

AALTO

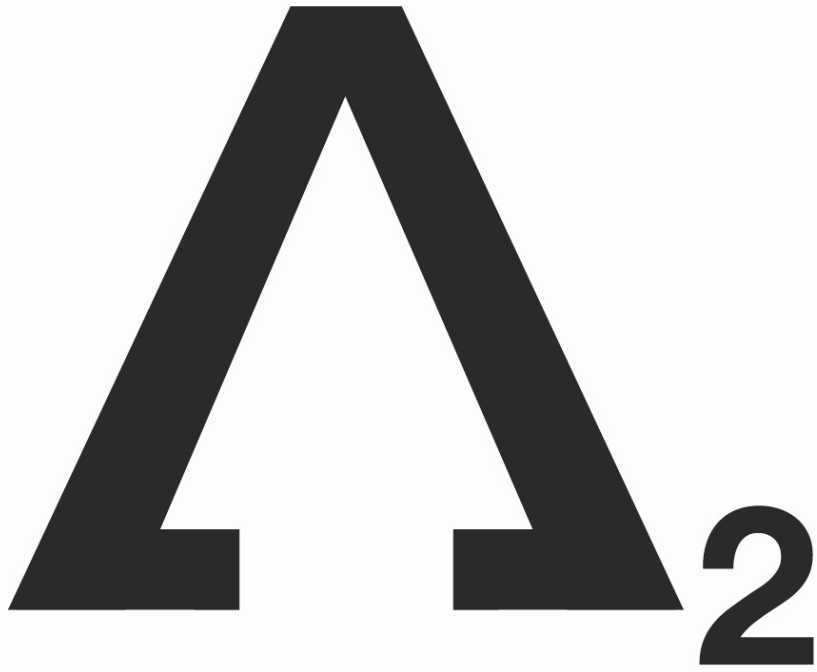
HYPERBARIC OXYGEN MAGAZINE

NOVEMBER 2020



THIS MONTH'S PREVENTIVE HEALTHCARE
FOCUS: HEALTHY SKIN & HBOT

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NOVEMBER
FEATURED HEALTH
AWARENESS
TOPICS:

HYPERBARIC  OXYGEN

Good to see you again in this issue.

WELCOME

It's November, which marks the start of the holiday season. Winter temperatures, travel and decreased daylight hours can have adverse effects on your skin.

Since November is National Healthy Skin Month, we are focusing on how hyperbaric oxygen can be utilized as a part of a preventive healthcare regimen to avoid premature aging and environmental stressors to your skin.

Also, this month marks several important health awareness dates bringing recognition to conditions such as Alzheimer's and Diabetes. Inside this issue we provide educational links and information on how HBOT can assist in the treatment of these conditions and provide benefit to the overall plan of care.

**AMERICAN ACADEMY OF
DERMATOLOGY
HIGHLIGHTS NATIONAL
HEALTHY SKIN MONTH**

**WORLD DIABETES
DAY IS NOVEMBER
14TH**

**NATIONAL ALZHEIMER'S
DISEASE AWARENESS**

**HBOT & BONE MARROW
REGENERATIVE
THERAPIES**

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November is National Healthy Skin Month sponsored by the Academy of American Dermatology.

Hyperbaric oxygen assists dermatologist in skin care planning, promotes tissue repair, provides detoxification.

Hyperbaric oxygen therapy (HBOT), a therapy that has patients breathe in pure oxygen in a pressurized chamber. It has been found to be an important component in skin rejuvenation, treatment of photoaging skin, and improvement in skin complexions.

The interest in the use of HBOT for this purpose is continually growing and becoming more widespread. In addition to aging and genetic makeup, chronic UV radiation due to everyday exposure, especially UV-B, can greatly increase the rate of wrinkle formation through increasing skin angiogenesis and degradation of extracellular matrix molecules.

Oxygen is used in skin care because delivery of natural oxygen increases cell metabolism. The use of HBOT and hyperoxia conditions has been found to decelerate the formation of wrinkles from UV irradiation.

