



CARING FOR YOUR HEADACHE DISORDER MIGRAINE EDUCATION: KNOWLEDGE IS POWER

Our mission is to improve the lives of migraine patients and their families and ultimately help find a cure.

To learn more about migraine and how to manage them, please see the following:

For Patients

The Headache Relief Guide www.headachereliefguide.com is a fun and interactive way to learn about headaches and share your experience with others.

[Migraine 4 Kids http://www.migraine4kids.org.uk/Migraine 4 Kids](http://www.migraine4kids.org.uk/Migraine%204%20Kids) offers games, information and support to children experiencing chronic migraine. Choose between Migraine Action Activities designed for a range of age groups.

For Parents

Visit the CHOP headache program website to read more about headaches, and answer common questions: <http://www.chop.edu/centers-programs/pediatric-headacheprogram#.VebTrvmjNKw>

American Headache Society Committee for Headache Education_ www.achenet.org

The National Headache Foundation (www.headaches.org)

[American Migraine Foundation \(http://www.americanmigrainefoundation.org\)](http://www.americanmigrainefoundation.org)

Headache Journal (<http://www.headachejournal.org/view/0/toolboxes.html>) contains "headache toolboxes," which are 1-page articles for parents on medications, and other current treatments for headache.

[Migraine Research Foundation http://www.migraineresearchfoundation.org/](http://www.migraineresearchfoundation.org/) is a nonprofit organization dedicated to funding migraine research in the United States.