

Chiari and Weather

Weather can affect people with a variety of health issues and Chiari is no exception



Symptoms and Weather

Over 1300 people responded to the questions about weather and symptoms in the Chiari1000.

- ▶ 36% report that hot weather makes their symptoms worse
- ▶ 30% say cold weather makes their symptoms worse, and for the majority
- ▶ 60% say changes in weather have a negative impact on symptoms

Barometric Pressure

According to AccuWeather.com barometric pressure (atmospheric pressure) is the pressure exerted by the weight of the atmosphere at any given point. As a storm system develops, the barometric pressure begins to drop.



Robert Jamison, Professor at the Harvard Medical School and Chief Psychologist at the Pain Management Center at Brigham and Women's Hospital, Chestnut Hill compares the effects of barometric pressure on the human body to a balloon. "When a balloon is inflated, it has the maximum inside and outside pressure. High barometric pressure that pushes against the body from the outside keeps tissues from expanding." As the barometric pressure lowers, tissues in the body may enlarge. As the tissues enlarge, they put more weight on nerves that control pain signals.

In a 2007 study from Tufts University, researchers found that every 10-degree drop in temperature correlated with an increase in arthritic pain. Also, lower barometric pressures, lower temperatures, and any precipitation showed an increase in pain.