

# Managing migraines in the summer

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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.

For some people, migraines are debilitating. The intense, throbbing head pain is often so severe that it feels like the head will explode.

"When people have migraine, they typically do have pain, typically moderate or [severe pain](#), but they have other symptoms that go along with that," says Dr. Rashmi Halker Singh.

What triggers migraines?

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. They typically have attacks which can be unpredictable," Dr. Halker Singh explains.

Extreme weather can affect 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," says Dr. Halker Singh.

It's crucial for migraine sufferers to stick to a routine and 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," says the neurologist.

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