

BROADCAST- Weather changes can be a pain, literally, for migraine sufferers

ANCHOR LEAD IN:

If you get migraine headaches, you might have noticed they tend to strike when the weather suddenly changes. One specialist says there's science behind that connection — and new hope for better control.

VO or Radio Package:

NAT SOUND or image-Rain and wind

For some migraine sufferers, a drop in barometric pressure or a sudden temperature swing can be all it takes to trigger intense pain.

Ashley Workman treats patients in the headache and cranial facial pain program at OSF HealthCare Illinois Neurological Institute. She says scientists are still studying how environmental changes might affect the brain. One theory suggests shifting air pressure can alter blood vessel activity inside the skull — setting off the pain signals that cause a migraine.

Workman says because migraine triggers are so individualized, management starts with awareness — like tracking headache patterns, managing stress, getting enough sleep, and staying hydrated.

SOT-ASHLEY WORKMAN / ADVANCED PRACTICE REGISTERED NURSE, OSF HEALTHCARE ILLINOIS NEUROLOGICAL INSTITUTE

"A lot has evolved in the migraine world over the last five to seven years, with newer treatments on the market that we haven't had that have been really, really so impactful for patients and leading to better migraine control." (:13)

REPORTER TAG:

Workman says there's no reason to suffer in silence — your primary care provider can help identify triggers and find the right treatment plan.