

At-home migraine relief: Fact vs. fiction

Run time - :51

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? Tim Ditman of OSF HealthCare cuts through the noise.

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Amber Oberheim, a primary care provider at OSF, 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.

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

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." (:27)**

I'm Tim Ditman.

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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.