

## At-home migraine relief: Fact vs. fiction

\*\*\*SOT\*\*\*

Amber Oberheim, APRN (pronounced OH-ber-hime)

primary care provider

OSF HealthCare

**"One of the theories for why migraines happen is vasodilation, or increased blood flow to your brain. So we talk about using a *cold* compress over your eyes, on the back of your neck or at the top of your head. That cold sensation constricts blood vessels, thereby decreasing blood flow." (:30)**

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**"We look at medications in Excedrin Migraine [pills]. Caffeine is one of them. Caffeine has been proven to be effective sometimes in early management of migraine headaches." (:10)**

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**"I don't think there's any data that would support that. I think it's more of a comfort. When you're experiencing pain and you can have a sensation that's not pain somewhere on your body, it might help lessen the pain." (:14)**

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**"I could see if stress or muscle tension is creating a headache. Taking a warm shower or bath to relax might help. However, if we're thinking about a classic migraine with the theory of increased blood flow to the brain, taking a hot bath or shower might actually make it worse. It never hurts to try, but I think it's going to be patient-specific." (:35)**

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**"Often, a migraine can last for longer than a typical headache. It can be accompanied by symptoms like nausea, light sensitivity and noise sensitivity. There are certain types of migraines that can also affect your vision." (:16)**