

# Avoid summer headaches

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

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

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) to which many headache sufferers are sensitive. The spread at a picnic may include aged cheeses, hot dogs, and other meats with nitrates, and pickles—all possible triggers. Also watch your intake of beer and cocktails.

