



Does your  
teen have  
monstrous  
headaches?



National Institute of  
Neurological Disorders  
and Stroke

**M**igraines are one of the most common childhood disorders, yet are often overlooked and difficult to treat. That's why your teen needs *Migraine Trainer*<sup>®</sup>. This free app helps teens log their migraines, recognize patterns, identify triggers, and even help ease these monstrous headaches through proven tips and techniques. Plus, your teen can share their headache log with a healthcare provider to help develop a personalized migraine management plan.

Download the **free** *Migraine Trainer*<sup>®</sup> app today!

