

At-home migraine relief: Fact vs. fiction

ANCHOR LEDE

Migraines are a part of life for many, and an online search for at-home treatments will yield plenty of options. What works, and what's fiction?

Amber Oberheim, a primary care provider at OSF HealthCare, says science backs up putting a cold cloth on the head, resting and taking vitamin B2 and magnesium. She says even a caffeinated drink can help.

Some will also suggest taking a shower. That depends, Oberheim says.

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

OSF HealthCare

"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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To that end, Oberheim says if a migraine tactic is doing more harm than good, stop it. And it's never a bad idea to see a provider to get a tailored plan for headache relief.