

A MAGAZINE FOR HYPERBARIC OXYGEN THERAPY

AALTO

JULY IS JUVENILE ARTHRITIS

AWARENESS MONTH

RETURN TO WORK WHILE KEEPING
WELL WITH FREE COVID -19 TEST &
HBOT



THE NEW WARDROBE ESSENTIAL:

FACE MASKS

UMBILICAL CORD BLOOD, STEM

CELLS & HBOT



JULY 2020



Juvenile Arthritis

Awareness Month July 2020

Juvenile Arthritis or (JA) also known as pediatric rheumatic disease. It's a broad term to describe the inflammatory and rheumatic diseases that develop in children under the age of 16. The most common type of arthritis in children is called idiopathic arthritis (idiopathic means "from unknown causes").

It is characterized by joint pain, swelling, stiffness, and loss of motion. JA causes loss of function due to an inflamed supporting structure of the body. JA affects 300,000 children in the United States alone.

Most kinds of JA are autoimmune or autoinflammatory diseases. Their body's own immune system, which is supposed to fight foreign invaders gets confused and releases inflammatory chemicals that attack the body's healthy cells and tissues. The exact causes of JA are currently unknown.

Hyperbaric Oxygen Therapy or HBOT for short has been found to inhibit the development of the disease process. HBOT can suppress the inflammation due to the body's overreaction its own immune system. Although HBOT is more effective in the early stages of the disease, treatments will suppress the inflammatory response even if the disease is fully developed,

Helpful Facts:

Hyperbaric Oxygen Therapy decreases joint pain and reduces swelling.

Patients commonly experience increased activity and even improve their overall sleep patterns.

HBOT can possibly decrease the need for standard rheumatologic medications, effectively reducing the effects for immunosuppressants.

1-888-303-HBOT (4268)

#aaltohyperbaricoxygenglobal
We stand together. We support
safe, protective measures as
you return to work and interact
in groups.

**Aalto Hyperbaric Oxygen Group offers free COVID-19 testing with
our introductory hyperbaric oxygen therapy session.
Email: info@aaltohyperbaric.com**

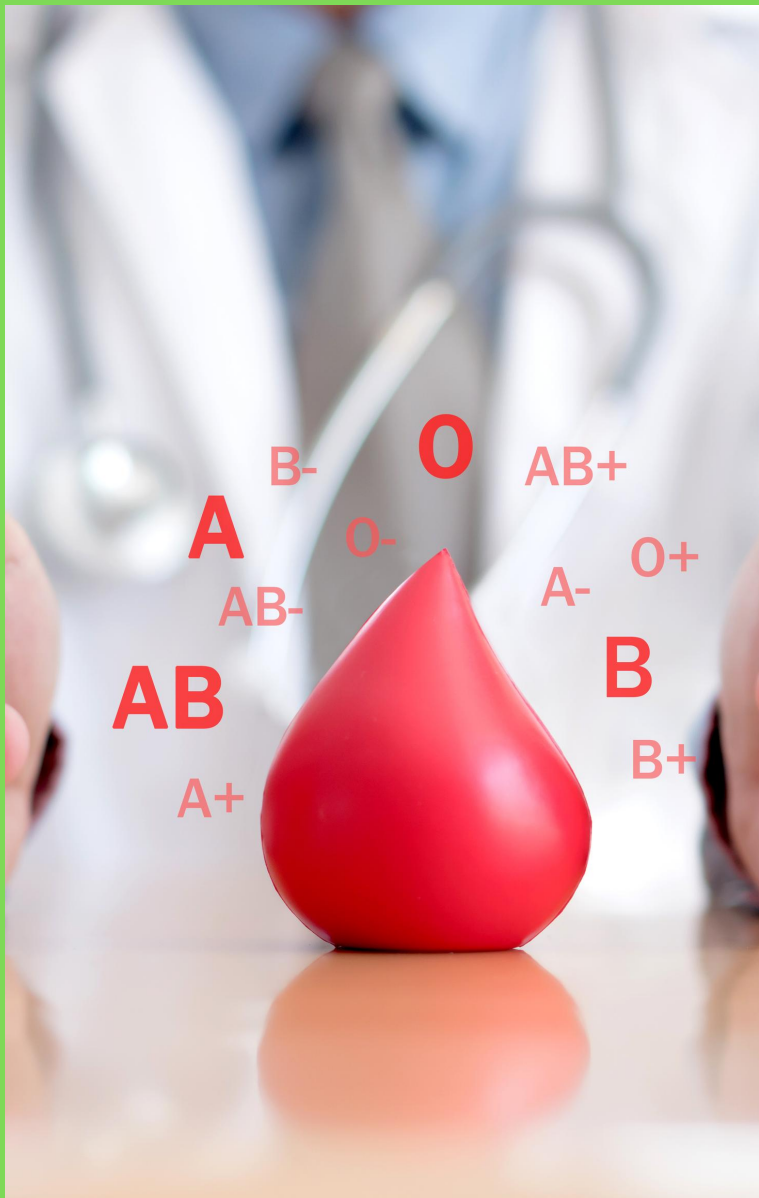
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Blood Type & HBOT

