



## Meet the MIGRAINE Trainer!

*Migraine Trainer* is an app developed by the National Institute of Neurological Disorders and Stroke (NINDS) to help users ages 13+ understand possible causes of their migraines, and take a greater role in their treatment by creating an individual migraine management plan with their parents and medical team.

### What does the app do?

*Migraine Trainer* provides self-management tools and resources to help teens understand their migraine triggers, track their symptoms and manage a migraine that is underway. Plus, the app gives teens a way to share a headache log with their healthcare provider to help develop a personalized migraine management plan.

### Why did NINDS develop the app?

Ten percent of kids ages 5-15 have migraines and 90% of pediatric migraine cases are hereditary. Plus, about 1 in 4 younger people with migraines have depression, and 1 in 2 have anxiety. These stats made it clear that pain management is a pressing issue and, therefore, a top priority for NINDS.

### What does the research say?

Many studies have shown that behavioral strategies may be effective in helping kids manage their migraines. Some of these techniques include getting enough sleep, staying hydrated, and lowering stress levels.

### Where can I get the app?

*Migraine Trainer* is available for free from the Apple Store and Google Play. Download it today!

