

## **WHILE SUMMER CAN BE FUN FOR MOST, IT CAN BE A BIG HEADACHE FOR MIGRAINE SUFFERERS**

*Roosevelt Hospital's Nationally Renowned Headache Expert Lawrence Newman, M.D., Offers Tips to Migraine Sufferers*

New York, NY (June 22, 2010) With summer upon us, so begins the season of picnics and basking in the sun for hours. However, in the midst of summer fun, many people don't realize that if you are already prone to migraines, you are at risk of developing an increased number of "summertime headaches."

Lawrence Newman, M.D., Director of the Headache Institute at Roosevelt Hospital, says, "Unfortunately, many summertime activities trigger headaches for many of the 45 million headache sufferers in the United States. During the summer months, we receive a 50% increase in the number of patients calling, complaining of more headaches than usual. The good news is that the number of summertime headaches can be significantly reduced if you know the triggers that cause them."

Dr. Newman explains the following triggers for summertime headaches:

- Limit certain foods such as hot dogs, sausages (which contain nitrates), cheeses and other foods that contain monosodium glutamate (MSG), such as nuts, chocolate, and peanut butter.
- Ice cream is another summertime headache culprit, causing very severe attacks of pain in the forehead or around the eye.
- Limit sun exposure as the bright glare of the sun can bring on migraines. Wear sunglasses and drink plenty of water to prevent dehydration.

- If you attend summertime parties, it is best to consume limited amounts of alcohol such as champagne, red wines, dark beers and hard liquor.

For more information about Roosevelt Hospital's Headache Institute, go to <http://www.wehealny.org/headache/index.html>. If you would like to set up an appointment, please call 212/523-5869.

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