• The science on why exactly weather and other environmental factors have an effect on migraine is still inconclusive, however new studies continue to bring us closer to having answers.

• Weather and atmosphere changes on their own are unlikely to trigger a migraine or headache attack.

• Air pollution, while unknown why, does appear to have an influence on migraine and headache.

• Weather is unavoidable, so when you're unable to avoid the outside, knowing how to protect yourself from weather triggers is the best weather-related treatment.

• There are no specific medications currently for treating a migraine or headache attack based on weather as a trigger.

“‘It's just the fear of having an attack that just makes it so likely to happen that they've been really triggering the attack — and this is the same with weather. So, I would always recommend to patients not to over-stress certain trigger factors like the weather.’

“And sometimes you're likely to need several triggers where you say, ‘OK, the weather is now ... we have a change,’ which on its own does not trigger an attack. But if at the same time you have not slept well, or you have skipped a meal, or you're very stressed — then suddenly if you have two or three triggers, it's enough to trigger an attack.”

• When weather has you stressed, remember that atmospheric changes may be just one of several triggers that accumulate to raise you above the migraine attack threshold.

• Keeping track of migraine triggers can be helpful for some, but not for everyone. Try to figure out if and how weather affects your migraine.

• Take the necessary steps to be comfortable while outside, such as wearing sunglasses or a large-brimmed hat to block the sun.

• Sometimes the best thing you can do is stay indoors when the weather could cause pain and discomfort.