

AALTO

HYPERBARIC OXYGEN MAGAZINE

MARCH 2021



Mark Your
Calendar With
March Health
Awareness

Celebrating
Our One Year
Anniversary
In Century
City

Introducing
Easy Online
Reservations,
just point and
click

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RECOGNIZES NATIONAL KIDNEY HEALTH MONTH

TAKING CARE OF YOUR KIDNEYS

This month the National Kidney Foundation wants you to take charge of your health by recognizing the importance of your kidneys.

More than 37 million Americans are adversely affected by chronic kidney disease. This serious condition develops over time and often the at-risk symptoms are overlooked.

One of the most important proactive measures that you can do to protect your kidneys is to adopt a healthy lifestyle and with small changes you can make a big differences in your overall longevity and the health of your kidneys.

An easy to follow kidney wellness prescription encompasses:

- proper nutrition,
- adequate sleep and recovery,
- regular visits with your doctor to check
 - sugar, glucose and blood pressure levels.



Whether you are looking for ways to slow the progression of kidney disease or researching a wellness regimen that will help prevent kidney disease, hyperbaric oxygen therapy as an assistive therapy can play a significant role in improving your kidney health.

- HBOT provides increased oxygen saturation to the blood stream and can improve cellular repair which leads to better renal functioning
- HBOT increases the glomerular filtration rate of your kidney's. optimizing the removal of waste toxins
- HBOT promotes fluid balance including your body's regulation of sodium and electrolytes
- HBOT is helpful for medication circulation and strengthens the clinical efficacy of adjuvant therapy for those who have already been diagnosed with kidney disease

If you would like to incorporate hyperbaric oxygen therapy into your wellness or treatment plan have your nephrologist or general practitioner contact our medical team so we can provide a customized and integrated healthy kidney program.

Kidney Health References

Berkovitch M, Shain Y, Kozar E, Goldman M, Abu-Kishk I. Hyperbaric oxygen treatment and nephrotoxicity induced by gentamicin in rats. BMC Nephrol. 2017 Dec 2;18(1):347. doi: 10.1186/s12882-017-0768-2. PMID: 29197348; PMCID: PMC5712188.

Cardenas Ureña KG, Ramírez Nava JC, Márquez Celedonio FG, Salas Nolasco OI, Villegas Domínguez JE, Crespo-Cortés CN. Clinical efficacy of adjuvant therapy with hyperbaric oxygen in diabetic nephropathy. Undersea Hyperb Med. 2020 Third-Quarter;47(3):415-422. PMID: 32931667.

www.aaltohyperbaric.com

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CENTURY CITY TURNS ONE YEAR OLD

IMPACT OF HBO THERAPY AND COVID
RECOGNIZING:
NATIONAL PULMONARY REHABILITATION
AWARENESS MONTH

It was just one year ago in March 2020 that Aalto Hyperbaric Oxygen Century City first opened its doors to welcome the public to our flagship location. Featuring six state of the art FDA approved single chambers, this beautiful center opened just two weeks before the public shut down and shelter in place mandates hit cities throughout the world.

Unlike most medical services that only focus on treating conditions after symptoms occur, as part of our mission statement we choose to take the lead and promote the most advanced aspects of hyperbaric oxygen therapy including the preventive healthcare and wellness benefits for this integrated service.

A year ago there were no medical studies to support hyperbaric oxygen therapy as an adjunctive tool to COVID-19 recovery, now there are over 1800 ongoing research studies, abstracts and published papers citing the benefits of hyperbaric oxygen therapy for not only boosting immunity but as a beneficial service for post COVID recovery.

If you live in Southern California or are visiting Southern California in the near future, we invite you to come for a complimentary tour at our flagship location and meet our medical team. Experience the difference between meeting standards and exceeding standards in healthcare.



Here's a recap of hyperbaric oxygen therapy benefits in the fight against COVID.

