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NEWS

FOR IMMEDIATE RELEASE

Migraine Cases Spike in Summer Months

Alternative Approaches, From Body Therapy to Botox, Used by Manhattan Headache and Neurology's Audrey Halpern, MD

(New York City) Warmer weather and increased humidity are big contributors, a new study finds, to higher frequencies of migraines, particularly amongst women. A change in barometric pressure may cause blood vessels in and around the brain to swell, triggering intense headache pain for migraine victims (personalmd.com). "A recent study published in *Neurology* found that there was a direct correlation between increase in temperature and migraine attacks," said Audrey Halpern, MD, board-certified in headache medicine by the United Council for Neurologic Subspecialties, and board-certified in neurology by the American Board of Psychiatry and Neurology. "The study also noted a similar, but smaller, increase in migraine attacks associated with drops in barometric pressure. In short, migraineurs, and particularly undiagnosed and untreated migraineurs, will suffer through the summer."

Approximately 28 million Americans suffer from migraines, with an estimated 14 million undiagnosed (wrongdiagnosis.com). Headaches and migraines are a disorder of the brain, with numerous potential factors affecting the condition, including weather changes. Treatments for migraine sufferers vary, and Dr. Halpern emphasizes individualized plans to optimize patient wellness. "I encourage patients to keep a log of their migraines, noting time of day of pain onset, along with foods eaten, weather, and other details so we can find triggers and recommend a treatment approach. The goal is to treat migraines by understanding as much as we can about

the patient, their lifestyle and potential triggers, and work toward preventing continued migraines.” Dr. Halpern uses behavioral modalities like her headache calendars to educate and change lifestyle triggers such as diet, weight, exercise, caffeine reduction, stress and sleep patterns.

At Manhattan Headache and Neurology, Dr. Halpern marries traditional medicine with holistic therapies. Once patients are diagnosed, Dr. Halpern makes recommendations and referrals for appropriate body therapies that can reduce the chance of migraines, such as yoga, meditation, massage, acupuncture, natural supplements and active release therapy, a technique used to stretch and release tension in muscles with spasm and inflammation. In addition to these holistic approaches, Dr. Halpern utilizes traditional Western medicine as well, offering prescription medications and Botox injections to reduce migraine frequency and severity. “Many people suffer through their migraines, simply looking at them as random headaches, and think that taking over the counter medications will ease their pain. When headaches occur more than once a week, it is time to see a doctor,” explained Dr. Halpern.

“During the summer months, I encourage my patients to be extra cautious regarding their known triggers. If the patient is aware that dairy products are a trigger, they should be wary of overindulging in dairy when their risk for migraine is elevated,” warned Dr. Halpern. “Education is key for migraine sufferers, so knowing your triggers and getting properly diagnosed is the first and most important step.”

About Dr. Halpern and Manhattan Headache and Neurology

After graduating from the University of Pittsburgh School of Medicine with her MD, Dr. Audrey Halpern completed an internship in internal medicine at Yale University, along with her neurology residency training at Yale. Following her stay at Yale, she completed fellowship training in headache medicine at the Jefferson Headache Center at the Thomas Jefferson University Hospital in Philadelphia. Dr. Halpern is board-certified in headache medicine by the United Council for Neurologic Subspecialties, and board certified in neurology by the American Board of Psychiatry and Neurology. With a belief in a combination of treatments for migraines such as behavior modification, conventional medication and holistic approaches, Dr. Halpern offers unique, advanced methods to treating and preventing migraines. Dr. Halpern practices concierge style care, offering in-practice visits at Manhattan Headache and Neurology in addition to house calls. Manhattan Headache and Neurology is located at 35 East 35th Street, Suite 206, New York, NY 10016, and Dr. Halpern can be reached at 646-648-3793, or through her website, www.ManhattanHeadache.com.