If you are interested in beginning a complete skincare plan, have your dermatologist contact our Aalto team at info@aaltohyperbaric.com or [1-888-303-HBOT \(4268\)](tel:1-888-303-HBOT) to learn how as little as 5 sessions can show a dramatic result in your skin's health.

There are many dermatologists using oxygen therapy under high pressure as an adjunctive therapy to their overall clinical planning.

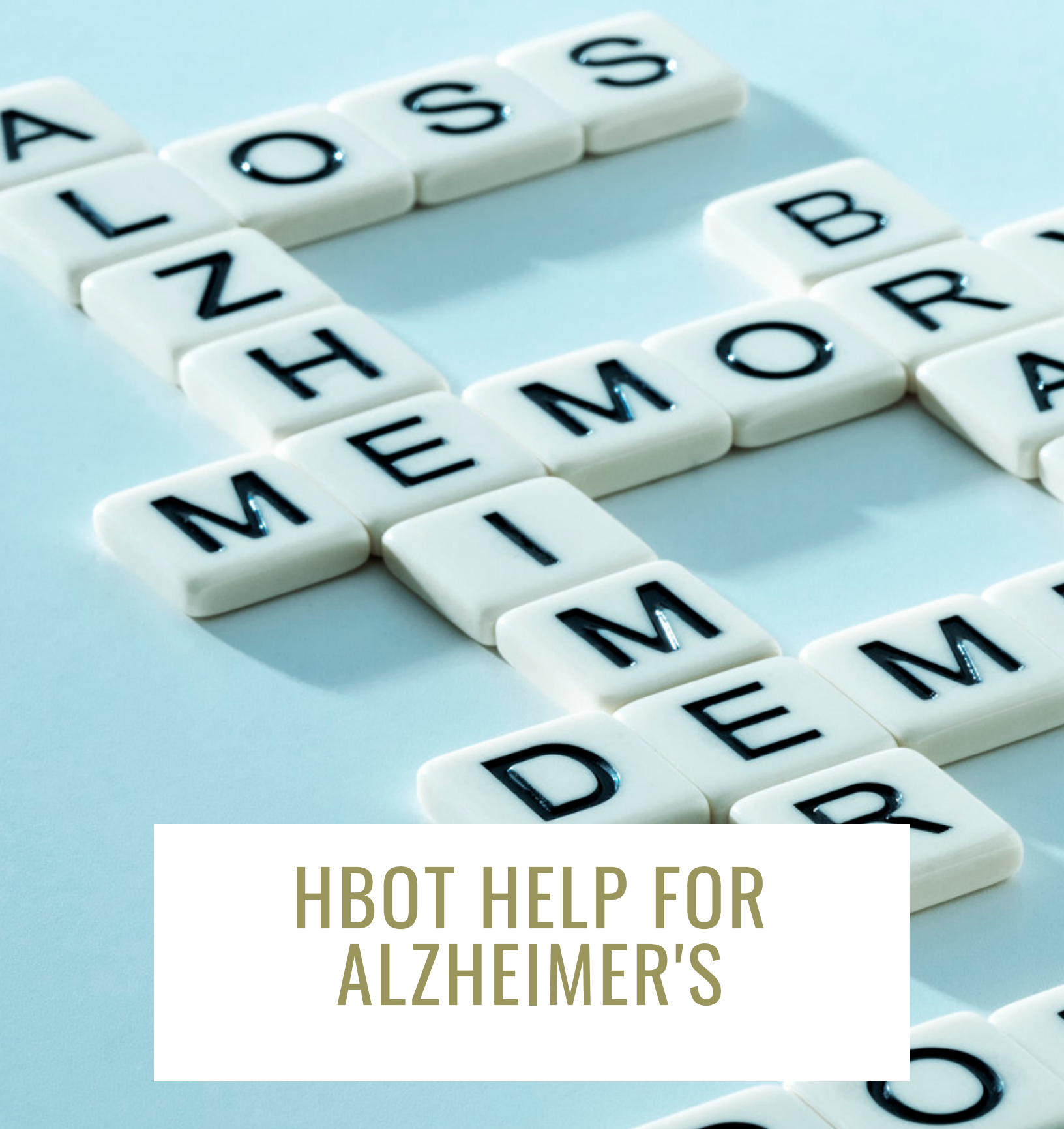
This treatment for wrinkles is definitely growing due to recent studies showing the effectiveness of oxygen therapy on wrinkles.

