

AALTO

RIDE THE WAVE OF HYPERBARIC OXYGEN

CENTURY CITY,
CALIFORNIA

IN BRIEF: WELCOME TO OUR NEWEST
LOCATION, PROMOTING AWARENESS
OF AMERICAN DIABETES
ASSOCIATION ALERT DAY MARCH 24,
2020 AND COPING WITH STRESS IN
THE AGE OF COVID-19

RECUPERATE. STIMULATE.
ELEVATE.



AALTO^{USA}

HYPERBARIC OXYGEN

- 01 Coping With Stress
- 02 Diabetes Alert Day 3/24
- 03 Welcoming Century City



Left: Photos of Aalto Hyperbaric Oxygen Century City, passageway from changing rooms and mono chambers for individual patient use. .



DE-STRESS

IMPROVE YOUR HEALTH WHILE IN ISOLATION

Take control, take action against stress and anxiety. Make a coping plan that fits your lifestyle.



Above
Aalto Hyperbaric Oxygen Century City welcome
area offers privacy and seclusion .

Hyperbaric oxygen therapy aids healthy sleep cycles which is a natural support to managing stress levels and boosting immunity.

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WE ARE COMMITTED TO YOUR WELLNESS

Under the guidance of a California state licensed Safety Director and clinical physician licensed in California and Florida, Aalto Hyperbaric Oxygen Group has implemented best practices to protect our employees and promote public health safety our guidelines are delineated by the following nationally recognized organizations:

World Health Organizations

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

OSHA at the US Department of Labor

<https://www.osha.gov/SLTC/covid-19/>

<https://www.osha.gov/Publications/OSHA3990.pdf>

Florida Health Department

<https://floridahealthcovid19.gov/>

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IT IS VERY IMPORTANT THAT YOU
FOLLOW PUBLIC HEALTH GUIDELINES
AND REPORT ANY SYMPTOMS TO YOUR
PHYSICIAN.



Did you know that March 24th was Diabetes Awareness Alert Day?

Type 2 diabetes is the most common form of diabetes. With types 2 diabetes your body doesn't use insulin properly. Most people are able to control their blood sugar levels with healthy eating, exercise and/or with medication. Over the course of several years or decades, diabetes can damage the small blood vessels and nerves in patients' limbs.

Diabetes compromises the immune system delaying the healing process in patients. In hyperbaric oxygen therapy, studies have found that the treatment can improve the healing of wounds in people with diabetes. A potential problem in people with diabetes is that wounds may become infected.

Wounds that won't heal are serious, and complications such as infection can result in patients who do not seek proper treatment. In extreme cases, it may be necessary to amputate limbs, which should be a last resort.

<https://care.diabetesjournals.org/content/33/5/1143>

<https://www.webmd.com/diabetes/news/20011107/hyperbaric-therapy-could-help-diabetics#2://>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6131315/>

**GET
TREATMENT
HELP**

RECOGNIZING AMERICAN DIABETES AWARENESS ALERT DAY ALL MONTH LONG

The aim is to increase the supply of oxygen to the tissue, and help the wound to heal better. Hyperbaric oxygen therapy ameliorates glucose tolerance in diabetic patients. Studies have shown that hyperbaric oxygen therapy could be used as a therapeutic intervention for type 2 diabetes.

The treatment takes place in a pressurized chamber where the air pressure is increased to 2 or 3 times the outside atmosphere. The air inside the chamber is 100% oxygenated.

Hyperbaric oxygen therapy sessions take place every day over a period of several weeks or months. One session usually lasts about 1 to 2 hours. This treatment is always done in addition to the normal treatments for wounds. It can't replace intensive wound care but it does assist with the healing process.

1-888-303-HBOT (4268)
www.aaltohyperbaric.com



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HELPFUL LINKS:

www.AALTOHYPERBARIC.COM

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<https://www.webmd.com/diabetes/news/20011107/hyperbaric-therapy-could-help-diabetics#2://>

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**CALL 1-888-303-
HBOT (4268)**

Come out, whenever you're ready.

Join us in welcoming our newest location in Century City, California which opened March 3, 2020. Joining our locations in Margate Florida and Woodland Hills California.

To visit us online:

www.aaltohyperbaric.com or
call 1-888-303-HBOT (4268)

to make a reservation and experience all of the benefits of hyperbaric oxygen for yourself.

We welcome questions from your physician and how we can assist in your preventive healthcare and treatment planning.

