



# 2026 INTERVIEW SUMMARY SHEET

## SPEAKER

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## TOPIC

**A Migraine Survival Guide to Weather & Climate Changes**

## TITLE & ORGANIZATION

Dir. of Headache Medicine & Clinical  
Research | Asst. Prof. of Neurology, Community  
Neuroscience Services | UMass School of Medicine

## KEY TAKEAWAYS

- The migraine brain is very sensitive to any shift in the internal or external environment; stability in sleep, diet, and hydration is the first line of defense.
- Using weather apps to monitor barometric pressure trends provides an opportunity to implement mini-prevention measures such as taking long-acting medications 24–48 hours before a weather front arrives.
- Drinking excessive amounts of plain water can flush out electrolytes and worsen dehydration, so adding sodium and potassium is essential, especially in dry or hot conditions.
- Allergens like pollen and ragweed can directly trigger migraine pathways by causing mast cells to release CGRP alongside histamine.
- Rapid temperature transitions, such as moving from a very cold room to a hot outdoor environment, can trigger vascular “rebound” headaches.

## KEY TREATMENTS

- Allergy medications
- Blue-light blocking glasses
- CGRP inhibitors
- Diuretics
- Electrolyte replacements
- Gepants
- Humidity control devices
- Local honey
- Nabumetone
- Neuromodulation devices
- Peppermint oil
- Triptans

## NOTABLE QUOTES

*“The brain doesn't like change .... Anything that disturbs the homeostasis or the balance of the body can cause migraines.”*

*“I think that anticipatory anxiety happens if you feel like you don't have anything that you can use to treat it. But I think with our approach to migraines now, which is a toolbox approach, we have so many different options that we can give you the control back.”*

## PRACTICAL STEPS

- Monitor the weather: Consult an app or a website with a migraine risk index or a barometric pressure tracker to identify changes that may trigger an attack and then take proactive measures.
- Stay hydrated: Drink water and consider replenishing electrolytes with migraine-friendly solutions.
- Consult your provider: Discuss how to use long-acting NSAIDs or a diuretic (such as acetazolamide) during significant weather shifts or travel.
- Optimize your environment: Install a humidifier for cold or dry months, and a dehumidifier for warm weather to keep indoor air consistent.
- Review medications: Evaluate whether your meds (such as diuretics or weight loss drugs) could be contributing to dehydration.