



You and Your Doctor

QUESTIONS AND ANSWERS TO SHARE WITH YOUR DOCTOR

IS THE PRODUCT SAFE?

Headache Hero is an on-line training and treatment program to help children and their parents better identify, manage and treat their headaches. It is a fun and interactive program to help give you better days!

HOW IS IT DELIVERED?

Patients register for the product and take the product at home, via the Internet. You don't need to visit the doctor's office. Most patients complete the training within one month and each session lasts around 5 minutes on average. Once complete, patients can return to the program to refresh their training for an entire year.

DO I NEED A PRESCRIPTION?

Since this is an on-line training program, you do not need a prescription and Headache Hero strongly recommends you continue with your doctors instructions to treat your headache symptoms. This product is provided as an addition to your regular care, not a replacement. Patients can order the product on-line without any additional instructions from their medical professional.

HOW DOES IT WORK?

The product was developed by researchers at the [University of Kansas Medical Center](#) and funded by the [National Institute of Health](#). It is an on-line interactive program based on proven techniques to help patients identify and manage their headache symptoms. Please refer to our [clinical studies section](#) to review the results of our research. In pilot studies, Headache Hero has been proven to be 2.65 times more effective than standard medical care. Patients reported less frequent and less severe headaches after completing the treatment sessions than before completing Headache Hero.

ARE THERE OTHER TREATMENTS LIKE HEADACHE HERO AVAILABLE?

Physicians normally follow a standard of recommended care for treating children with headaches ([Connelly articles](#)). In many cases treatments or therapies are recommended in addition to the care recommended by your doctor.

Headache Hero is the only commercially available on-line treatment that has conducted **clinical trials** on its effectiveness. Since there are no known side effects, this is a safe and effective way to complement your doctor's care routine.

WHY WOULD YOU RECOMMEND HEADACHE HERO?

Headache Hero is a great way to learn to manage headaches in the convenience of your own home, on your own time, via an entertaining on-line program. It helps you learn and manage your headaches in a convenient fashion with proven techniques that you can complete in less than one month.

"Headache Hero is an effective and safe tool to help my pediatric patients manage their headaches. It is an excellent addition to the routine care of headaches in children."

Jennifer Bickel, MD
Assistant Professor of Neurology
Director of Headache Clinic
University of Kansas Medical Center
Children's Mercy Hospital