

TRANSCRIPT OF MEDIA CLIPS- Weather changes can be a pain, literally, for migraine sufferers

Ashley Workman, advanced practice registered nurse with OSF HealthCare Illinois Neurological Institute

Weather conditions can influence a person who suffers from migraine headaches.

"Specific weather changes that we see influence some of our patients' migraine patterns are changes in barometric pressure, which we kind of identify as any fluctuation or drop in the atmospheric pressure around us in our environment, extreme temperature shifts — so not only extreme heat waves, but also those cold snaps, or any more extreme shift in temperature from high to low." (:26)

Workman points out researchers have one theory in particular that is centered around the influence of barometric pressure.

"Does that shift in atmospheric pressure actually have an influence on the pressure within our skull? And that can then further influence how our blood vessels constrict and dilate, and those specific changes then can trigger those neurons and nerves signaling the pain process which then leads to inflammation and causing that migraine headache for patients." (:24)

Testing those theories can be difficult because the brain and the nervous system is so complex.

"These neurons that we're talking about are so teensy, tiny and can be influenced by so many factors, migraine being one of those that the sky is somewhat the limit on triggers and it's very individualized to the person so that really adds a layer of complexity of giving someone sometimes a straightforward answer of why they have migraine or what their triggers are, because it can differ so much across the board," Workman suggests. (:22)

Workman says there's no need to suffer in silence. She advises, start by seeing your primary care provider.

Alot 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 controls." (:13)