Receiving regular treatments of HBOT can increase:

- skin elasticity
- stimulate collagen production
- reduce wrinkles and fine lines
- improvement in skin tone and texture.

Reference:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3977684/>



HBOT HELP FOR ALZHEIMER'S

November is U.S. National Alzheimer's Disease Month

Alzheimer's disease is a progressive and irreversible brain disorder. It slowly destroys the thinking skills, the memory, and simple everyday task become increasingly difficult.

With no known cure and few treatment options currently available this disorder not only affects the individuals that are diagnosed, but also deeply impacts family members and their ability to maintain a relationship.

There is new and groundbreaking research involving hyperbaric oxygen therapy or HBOT improving most if not all the symptoms of Alzheimer's.

With hyperbaric oxygen therapy, 100% pure oxygen is used within a chamber and the air pressure is increased up to three times higher than normal air pressure. Under these conditions, research shows HBOT can provide increased memory, concentration, sleep, conversation, appetite, resolved anxiety, and decreased disorientation and frustration in patient.

HBOT not only stops the onset/progression of Alzheimer's it reverses the symptoms. Improving patient's overall quality of life and allowing them to experience their normal life again.

To learn how your physician can integrate hyperbaric oxygen into Alzheimer's disease prevention and treatment planning contact the Aalto team by email: info@aaltohyperbaric.com

Research Articles Referenced:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6352566/>

<https://www.neurologylive.com/view/could-hyperbaric-oxygen-therapy-improve-cognitive-function-in-dementia>

<https://ezinearticles.com/?Memory-Loss-and-Hyperbaric-Oxygen-Therapy&id=1730814>



World Diabetes Day



World Diabetes Day was established in 1991 as a World Health Organization initiative to promote awareness over the growing health concern of diabetes mellitus worldwide.

There are two main types of diabetes: Type 1 diabetes usually develops in childhood or the teenage years. This disease is a result of damage to the pancreas that leaves it producing either very little insulin or none at all.

Type 2 diabetes is a metabolic disorder that causes your blood sugar levels to increase. The severity of diabetes can vary quite a bit. Some people get the disease well under control, and in others it leads to other health problems over time. Type 2 diabetes is much more common than type 1 diabetes. About 90% of people who have diabetes have type 2 diabetes.

For several reasons, people with diabetes are especially susceptible to lower limb and foot wounds that do not heal. People with diabetes may experience nerve damage, which can lead to weakness and numbness in the foot in addition to pain. This numbness can predispose patients to foot injuries, either through trauma or by continuing to walk on a severe blister or callus without feeling any pain.

Additionally, diabetes can cause the skin to become very dry and prone to cracking, increasing the risk for infection. People with diabetes may also experience peripheral artery disease, which can cause a hardening and obstruction of blood vessels in the lower leg and foot. This condition results in poor circulation, which can make fighting infection more difficult and make patients more susceptible to ulcers.

14 November

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World Diabetes Day

Continued:

