

# HEALTH TIP



SPORTS NEUROLOGY  
& PAIN MEDICINE  
LOS ANGELES • CALIFORNIA

## HEAD OFF THE HEAT

**Extreme temperatures can make symptoms worse for people with neurological conditions. Beat the heat with these tips:**

- 1. Start Early** – Outdoor temperatures are lowest in the early morning. If exercising outdoors helps you manage your condition, consider waking up earlier and getting that outside workout in before the heat sets in.
- 2. Keep it Cool** – Whether indoors at home or elsewhere, seek spaces that are well-ventilated and temperature-controlled by an air conditioning unit or central cooling system. Significant fluctuations in temperatures can make managing neurologic symptoms tougher. In addition to the outdoor temperature, consider the fact that higher humidity, lack of cloud cover, and lack of a breeze can also be significant factors.
- 3. Dress Down** – To help you take control of temperature fluctuations, dress for the day in layers that can be easily removed when temps creep up.



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