Your blood may be a predictor of how susceptible you are to contracting COVID-19

Studies from China, Italy, and Spain suggested that people with type A blood might be more susceptible to getting the virus, increasing the need for oxygen, or may be placed on a ventilator as their symptoms worsen. In contrast, people with type O blood might have more protection against the virus.



In an ongoing study, 750,000 people with the O blood type may be less likely to test positive for coronavirus. In some who are positive, they are experiencing fewer symptoms. Healthcare officials and Scientists researchers are not entirely sure why type O blood people are not as affected by the virus as other blood types.

Regardless of your blood type, we all must continue to practice social distancing, wear your masks outside of your homes and wash your hands frequently.

In addition to keeping yourself and your loved ones safe and healthy, you might want to consider Hyperbaric Oxygen treatments. It is proven to boost your immunity no matter the blood type. HBOT improves overall health and the immune system by improving white blood cell function, decreasing inflammation, and boosting tissue growth and repair. The oxygen stimulates healing encouraging new growth of new tissue and bone. It kills many kinds of bacteria, viruses, and strengthens some antibiotics while reducing edema to the tissues.

Article References:

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[/www.livescience.com/why-covid-19-coronavirus-deadly-for-some-people.html](http://www.livescience.com/why-covid-19-coronavirus-deadly-for-some-people.html)
www.foxbusiness.com/lifestyle/people-with-this-blood-type-are-less-likely-to-test-positive-for-covid-19
www.medrxiv.org/content/10.1101/2020.03.11.20031096v2



Masks: The Essential Accessory

Has breathing become a challenge lately?

We have become a custom to wearing face masks on a daily bases. We are required to wear them every time we leave our homes, in our place of employment, and anywhere we will encounter other people.

Since the Covid-19 outbreak, there has been a lot of confusion and questions about wearing these required face coverings. Concerns range from, what type of masks gives you the best protection to who should be wearing these masks?

Now that a few months have gone by, there is a new concern on the horizon. Do wearing masks lower your ability of adequate oxygen?

Some claims mention that prolonged use of some masks N95, in particular, could reduce oxygen and increases the CO2 levels within the bloodstream, causing hypoxia. Hypoxia is a condition in which the body or a region of the body is deprived of adequate oxygen. If worn for hours, it increases higher levels of carbon dioxide (CO2) and can reduce blood oxygenation as much as 20%.

Inhaling higher levels of CO2 than usual can lead to cognitive dysfunctions, headache, vertigo, contact dermatitis, and other skin issues. It also can affect respiration, thermal equilibrium, vision, and overall not feeling well.

