

Oxygen helps ease headaches and migraines

Research has shown that some forms of oxygen therapy can help manage two types of debilitating headaches; migraines and cluster headaches.

Amy Norton reports on ABC Science that some forms of oxygen therapy may help manage two types of debilitating headache pain, as suggested by a new research review. Dr. Michael Bennett, of Prince of Wales Hospital in Sydney, headed a review of nine small clinical trials, which showed “that hyperbaric oxygen therapy showed promise for halting pain during migraine attacks”. The same review also found that normobaric oxygen therapy (at normal pressure), eased pain in people suffering from cluster headaches.

Pain

Norton further reports that migraines typically cause throbbing pain in one area of the head, often accompanied by nausea, vomiting or sensitivity to light and sound, while cluster headaches cause sharp pain on one side of the head, including the eye. They can last anywhere from 15 minutes to a few hours and come in waves. Repeated attacks can occur over a period of weeks to months, followed by a period of no symptoms.

Normal-pressure oxygen has long been used for severe headache pain, and there is some evidence that hyperbaric oxygen could be helpful, but few controlled clinical trials have evaluated the therapies.

Find out what this review showed [here](#).

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Reference:

Norton, Amy. [Oxygen may ease headache and migraine](#). Published online on ABC Science Jul 25, 2008.