



Avoid summer headaches

The sun can be especially bothersome if you suffer from migraines. Looking directly or indirectly at the sun can trigger a migraine attack for some people.



Don't forget your sunglasses, visors, or sun hat when you are out and enjoying the sunshine at the beach, tennis court, golf course, or a baseball game.

Other summer headache triggers include changes in barometric pressure. Watch out for those sudden thunderstorms and windy days.

Drink plenty of water, not soft drinks, to help prevent those "dehydration" headaches. You don't want to drink too many soft drinks containing caffeine, which can also contribute to your headaches.

At backyard barbecues and picnics, you may encounter food items that you wouldn't normally eat. The sauces and dry rubs on those tasty ribs may contain monosodium glutamate (MSG) which can be a trigger. So can fermented or pickled foods, aged cheese, and processed or cured meats, like hot dogs. Alcohol, especially red wine, can also be a trigger.