As a preventive healthcare tool hyperbaric oxygen therapy:

- increases white blood cell count boosting immunity
- inhibits the pulmonary secretions caused by viral infections
- kills germs and eliminates bacteria making the body an inhospitable host for viruses to take hold

As a post COVID recovery mechanism hyperbaric oxygen therapy:

- improves low oxygen levels in the blood and minimizes the severity of post COVID related pneumonia
- prompts faster recovery symptoms such as fatigue and shortness of breath
- reduces inflammation while promoting growth of new blood vessels in the affected areas

As a nod to our one year anniversary at this location we are offering a specially priced wellness package featuring five 60 minute sessions. Call 310-507-7942

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NATIONAL DOCTOR'S DAY IS MARCH 30TH

AALTO ALSO RECOGNIZES PATIENT
SAFETY AWARENESS WEEK MARCH
14TH TO 20TH

Since 1990 following its approval by the United States House of Representatives and Senate, March 30th has been recognized as National Doctor's Day in the United States.

This March we would like to thank all doctors who continue to tirelessly contribute to the frontlines of healthcare to ensure public safety.

Aalto especially thanks our referring physicians who support hyperbaric oxygen therapy benefits and utilize our services to increase successful outcomes.

Thank you for trusting us with your patient's health and safety.

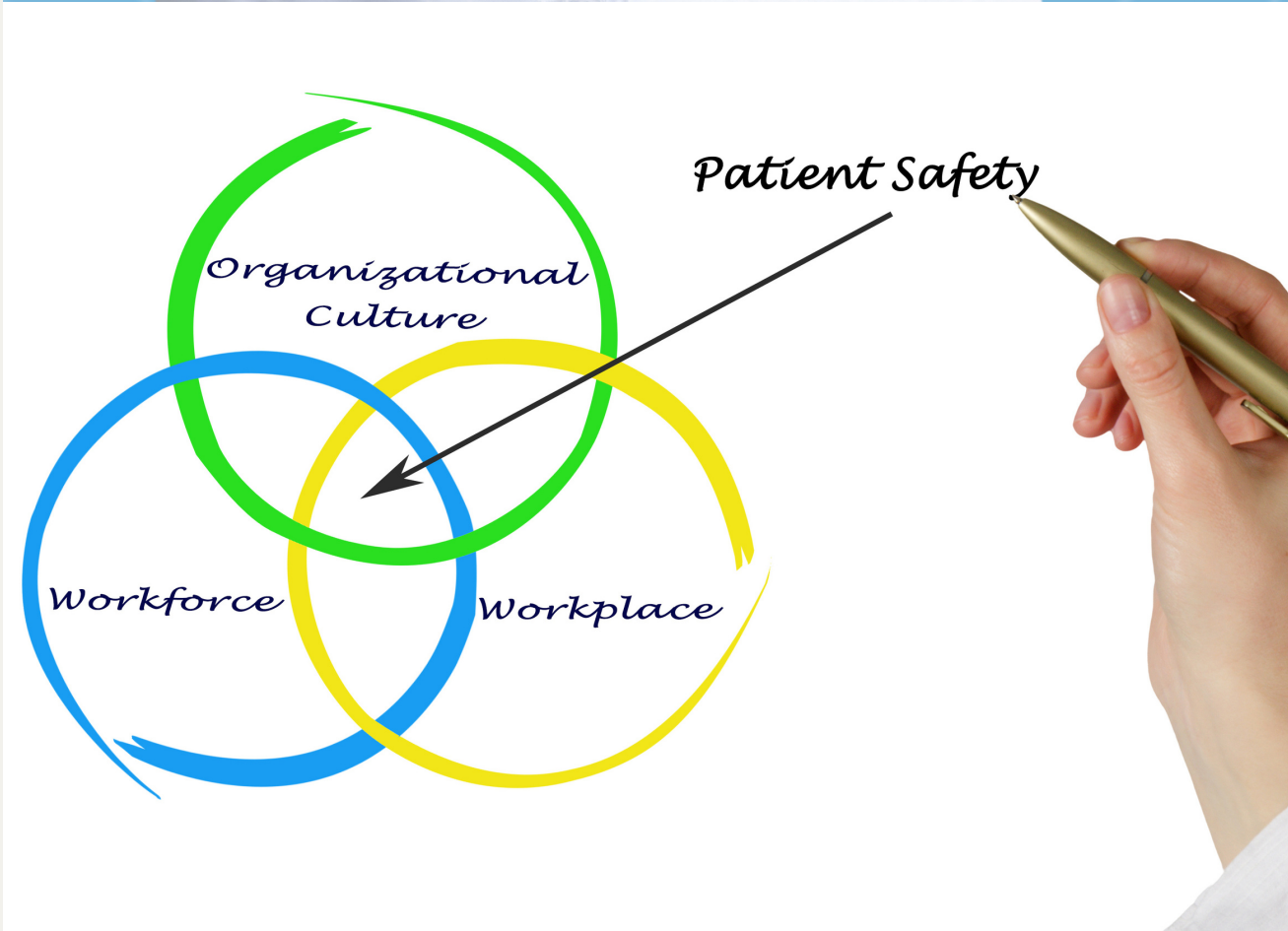


Safety Guideline Reference Links:

