

Oxygen Therapy for Cluster Headache

Oxygen therapy is a commonly used treatment option for cluster headaches. It involves breathing in 100% oxygen through a non-rebreathe mask. Oxygen therapy has been shown to provide relief for many patients and can be an effective way to manage the symptoms of cluster headaches.

The goal of oxygen therapy is to reduce the intensity and duration of cluster headache attacks. Oxygen therapy should be started at the first sign of a cluster headache and continued for 15-20 minutes, or until the headache has resolved. This treatment can be repeated as necessary during a cluster period.

To use oxygen therapy, you will need to have a prescription from your doctor and a supply of oxygen tanks. A non-rebreathe mask should be supplied to ensure that you are receiving 100% oxygen.

It is important to note that some medications can interfere with the effectiveness of oxygen therapy for cluster headaches. Your doctor will advise you on which medications to avoid before and during your oxygen therapy treatment.

While oxygen therapy can be an effective treatment option for cluster headaches, it is important to work closely with your healthcare provider to develop a comprehensive treatment plan that is tailored to your individual needs to try and reduce the frequency of attacks.

If you are experiencing symptoms of cluster headache, it is important to talk to your GP about referral for further investigation and management.

If you have been diagnosed and are looking for further support [Ouch UK](#), is a charity offering support and guidance for sufferers of cluster headaches and their families and carers.