

Prepare for warm weather and migraines

ANCHOR LEDE

For most adults, spring and summer thunderstorms bring the annoyance of driving in a downpour.

But others dread this time of year for migraines triggered by the environment.

TAKE VO

Doctor Aminat Ogun [AH-me-not // OH-gun] of OSF HealthCare says you can watch the weather forecast. If there's a chance for a lot of dust or smoke in the air, plan to limit time outside.

Stock up on medication after talking with your health care provider. Dr. Ogun says over-the-counter medicine like ibuprofen will help with pain and can even be taken ahead of when you know a migraine is coming.

SOT

Dr. Aminat Ogun, family medicine physician at OSF HealthCare

"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)

VO TAG

If your migraines are more frequent, feel different, or come with other symptoms like confusion, neck rigidity, weakness in the arms or legs, fever or chills, see a doctor right away. Some of those symptoms may be signs of a heart attack or stroke.