

## Prepare for warm weather and migraines

Run time - :35

ANCHOR LEDE: Spring thunderstorms bring the annoyance of driving in a downpour. But others dread this time of year for migraines triggered by the environment. Tim Ditman of OSF HealthCare has more.

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OSF Doctor Aminat Ogun [ah-ME-not // oh-GOON] says...watch the forecast. If there's a chance for dust or smoke, limit time outside.

Stock up on medication after talking with your provider. Over-the-counter medicine like ibuprofen will help with pain...and can even be taken when you know a migraine is coming.

*SOUNDBITE: "They could have a headache diary where they write down what causes their headaches, where the pain is located, how long does it last, symptoms and what treatment helps." (:15)*

I'm Tim Ditman.

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ANCHOR TAG: If your migraines are more frequent, feel different, or come with symptoms like confusion, neck rigidity, limb weakness, fever or chills, see a doctor right away.