions about the challenges of diagnosing mTBI in youth" 3/3/20.
7. American Academy of Neurology Position Statement: Sports Concussion, 2020. <https://www.aan.com/policy-and-guidelines/policy/position-statements/sports-concussion/>
8. NorthShore Health You: Concussion Signs & Symptoms- How to Handle During COVID-19: <https://www.northshore.org/healthy-you/concussions-and-covid-19/> August 2020.

9. Neurology Today “The Evolution of Sports Concussion as a Subspecialty in Neurology, 20 years of Remarkable Progress”, By Susan Kreimer, March 17, 2022; Nicole Reams interviewed
10. Connections: NorthShore patient story and publication, May 2022; Nicole Reams interviewed
11. Chicago Health Magazine: Getting Ahead of Head Injuries, 6/1/22
<https://chicagocaregiving.com/getting-ahead-of-head-injuries/>

Speaking Engagements

1. Big Sky Athletic Training Conference. February 3, 2015. Big Sky, MT. “Effects of Concussion on Performance of NFL Players”.
2. National Council on Youth Sports Safety: PASS. March 14, 2015. Chicago, IL. Expert Panel.
3. American Academy of Neurology Sports Concussion Conference. July 2015. Denver, CO. “Postconcussion Syndrome”.
4. American Neurological Association. September 29, 2015. Chicago, IL. “Proposed Clinical Criteria for the Diagnosis of Traumatic Encephalopathy Syndrome”.
5. Big Sky Athletic Training Conference. February 2, 2016. Big Sky, MT. “When is a concussion not a concussion?”
6. Athletico Physical Therapy Lunch ‘n Learn Journal club. February 19, 2016. Niles, IL. “Case Studies”
7. Athletico Physical Therapy Lunch ‘n Learn March 4, 2016. Arlington Heights, IL. “When is a concussion not a concussion?”
8. Glenview Stars youth ice hockey coaches’ meeting May 2, 2016. Glenview, IL. “Concussion for Coaches”.
9. NorthShore Sports Medicine Conference and Concussion Symposium. May 7, 2016. Lake Forest, IL. “Sports Neurology”, “Updates in Concussion Management”.
10. Northwestern University Sports Medicine Grand Rounds. May 9, 2016. Evanston, IL. “When is a concussion not a concussion?”
11. University of Michigan Concussion Symposium “Return on Investment”. May 21, 2016. Ann Arbor, MI. “Longterm consequences of head impact exposure”
12. Hamburg University Athletic Trainers Meeting; expert panel, May 23, 2016. Oakbrook, IL
13. Michigan Athletic Training Society Sports Medicine Conference. June 10, 2016. Ann Arbor, MI. “Concussion and Performance”.
14. American Academy of Neurology, Sports Concussion Conference. July 8, 2016. Chicago, IL. “Concussion sideline and clinical exam”; Moderator: “Postconcussion Syndrome”
15. Big Sky Athletic Training Conference. Big Sky, MT. February 7, 2016. “Alternative Medicine and Concussion Management”.
16. New Trier High School Education. January 24, 2017. “When is a concussion not a concussion?”.
17. NorthShore Glenbrook Hospital, concussion cases lecture presented for Athletico ATs; January 2017
18. Concussion Online Chat given at NorthShore University HealthSystem December 2016
19. Featured in Connections, NorthShore magazine Fall 2016, Spring 2017
20. Fox news interview January 2016; Sports Concussion
21. Sports Medicine Grand Rounds, NorthShore University HealthSystem “What is Sports Neurology?” February 16, 2017
22. Concussion cases, Athletico Lincolnshire, May 12, 2017.
23. “Concussion and cheer and gymnastics”, Athletico Oakbrook May 20, 2017
24. NorthShore University HealthSystem Medical Grand Rounds “Concussion management for primary care” June 3, 2017