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

https://www.who.int/emergencies/diseases/novel-coronavirus-2019gclid=CjwKCAiA1eKBBhBZEiwAX3gqlyTsJKkiUPCTDFqjUAJo yMfDxyO9pIBKaDmGIG2ASTMVESCDMaib7hoC3TYQAvD_BwE

<https://sechristusa.com/wpcontent/uploads/2018/09/Approved-Chamber-Disinfectants.pdf>



In these unprecedented times of the Coronavirus pandemic, patient safety is now more important than ever.

Our medical team would like to take this opportunity to reassure our patients and referring physicians that we go above and beyond to ensure patient safety.

Ranging from customized protocols and doctor to doctor collaboration before your first hyperbaric oxygen session to the individualized attention provided by our certified hyperbaric technicians and safety directors during your sessions, we follow the strictest standards for patient care and safety.

Each Aalto Hyperbaric Oxygen location screens every individual that comes into our centers and offers complementary Nerimis antibody COVID-19 testing for our wellness package patients.

Our hyperbaric mono place chambers are FDA approved and are the largest single use chambers in the hyperbaric industry. We sanitize our chambers after each use with approved disinfectants set forth by the Centers for Disease Control (CDC) and World Health Organization (WHO).

To learn more about our patient safety and operational guidelines please visit our website and click the link for our COVID-19 Patient Safety Update (aaltohyperbaric.com)



MULTIPLE SCLEROSIS AWARENESS

RECOGNIZED ALL MARCH LONG

March is National Multiple Sclerosis month in which the National MS Society focuses on increasing diagnostic and treatment awareness for this condition.

Multiple sclerosis or MS is a disease of the central nervous system that is often referred to as an autoimmune condition in which the immune system mistakenly attacks normal tissues. For MS patients the myelin sheath that protects nerve fibers is gradually eroded resulting in scar tissue that disrupts the electrical impulses to the brain.

Physical MS symptoms can occur throughout the body and cover a myriad of manifestations, ranging from fatigue and numbness or tingling pain to muscle spasms and bladder problems. Additionally, many patients experience depression, anxiety and mood swings.



In support of MS treatment planning, hyperbaric oxygen therapy can provide the following benefits for MS patients:

- acts as a neuroprotective agent that can diminish the severity of pain symptoms
- stimulates cell repair and cellular functioning for spine and peripheral nerves, reducing spasms and ameliorating motor skill issues
- increases oxygen saturation for circulatory, pulmonary, and neurological systems facilitating oral and IV medication drug delivery throughout the body
- positively supports emotional balance and mental well being by promoting better sleep cycles and reducing fatigue and increasing energy levels

If you or someone you know has been recently diagnosed or is currently dealing with Multiple Sclerosis symptoms have your neurologist contact our medical team to develop an integrated plan that includes HBO therapy.

info@aalthyperbaric.com



visit
www.nationalmssociety.org to
find more resources and support

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LET'S MAKE A DATE. YOUR CHAMBER AWAITS

