

Mayo Clinic Minute: Surviving hot weather while managing migraines

Severe weather conditions are enough to give anyone a headache, but temperature fluctuations are even more problematic for migraine sufferers.

[Dr. Rashmi B. Halker Singh](#), a Mayo Clinic neurologist, says the weather can trigger some migraine patients.

Video	Audio
	For some people, migraines are debilitating. The intense, throbbing head pain is often so severe that it feels like the head will explode.
Rashmi Halker Singh, M.D. Neurology Mayo Clinic	"When people have migraine, they typically do have pain, typically moderate or severe pain, but they have other symptoms that go along with that."
	Dr. Rashmi Halker Singh says that a migraine is a neurologic disease that affects people differently. Some migraine sufferers experience sensitivity to light, sound, and smells.
	"It can impact their quality of life. It can impact their day, [their] they typically have attacks which can be unpredictable.
	She says extreme weather can impact various changes in the brain and cause a migraine.
	"Many people say that barometric pressure changes and changes in the weather, but some people say it's the heat that triggers them."
	Dr. Halker Singh says it's crucial for migraine sufferers to stick to a routine, get plenty of exercise and rest. Also, it's important to stay hydrated during the summer.
	"We really need to be careful about maintaining as much hydration as we can. And I think sometimes we don't even realize we're dehydrated. It just happens."

	For the Mayo Clinic News Network, I'm Sonya Goins.