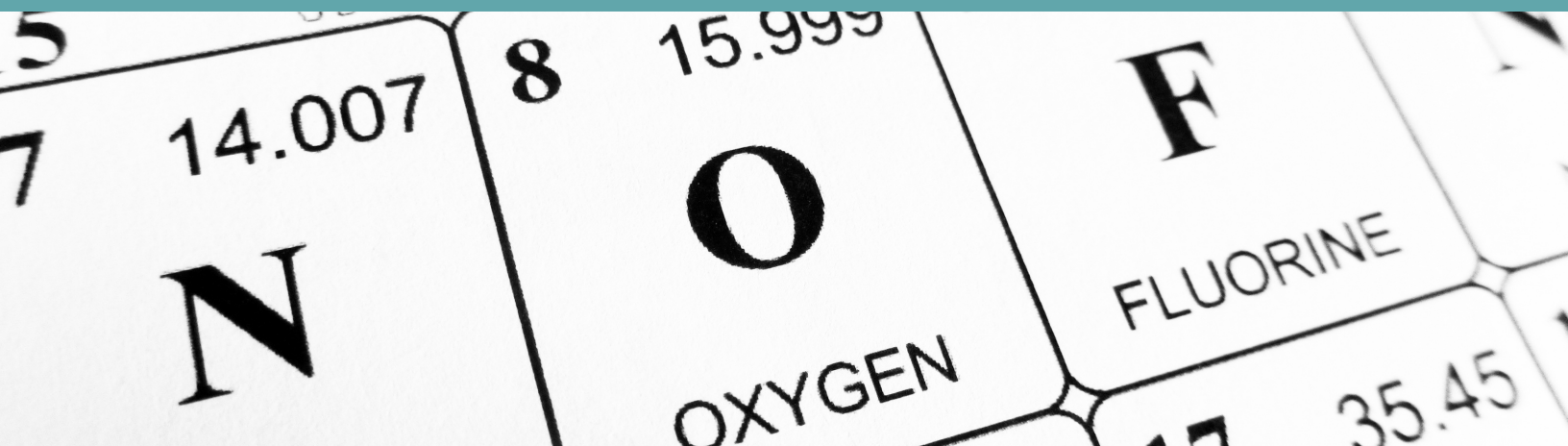
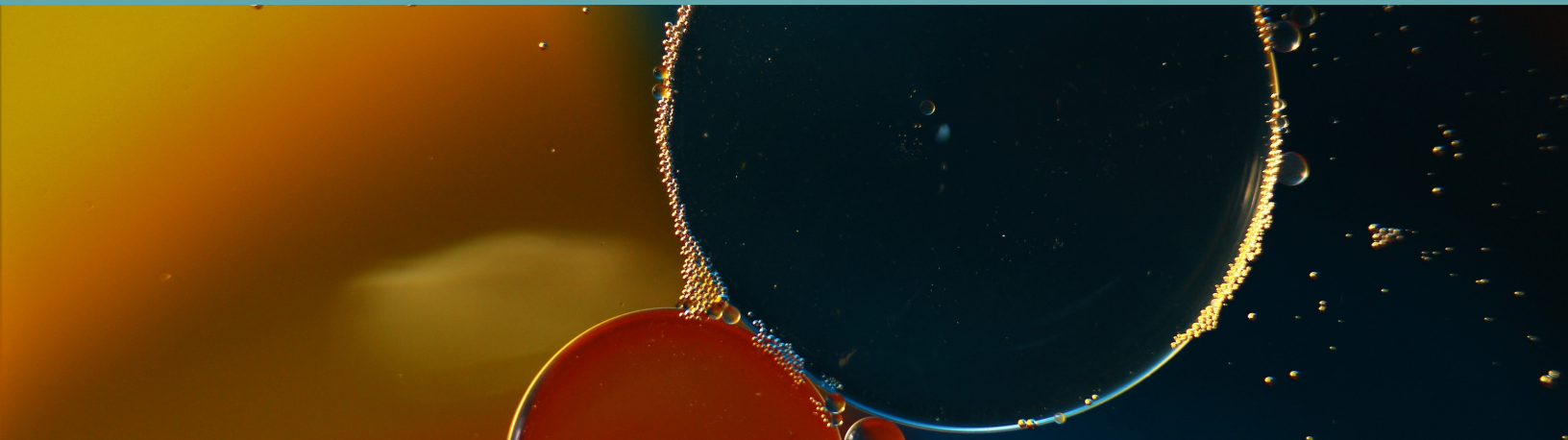


October 2020 Magazine



AALTO^{USA}
HYPERBARIC **O**XYGEN



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Recognizing the international effort to raise support for the breast cancer movement all month long.