YOU ARE JUST 3 STEPS AWAY FROM
MAKING AN AALTO HYPRBARIC
OXYGEN RESERVATION

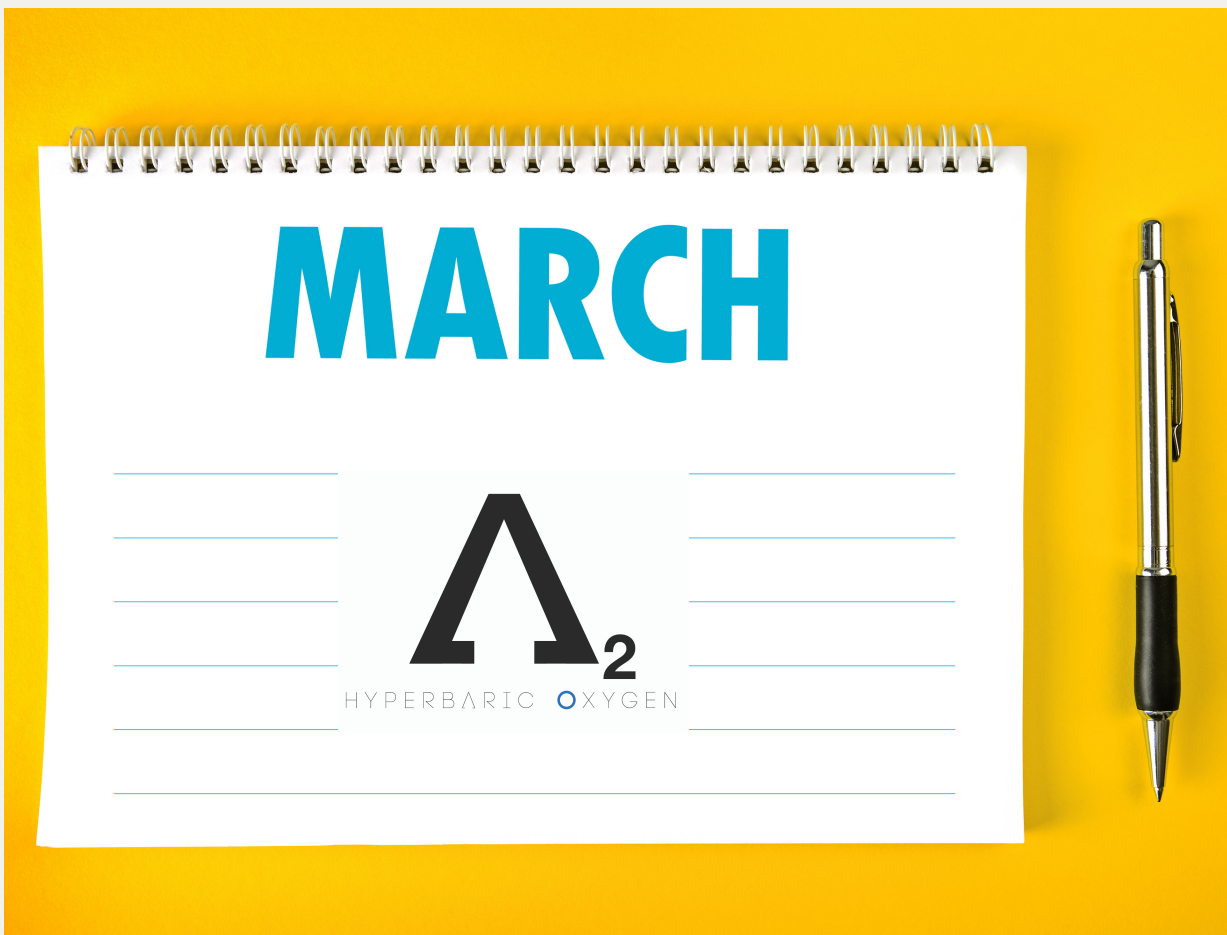
Step 1: Visit our website
www.aaltohyperbaric.com

Step 2: Choose Your Location

Step 3: Reserve Your Date and Time

A medical team member will contact you to confirm your appointment and provide you with information if it's your first time trying HBO therapy.

If you prefer to speak directly with a team member call 888-303-HBOT (4268)



[aaltohyperbaric.com](#)

[My Account](#)

Find an Appointment

Select Appointment Type

All therapists

March 2021

Su	Mo	Tu	We	Th	Fr	Sa
28	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

SEARCH

Powered by mindbody

2080 Century Park East Suite 101

Los Angeles, CA 90067

(310) 507-7942

FAX: (310) 507-7943

info@aaltohyperbaric.com



Areas of Use:

- Wound Care
- Diabetes Wounds
- Skincare
- Cosmetic Surgery
- Anti-Aging
- Arthritis
- Psoriasis
- Sports Injury
- Crush Injury
- Fracture Healing
- Radiation Injury
- Detoxification
- Concussion Recovery
- Traumatic Brain Injury
- Neurological Disorder
- Autism
- Stroke
- Alzheimer
- Vascular Dementia
- Fibromyalgia
- Cerebral Palsy
- Lyme Disease
- Chronic Fatigue Syndrome

And more.