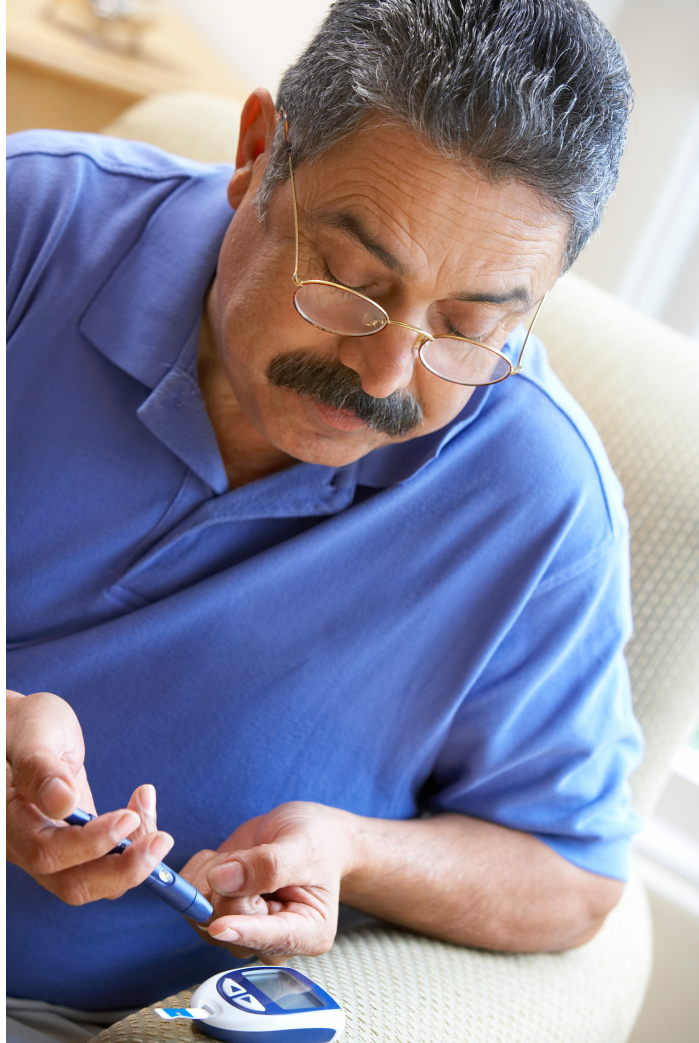
For patients with diabetic foot ulcers, there is a substantial daily burden of care and emotional weight associated with the condition, however hyperbaric oxygen therapy is known as an effective means of treating diabetic foot ulcers by increasing oxygen and blood flow to the damaged areas.

Many patients report satisfaction with wound healing and an improvement in their quality of life.

How does hyperbaric oxygen help diabetic wounds?

Wound healing relies on adequate blood flow and oxygen supply. Certain types of wounds often have impaired circulation which dramatically affects the healing process. HBOT not only provides increased access of oxygen via plasma saturation to damaged tissue, but also encourages new blood vessel formation.

If you or someone you know is suffering from diabetic foot ulcers or needs faster wound recovery, please call our Aalto team at [1-888-303-HBOT \(4268\)](tel:1-888-303-HBOT)



Article References:

<https://www.ncbi.nlm.nih.gov/books/NBK482231/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5448854/t>



HYPERBARIC OXYGEN

TRANSPLANT MEDICINE


November is National Bone Marrow Awareness Month dedicated to advancements in transplant medicine and recognition of those who donate bone marrow so that others may have a second chance at life.

Bone marrow is the soft spongy gelatinous tissue that fills the inside of the bones of our bodies. Most significantly, bone marrow contains and produces stem cells.

People with blood cancers such as leukemia, lymphoma and sickle cell anemia need regenerative medicine. Examples of regenerative medicine are bone marrow or cord blood transplant, stem cell therapy and hyperbaric oxygen therapy.

Hyperbaric oxygen therapy helps circulate stem cells from the bone marrow to the bloodstream.





National Bone Marrow Awareness Month Continued:

The traditional way of getting stem cells from bone marrow is an invasive procedure involving a large bore needle going into the middle of the patients' bone.

Research studies show that hyperbaric oxygen therapy will increase the patients' own stem cells so there is no need for invasive procedures using a large bore needle.

This means that the hyperbaric oxygen activates the stem cells to move from the bone marrow into the blood stream and into other areas of the body that will benefit from stem cell presence.

There are studies that show that as little as 20 HBOT treatments increased bone marrow stem cells in the blood by 8 times. This is a huge advancement in transplant medicine since a person's own bone marrow stem cells can be used without an invasive procedure.

Research Links:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6923554/>

<https://www.intechopen.com/books/advances-in-hematologic-malignancies/effect-of-hyperbaric-oxygen-on-hematopoietic-stem-cell-transplantation>

<https://journals.physiology.org/doi/full/10.1152/ajpheart.00888.2005>

To Learn More About Hyperbaric Oxygen:

www.aaltohyperbaric.com

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