

# HYPERBARIC THERAPY Q&A

## What to Bring to Your Session?

- Books
- Non-electronic activities (crossword, coloring, journaling)
- Blanket
- Pillow
- Gum or hard candy
- Water

## Before/After Hyperbaric Therapy

The treatment team will obtain pre and post session vitals. If you are taking certain medications to treat diabetes, your blood glucose will also be monitored. You may feel somewhat tired or hungry after your treatment session.

## Results

In order to benefit from Hyperbaric Therapy, you will likely need more than one session. The number of sessions is dependent upon your medical condition and response to the therapy. Some conditions may require several sessions (5-10) whereas non-healing wounds or chronic conditions may require 20-40 treatments. To most effectively treat medical conditions, Hyperbaric Therapy is usually part of a comprehensive treatment plan provided with other treatment modalities and/or supplements designed to fit your individual health needs.

## What is Hyperbaric Therapy?

Hyperbaric Therapy is a medical treatment used for specific medical conditions. It may be a primary treatment for some disorders, but for most, it can be used in conjunction with medications, nutrition, lifestyle changes, and wound care. During Hyperbaric Treatment, patients are placed in a chamber which is pressurized at 1.3 ATM. This increases the oxygen level in the blood and ultimately in the body tissues.

## How Does Hyperbaric Therapy Work?

Pressure is delivered to the patient in a hyperbaric chamber, which increases the amount of oxygen that can be delivered to the body tissues by the blood. This increase in available energy leads to building and repair at a cellular level. Supplemental oxygen can be added, but may or may not be necessary.

## What Does Hyperbaric Therapy Feel Like?

Hyperbaric Therapy is pain-free. Patients can lie or sit comfortably in the chamber. Patients can read, do crossword puzzles, book work, or nap if they wish. During certain stages of the treatment, patients may experience a sensation of fullness in their ears. This is similar to that which is felt while flying in an airplane or driving down a mountain. This is because the eardrum is responding to the changes in pressure. As part of the introduction to treatment, patients are taught several easy methods to avoid ear discomfort.

## Is Hyperbaric Therapy Safe?

Hyperbaric Therapy is prescribed by a physician and performed under medical supervision. Like all medical treatments and procedures, there are some risks associated with this therapy. These risks are quite rare and will be discussed in detail prior to starting therapy. Overall, Hyperbaric Therapy is extremely safe, especially with chambers pressurized at 1.3 ATM.

## What Medical Conditions Can Hyperbaric Therapy Be Used to Treat?

- Post-Stroke
- Head Injury
- Chronic Fatigue
- ADD/ADHD
- Autism
- Cerebral Palsy
- Neuropathy
- Migraines
- Brain Fog
- Post Exercise Recovery
- Dementia
- Low Energy
- Strains/Sprains
- Memory loss
- Concussion
- Alzheimer's
- Parkinson's
- Multiple sclerosis
- Pre and post-surgical healing
- Wound healing
- Chronic infection
- Inflammatory Pain
- Arthritis
- Long COVID