

Mayo Clinic Minute

Weathering migraines

	AUDIO
	How and why does summer weather sometimes trigger a migraine?
Rashmi Halker Singh, M.D.	“That is a great question. Patients ask me that all the time. We don’t have a great answer.”
	For some people, extreme weather conditions may cause imbalances in brain chemicals, which can eventually lead to the severe throbbing pain of a migraine headache.
Rashmi Halker Singh, M.D.	“A lot of people with migraines feel that sunlight glare is a trigger for migraine.”
Graphic: Migraine triggers: Sun glare High humidity Extreme heat Dry air	Other weather triggers include high humidity, extreme heat and dry air.
	And Neurologist Dr. Rashmi Halker Singh says these conditions may lead to another migraine creator.
Title: Rashmi Halker Singh, M.D. Neurology Mayo Clinic	“In the summertime, when it’s really hot outside, a lot of people forget to maintain adequate hydration, and dehydration can certainly be a risk for migraine attacks to happen.”
	Dr. Halker Singh’s advice to people with migraines is to avoid extremes – in summer weather and in everyday schedules.
Rashmi Halker Singh, M.D.	“Be consistent with your eating habits. Be consistent with your sleep. Sometimes not sleeping enough or sleeping too much can also be a trigger. So maintaining consistency with that is important.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.

