



Managing Summer Migraines

Summer heat can trigger migraines in many people. High temperatures, dehydration, bright sunlight, and disrupted routines can increase the risk of migraine attacks. Understanding the triggers and taking simple precautions can help you enjoy the season comfortably.

Common Summer Migraine Triggers

- Excessive heat and dehydration
- Bright sunlight and glare
- Irregular sleep patterns
- Skipping meals
- Strong odours and environmental irritants
- Intense physical activity
- Sudden weather and humidity changes

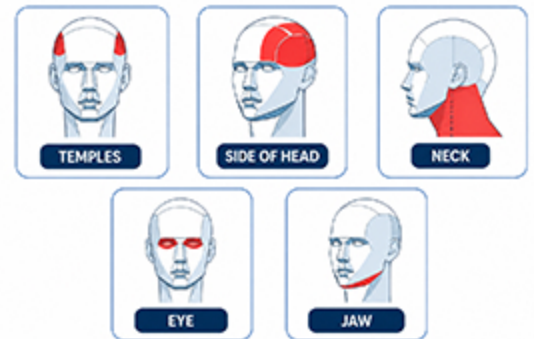
Common Symptoms to Watch For

- Throbbing or pulsating headache
- Nausea or vomiting
- Sensitivity to light and sound
- Dizziness
- Blurred vision
- Fatigue and difficulty concentrating

Prevention Tips

- Drink plenty of water throughout the day
- Limit exposure to extreme heat
- Wear UV-protective sunglasses and a hat outdoors
- Follow a regular sleep schedule
- Eat balanced meals on time

TYPES OF MIGRAINE PAIN



- Practice stress-relieving activities such as yoga or meditation

What To Do During a Migraine

- Rest in a quiet, dark room
- Stay hydrated
- Apply a cold compress to the head or neck
- Take medications only as advised by your doctor

When to Seek Medical Help

Consult a doctor immediately if a headache:

- Starts suddenly and is unusually severe
- Is accompanied by weakness or numbness
- Causes difficulty speaking
- Is associated with seizures
- Occurs after a head injury

Most summer migraines can be prevented with proper hydration, sun protection, healthy sleep habits, and timely meals. If migraines become frequent or severe, seek expert neurological care for accurate diagnosis and personalized treatment.