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10/20 NAD & IV DRIP THERAPY

Aalto Hyperbaric Oxygen introduces a new line of services to accompany HBOT sessions.

OCTOBER IS BREAST CANCER AWARENESS MONTH

October is the **Pink Month** in recognition of Breast Cancer Awareness, an annual global campaign dedicated to increasing awareness of the disease and providing education, research support, and funds to finding a cure. According to the American Cancer Society breast cancer is the most common form of cancer for American women, with the exception of skin cancer.

Encouraging early detection and screening are extremely important to the positive outcome for women diagnosed with breast cancer. Regular self examination, annual mammograms and follow up are vital lifesaving actions that need support.

Once diagnosed, patients will often report intense reoccurring pain in the area of the breast, nipple, armpit and back during the course of their cancer treatment. There are many benefits of hyperbaric oxygen therapy to alleviate these pain symptoms and improve outcomes especially as a complementary medical service following lumpectomy and during courses of chemotherapy or radiation.

HBOT floods the body with 100% pure oxygen which naturally kills germs and bacteria reducing the risk of infection and facilitating wound healing. Increased oxygenation also benefits the efficacy of the chemotherapy drug delivery with improved circulation and stem cell activation building new blood vessels and establishing blood supply to recovering tissues and bones.

Aalto Hyperbaric Oxygen supports this important initiative by offering special HBOT package pricing for women all month.



Call: 1-888-303-HBOT (4268)

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WORLD SPINE DAY 2020

An estimated one billion people suffer from debilitating back pain or spine disability. On October 16th the World Spine Day organization brings focus to ways people can practice: safe exercise, good posture, and healthy eating habits to promote spine wellness and rehabilitation.

Spine injury can happen anywhere. Whether working with inadequate ergonomic seating and inappropriate desk height or while carrying heavy backpacks or lifting boxes, repetitive strain and injury are just a moment away from happening. Take time this month to visit your local healthcare provider to review ways you can protect your spine health by incorporating preventive, wellness measures into your daily routine.

Especially with exercise, spine and soft tissue injuries are very common. From osteoporosis and arthritis to muscle soreness and joint pain, hyperbaric oxygen therapy can help prevent injury and effectively maintain wellness when added as an adjunctive therapy to your spine health regimen.

Hyperbaric oxygen therapy (HBOT) is used to increase the supply of oxygen to the injured area in an attempt to speed recovery. It carries 12-15 times more oxygen throughout the body. This can decrease muscle pain and swelling, accelerate the healing process and increase efficiency of the immune and circulatory systems.

Have your chiropractor, internist or orthopedist contact our office to see how HBOT sessions with Aalto Hyperbaric Oxygen can be incorporated into your clinical plan of care.



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NAD +IV DRIP THERAPY AND HBOT

Beginning this month Aalto Hyperbaric Oxygen will offer packages of IV drip therapy in combination with hyperbaric oxygen therapy. The advantages of following your IV drip therapy with HBOT include:

- faster absorption of fluids and nutrients
- increased circulation throughout the body
- immediate delivery to vital organs with oxygenation

NAD stands for nicotinamide adenine dinucleotide, a molecule that impacts a wide variety of systems including cognitive, digestive, and metabolic processes. It increases your body's levels of serotonin, and can improve symptoms of depression and anxiety. NAD has been described as a cellular reboot that reverses the aging process by increasing overall energy and facilitating brain cell regeneration.

IV drip therapy is an ancillary therapy that has gained popularity in recent years. This medical service injects the fluids directly into your bloodstream so your body can deliver the fluids where you need them most. It's a more efficient way to hydrate and promote vital nutrient absorption in your body. Depending on your body's needs IV drip therapy can be prescribed for hydration, detoxification, immunity, skin care and vitamin electrolyte replacement.

Contact any of our locations for a consultation with our medical management team to receive a customized prescription tailored to your body's needs.

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