25. NorthShore University HealthSystem Pediatric Grand Rounds “What is Sports Neurology?” July 18, 2017
26. American Academy of Neurology Sports Concussion Conference July 2017, “Diagnostic approach to traumatic encephalopathy syndrome”. Jacksonville, FL.
27. “Sideline and acute concussion management”, presented to Chicago Lions Rugby
28. “Rugby concussion management” presented to Rugby Illinois
29. “Acute concussion management”, presented at fall athletic night, Grayslake North High School August 2017.
30. “Age at first exposure to contact football: should we ban youth football?” Vernon Hills Town Hall meeting, expert panel; April 2018.
31. “Age at first exposure to contact football” Athletico lecture and Q&A, Palatine IL April 18, 2018
32. “Age at first exposure to contact football”, journal club Athletico Glenview, May 23, 2018
33. “TBI, CTE, and Molecular Imaging: What we know today”, Society of Nuclear Medicine and Molecular Imaging; June 25, 2018
34. Concussion Education/Introduction; Grayslake North High School, fall sports night, August 6, 2018.
35. NorthShore HealthSystem Concussion Symposium, Nicole Reams lecturer and moderator, October 5th, 2018
36. “Emerging diagnostics for Acute concussion”, American Academy of Neurology, Philadelphia May 2019
37. “Sports Neurology Review: vestibular considerations and emerging diagnostics”, NorthShore Neurology Grand Rounds, March 2019, Evanston, IL
38. “Long-term consequences of concussion”, NorthShore pediatric grand rounds, June 2019, Evanston, IL
39. “Deconstructing Postconcussion Syndrome”, American Academy of Neurology Sports Concussion Conference, July 2019, Indianapolis
40. “The influence of gender on concussion”, American Academy of Neurology Sports Concussion Conference, July 2019, Indianapolis
41. “5 questions about the role of gender on concussion”, NeurologyConsultant, Consultant 360, <https://www.consultant360.com/exclusive/neurology/5-questions-about-role-gender-concussion>
42. Hosted Mayo Clinic-NorthShore TBI Symposium Skokie Hospital Skokie, IL September 2019. Lecture “Concussion Boot Camp”
43. SMP Concussion management lecture December 2019
44. Prospect High School Parent’s Night. Introduction to Concussion. January 2020
45. Virtual Zoom Journal Club Athletico: Case Studies for Concussion: November 2020
46. Big Sky Athletic Training Sports Medicine Conference “Current Understanding of Sleep in Concussion and Athlete Brain Health” February 1, 2022 (Upcoming) Big Sky, MT
47. Concussion Management and Return to Learn, Rolling Meadows High School, February 2022
48. AAN National Meeting Director: “The non-concussion side of sports neurology” and “Exercise as brain medicine” April 5, 2022, Seattle, WA
49. AMSSM “Adding Objectivity to Concussion Management Through Technology” April 22, 2021 Austin, TX
50. AMSSM “Assessment of Emerging Technologies for Concussion- A Deeper Dive” April 12, 2022 Austin, TX

PROFESSIONAL MEMBERSHIPS

American Academy of Neurology	2010-present
American Medical Student Association	2006-2010
USA Boxing	4/2015-present

COMMITTEES/HONORS

AAN Palatucci Advocacy and Leadership Forum graduate. May 2016. New Mexico.

Concussion Expert on Concussion Oversight Committee: Stevenson, Warren, Grayslake North, Grayslake Central, Glenbrook South (ended 2020), NorthShore Country Day, Rochelle Zell Jewish High School, Lake Forest High School, Lake Zurich High School (began 2018), Mundelein High School (began 2018)

Spring 2016-present

American Academy of Neurology, Sports Concussion Conference Planning Subcommittee. Spring 2016-present.

American Academy of Neurology, Neuro Trauma, Critical Care, and Sports Neurology Topic Work Group Section Representative May 2018-present

Education Program Director for Acute Concussion, AAN National Meeting, May 2019-present

American Academy of Neurology Media Expert on Concussion March 2021- present

Fellow of the American Academy of Neurology (FAAN) Sept 2021-present

Top Neurologists Illinois, findatopdoc.com March 2022