



5 Benefits of Hyperbaric Oxygen Therapy

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Hyperbaric oxygen chambers are devices that allow people to breathe in pure oxygen at a higher pressure than normal. The increased pressure enables more oxygen to dissolve into the bloodstream, which can have numerous benefits for the human body. Below are the top five most notable benefits of hyperbaric oxygen therapy (HBOT).

1. Promotes Healing of Wounds

One of the most well-known benefits of HBOT is its ability to promote wound healing. The increased oxygen levels in the bloodstream help to stimulate the growth of new blood vessels and increase the production of collagen, which is essential for the healing process. This makes HBOT an effective treatment for people with chronic wounds, such as diabetic

ulcers and non-healing surgical wounds.

2. Improves Brain Function

HBOT has been shown to improve brain function and cognitive abilities, making it a useful tool for people with conditions such as traumatic brain injury, stroke, and cerebral palsy. The increased oxygen levels in the bloodstream help to reduce inflammation and promote the growth of new brain cells, leading to improvements in cognitive function, memory, and overall brain health.

3. Enhances Athletic Performance

Athletes and fitness enthusiasts are turning to HBOT as a way to enhance their athletic performance. The increased oxygen levels in the bloodstream help to improve endurance, reduce muscle fatigue, and speed up recovery time after intense workouts. This makes HBOT a valuable tool for athletes looking to take their performance to the next level.

4. Treats Diving Injuries

HBOT is also an effective treatment for diving injuries, such as decompression sickness and air embolism. The increased pressure and oxygen levels in the bloodstream help to dissolve nitrogen bubbles that can form in the bloodstream during dives, reducing the risk of injury and promoting recovery.

5. Reduces Symptoms of Chronic Illnesses

HBOT has been shown to help reduce the symptoms of a range of chronic illnesses, including fibromyalgia, multiple sclerosis, and chronic fatigue syndrome. The increased oxygen levels in the bloodstream help to reduce inflammation and improve cellular function, leading to a reduction in symptoms and improved quality of life for those suffering from these conditions.

HBOT offers a wide range of benefits for people with a variety of health conditions. At the Excelsa Advance Wound Center, we have 3 HBOT chambers available to our patients. If you think that you may benefit from this treatment, please call 724-850-3145 for more information.

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