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MEIR MEDICAL CENTER

MEIR'S WOMEN

By LEA WEISS

MEET SOME OF THE WOMEN WHO MAKE MEIR MEDICAL CENTER FROM CLALIT HEALTH SERVICES THE LEADING HOSPITAL IT IS

DR. NIRIT LEV

*Neurologist. Head of the Neurology Department at Meir Medical Center, Clalit Health Services
Senior lecturer, Sackler Faculty of Medicine and Sagol School of Neuroscience, Tel Aviv University*

WHEN DID YOU KNOW THAT YOU WANTED TO BE A DOCTOR?

I wanted to be a doctor from an early age. I knew that I wanted to help people and do meaningful work. It was important for me that my work would be impactful and would have significant effects on people's lives and well-being. On the other hand, I was fascinated by scientific research. Eventually I became both a physician and a researcher. I have completed an MD and a PhD in neuroscience. I am now involved in neuroscience research, along with my clinical work as head of the Neurological Department.

WHAT MADE YOU CHOOSE YOUR SPECIALTY?

I find neurology fascinating. The brain is the most complex and exciting organ in the body. I always wondered how our brain functioned and how consciousness evolved. One of the biggest enigmas is how neurons survive and function for so many decades, as the vast majority



Dr. Nirit Lev | Photo by Doron Letzter

are not replaced. The key to their survival is related to their network and the nourishing environment.

As a neurologist, I can help people manage severe conditions and diseases and improve their lives. To lead them through complex situations with empathy, and holistic care is important. I see it as my calling.

WHAT ARE THE LATEST INNOVATIONS IN YOUR FIELD?

The past decade brought

great scientific progress across neurological diseases and transformed the fields of neurology and neuroscience. Impactful scientific discoveries resulted in new therapeutic strategies in many neurological diseases, including tremendous advances in the areas of stroke, headaches, neuroimmunology and neurodegenerative diseases. Technological progress advanced our abilities to detect, investigate and understand brain disorders.

We are living in a fascinating era, and our abilities to help people suffering from neurological conditions has increased dramatically.

WHAT SIGNIFICANT MOVE HAVE YOU MADE THIS YEAR?

I was recently elected to be the chairperson of the Israeli Headache Society. I am one of the founders of this society, which is part of the Israel Neurological Association. Migraine is the second leading cause of all global disability, yet it is still regarded as an invisible disease. From relationships to careers, migraine can disrupt every aspect of a person's life.

I believe that our mission is to improve the lives of people suffering from headache disorders. In recent years, new therapeutic tools were developed. The need to educate physicians, health professionals and the public in order to increase awareness and encourage diagnosis and treatment is crucial in order to increase the quality of life of people suffering from migraine and other headache disorders. •