



AALTO^{USA}

HYPERBARIC OXYGEN

HYPERBARIC OXYGEN MAGAZINE. FEBRUARY 2021



How Hyperbaric Oxygen Therapy can help treat & improve:

- repetitive head injury and post concussion syndromes
- cardiovascular performance and heart health
- eating disorder recovery





TBI

TRAUMATIC BRAIN INJURY



For professional athletes traumatic brain injury and post concussion syndrome can have a dire effect on not only their sports careers but can lead to death and disability. Recently, there is strong support for further research and clinical trials that will help improve the quality of life and relieve the chronic degenerative effects of repetitive head injury.

The good news is that players and their medical teams have a strong weapon that can be used to fight the negative effects of concussion right now with the integration of hyperbaric oxygen therapy into their recovery plan, even if treatment is given years after the initial incident.

Treatment of traumatic brain injury with hyperbaric oxygen is evolving rapidly, and many studies demonstrate the efficacy of HBOT in the following areas:

- acts as a protective agent for neural pathways, inducing neuroplasticity for better recovery
- reduces swelling and inflammation at the acute injury site, improving physiologic mechanisms without causing further cerebral damage
- provides oxygen saturation leading to improved long term cognitive and neurological functions for prolonged post concussion syndrome

Several collegiate, professional and Olympic teams have added hyperbaric oxygen therapy as part of their training regimen and return to play protocols. These preventive, treatment and safety policies are redefining the health and longevity of our players.

To learn more visit: www.aaltohyperbaric.com
reference link:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3231948/>

REPETITIVE HEAD INJURY



AMERICAN HEART MONTH



February is American Heart month marked by the American Heart Association to raise awareness for heart health.

Since 1992 the American Heart Association has recognized the positive benefits of hyperbaric oxygen therapy in the treatment of cardiovascular diseases and the prevention of heart attacks.

The following are a few reasons why hyperbaric oxygen helps your heart:

HBOT exerts long-term normalizing effects for circulating blood through the body and increases heart patients' tolerance to hard work and taking on physical loads.

Using HBOT in conjunction with various drugs enhances the effectiveness of both the oxygen and the drugs reducing angina attacks in patients otherwise resistant to prolonged drug treatment or diminished muscular power of the heart,

Due to its characteristic of mollifying physiological systemic stressors, HBOT has long-term and short-term protective effects for a person with a heart problem.

Without taking drugs of any kind, breathing oxygen under pressure stabilizes impaired fat metabolism and improves liver function alleviating distress to the heart.

Learn how HBOT can be integrated into your wellness planning and induce rejuvenation: **email**
info@aaltohyperbaric.com



EATING DISORDERS AWARENESS WEEK

**FEBRUARY 7TH THROUGH
FEBRUARY 13TH**

Eating disorders (ED) such as anorexia nervosa (AN), bulimia nervosa (BN), and binge eating disorder (BED) are often accompanied by a variety of psychological and physical ailments.

Gastrointestinal (GI) symptoms play a significant role for most patients with ED and hyperbaric oxygen therapy can help combat these physical symptoms while also providing an amelioration of stress factors.

In one study a patient with anorexia nervosa who had developed postoperative ileus, a condition resulting in bloating and abdominal cramping. HBOT provided not only improvement, but also enhancement of intestinal movement, inducing the feeling of hunger, and thereby increasing food ingestion.

Other research surveys indicate that hyperbaric oxygen may also be effective as an initial treatment for anorectic patients, especially teenagers who are showing signs of depression and have severe bloating and resistance to food ingestion.

Reference cited: Masuda A, Nakano T, Uehara H, Kuroki K, Tei C. Hyperbaric oxygen for anorexia nervosa. Intern Med. 2001 Jul;40(7):635-7. doi: 10.2169/internalmedicine.40.635. PMID: 11506306.



To learn how hyperbaric oxygen therapy can work in consort with your medical team contact:

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