Article Resources:

<https://www.refinery29.com/en-us/2020/04/9638221/cdc-wear-face-mask-guidance-change>

<https://www.nytimes.com/2020/06/15/well/live/breathing-masks-coronavirus.html>

<https://www.wsj.com/articles/the-healing-power-of-proper-breathing-11590098696>

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HYPERBARIC OXYGEN



Claims that masks are detrimental to your health have not been proven. Surgeons and clinical staff all over the world wear masks all day long for years in their jobs. Nonetheless, if you're new to wearing these masks, it does take some getting used to them, regardless of all the controversy around masks dropping your oxygen intake. We do know that these masks are meant to keep us safe from spreading the Novel Coronavirus.

So what can you do to keep your immunity up to better fight off this virus or other viruses in general? You may want to consider Hyperbaric Oxygen Treatments. Hyperbaric treatments boost oxygen levels in the bloodstream, promoting stem cell and plasma growth, which helps kill viruses and bacteria infections.

HBOT from AALTO can provide extra immunity reinforcement from these body invaders and a little respite from everyday stressors.

Cord Blood, Stem Cells & HBOT

As science advances, traditional benefits of hyperbaric oxygen

Twenty years ago umbilical cord blood was emerging as a new must have for pregnant mothers, now stem cell research has become synonymous with new frontiers in fighting everything from cancer to organ transplants. Hyperbaric oxygen therapy has been in use more than 70 years and is the biggest supporter of new science breakthroughs.

Stem cells are used to produce blood cells and are often used to treat blood related cancers. When patients do not have a donor for transplant, umbilical cord blood (UCB) is commonly used. While any foreign transplant holds risks, UCB typically holds the least amount of risks with the most benefit. One of the biggest problems with the transplant process is engraftment. Engraftment is achieved when blood making cells that were transplanted on graft day start to make healthy cells in their new environment. New research is being done that shows the benefit of Hyperbaric Oxygen Therapy (HBOT) in helping with a successful UCB transplant and engraftment. HBOT is a non-invasive treatment that allows a patient to breath 100% oxygen in a pressurized chamber. This allows all the cells in the body to multiple at a faster rate. Studies show that receiving a two-hour HBOT treatment on the day of transplant and continuing with HBOT treatments as recommended by your oncologist after transplant show a large reduction in the need for blood transfusions. Although sample sizes in trials have been low, 100% of patients who received HBOT were weaned from blood transfusions after 100 days. This shows that the transplanted stem cells were able to attach to bone marrow and start producing stem cells on their own.



Studies

<https://www.newswise.com/articles/oxygen-treatment-boosts-the-success-of-umbilical-cord-blood-transplants>
<https://ashpublications.org/blood/article/118/21/4695/130367/The-Novel-Use-of-Hyperbaric-Oxygen-Therapy-to>
<https://communityview.ils.org/articles/could-hyperbaric-oxygen-therapy-improve-umbilical-cord-blood-transplantation-outcomes-all>

Media

<https://www.prnewswire.com/news-releases/stem-cell-company-combining-stem-cell-therapy-with-hyperbaric-oxygen-treatment-300410046.html>

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AALTO Hyperbaric Oxygen is committed to patient safety and public health concerns during these unprecedented times. We have established rigorous protocols for protective gear, disinfectant measures and CDC approved physical distancing for our patients. We understand that you have a choice when it comes to your healthcare provider and we affirm your trust in our service and hope to exceed your expectations.

Hyperbaric Oxygen Therapy (HBOT) treatment is used to treat a variety of conditions in addition to those featured in our Hyperbaric Oxygen Magazine.

Other areas of use include:

- Chronic Wounds
- Skincare
- Cosmetic Surgery
- Anti-Aging
- Sports Injury
- Crush Injury
- Diabetic Foot Ulcer
- Compartment Syndrome
- Radiation Injury
- Concussion Recovery
- Traumatic Brain Injury
- Neurological Disorder
- Autism
- Stroke
- Alzheimer
- Vascular Dementia
- Exceptional blood loss (anemia)
- Intracranial abscess
- Osteomyelitis
- Skin grafts and flaps
- Thermal burns
- Necrotizing soft tissue infections
- Arthritis
- Cerebral Palsy
- Lyme Disease
- Chronic Fatigue Syndrome
- Idiopathic sudden sensorineural hearing loss

And more.

Make Your Reservation Today!

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